

WESTWOOD SENIOR NEWSLETTER

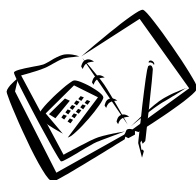
Co-sponsored by the Friends of Westwood Council on Aging
60 Nahatan Street, Westwood, MA 02090

(781) 329-8799

Director, Pat Larkin

JUNE 2011

from the
DIRECTOR'S DESK



June is a beautiful month to take long walks and enjoy nature. The sun feels warm and our general outlook on life begins to make us content to be living in New England where we can enjoy our four seasons. This month the COA is focusing on walking. The weather is just perfect for a great walk! Carol McCarron has an outdoor walking group every Tuesday and Thursday at 9:00 am. Why not call a friend and give it a try. Join our group for a great walk. Get in your exercise for the day then return to the Senior Center for a cup of coffee. We would love to see you. Enjoy the month.

Sincerely,

Pat Carty-Larkin

Director, Westwood COA

HESSCO HOT LUNCH

The Council on Aging serves a nutritious hot lunch Monday through Friday. This program is provided through H.E.S.S.C.O. Transportation is available, but please call Rita at least 48 hours in advance to place your reservation. You can reach Rita at (781) 329-6514.

A donation of \$2.50 per person is suggested.

INTERGENERATIONAL LUNCHEON

The Deerfield School 4th grade students are coming to the Senior Center to join in a garden planting on June 15th. Lunch will be served first and then the students and their senior will plant flowers in the flower beds at the Senior Center.

**NO HESSCO lunch will be served on
June 15th.**

MANAGING YOUR MEDICATIONS

The VNA Care Network is offering a "Managing Your Medications" workshop at the Senior Center.

Please see page six for more information.

Attorney Mary J Roque will present two must attend workshops, one discussing the necessity of having a trust and the other on the importance of a Power of Attorney.

Please see page six for more information.

NEWPORT CHOWDER FESTIVAL

Be sure to sign up for the June 4th to Newport day trip when we will travel to the homes of the rich and famous and enjoy the 30th Annual Chowder Festival. Our day will begin at The Breakers summer "cottage", and then we will sample chowders from around the globe!



More information is on page nine.

REGISTRATION REQUIRED FOR ALL EVENTS.
To register, or for more information on any of these activities, please call the Senior Center at (781) 329-8799.



CLASSES & REGULARLY SCHEDULED ACTIVITIES

Bereavement Group

Wednesday June 15 1:00pm
Alice Barkin's Bereavement Group meets once a month.

Blood Pressure Clinic

Wednesday June 15 9:00am **Free**
Westwood's Board of Health nurse is available to check your blood pressure on the 3rd Wednesday of every month.

Book Club

Wednesday June 29 2:00pm **Free**
HOTEL on the Corner of Bitter and Sweet Jamie Ford
Share your thoughts and meet new friends.

Bowling League

Mondays June 6, 13, 20, 27 9:30am
Have fun while exercising! We meet at the Norwood Bowling Alley.

Bridge

Fridays June 3, 10, 17, 24 11:30am
Join us for Rubber Bridge. Bring your partner, or come alone.



CLASSES & REGULARLY SCHEDULED ACTIVITIES (continued)

Computer for Beginners

Westwood residents \$10.00
non-residents \$15.00
Tuesdays June 7, 14, 21, 28 10:00am
Learn formatting and editing. Create a simple table and a card using *Microsoft Word*; sample the Internet. Registration required.

Duplicate Bridge

Wednesdays June 1, 8, 15, 22, 29 11:30am **Free**
We play in Foxboro on Wednesdays, and all duplicate bridge players are welcome!

Knit and Crochet

Thursdays June 2, 9, 16, 23, 30 1:30pm **Free**
Bring your materials and patterns, and join us for a relaxing session.

Ladies Craft Group

Mondays June 6, 13, 20 10:00am **Free**
The Ladies Craft Group usually meets the first three Mondays of each month.

Legal Advice (by appointment only)

Tuesday June 7 8:30-10:00am **Free**
Mary J Roque, Attorney, specializing in Elder Law and Estate Planning, will provide free legal guidance to seniors on the first Tuesday of each month. Appointments are scheduled at about half hour intervals, between the hours noted.



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REGISTRATION REQUIRED FOR ALL EVENTS.
 To register, or for more information on any of these activities, please call the Senior Center at (781) 329-8799.



**CLASSES
 and REGULARLY
 SCHEDULED ACTIVITIES**
 (continued from page 2)

Low Impact Exercise **\$2.00/session**
 Mondays June 6, 13, 20, 27
 Wednesdays June 1, 8, 22, 29 1:00pm
 Keep fit, stay healthy!

Outdoor Walking **Free**
Tuesday June 7, 14, 21, 28 9:00am
Thursday June 9, 16, 23, 30 9:00am
 Join us at the High School track.

Painting **8 lessons- \$40.00 plus supplies**
 Mondays June 6, 13, 20, 27 1:00pm
 Dive in and enjoy! Supplies cost about \$75.00.

Quilting **\$1.00**
 Tuesdays June 7, 14, 21, 28 10:00am
 Bring your supplies, and join our group of quilters!

SHINE (Serving Health Information Needs of Elders)
 Tuesday June 7 9:00am – 1:00pm
 The COA offers SHINE counseling assistance the first Tuesday of each month. Lori Howell, SHINE representative, will help you deal with any issues or questions you may have regarding your health insurance.

**CLASSES & REGULARLY SCHEDULED
 ACTIVITIES** (continued)

Surf the Internet **Free**
 This introduction to the many facets of searching the WEB is available to seniors who want to learn the Internet. This is a hands-on class. Use our computers or bring your own laptop. A variety of days and times are available!
 Call to reserve your one-on-one session.

Tai Chi **\$3.00/session**
 Tuesdays June 7, 14, 21, 28 1:00pm
 Practice the ancient art of Tai Chi, a gentle physical, stretching exercise that reduces stress and improves flexibility.

Walk-Fit- Cardio-Strength Training **\$3.00/class**
 Tuesdays June 7, 14, 21, 28 8:30am
 Thursdays June 2, 9, 16, 23, 30 8:30am
 Join Eileen and a lively group for this quicker paced exercise and strength training class. Good for balance and posture. Please bring water and a 1 or 2 lb weight.

Wii Games **Free**
 Thursdays June 2, 9, 16, 23, 30 9:30am
 Sign up and join us Thursday mornings to play Wii Games. You'll have so much fun you won't even know you're exercising!



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ACTIVITIES – JUNE 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		10:00 Bereavement		
		11:30 Duplicate 1:00 Exercise Class	8:30 Walk Fit 9:30 Wii Games 1:15 Bingo 1:30 Knit & Crochet 2:00 Writing Class	9:30 Shaw's Market. 11:30 Rubber Bridge
6	7	8	9	10
9:30 Bowling League 10:00 Ladies Craft Gr 1:00 Exercise Class 1:00 Painting	8:30 Legal Advice Mary J Roque 8:30 Walk Fit 9:00 Outdoor Walking 9:00 SHINE – FREE Health Information 9:30 Chair Yoga 10:00 Begin.Computer 10:00 Quilting 11:00 Floor Yoga 1:00 Tai Chi 2:00 Movie	11:00 LONGEVITY SECRETS 11:30 Duplicate Bridge-Fox 1:00 Exercise Class	8:30 Walk Fit 9:00 Outdoor Walking 9:30 Wii Games 11:15 PATA PET 1:15 Bingo 1:30 Knit & Crochet 2:00 Writing Class	9:30 Hannaford's Mkt. 10:00 Coffee Hour 11:30 Rubber Bridge
13	14	15	16	17
9:30 Bowling League 10:00 Ladies Craft Gr 1:00 Exercise Class 1:00 Painting	8:30 Walk Fit 9:00 Outdoor Walking 9:30 Chair Yoga 9:30 Braintree Mall 10:00 Begin.Computer 10:00 MARY J ROQUE TRUSTS 10:00 Quilting 11:00 Floor Yoga 1:00 Tai Chi 2:00 Movie	9:00 BLOOD PRESSURE CLINIC 11:30 Duplicate Bridge-Fox 11:45 Intergenerational Lunch & Planting 1:00 Alice Barkin's Bereavement Grp	8:30 Walk Fit 9:00 Outdoor Walking 9:30 Wii Games 11:00 STEVE HENDERSON 1:15 Bingo 1:30 Knit & Crochet 2:00 Writing Class	9:30 Stop & Shop 10:00 Coffee Hour
20	21	22	23	24
9:30 Bowling League 10:00 Ladies Craft Gr 1:00 Exercise Class 1:00 Painting	8:30 Walk Fit 9:00 Outdoor Walking 9:30 Xmas Tree-Avon 9:30 Chair Yoga 10:00 MARY J ROQUE POWER OF ATTY. 10:00 Quilting 10:00 Begin.Computer 11:00 Floor Yoga 11:00 VNA-MANAGING YOUR MEDS 1:00 Tai Chi 2:00 Movie	11:30 Duplicate Bridge-Fox 1:00 Exercise Class	8:30 Walk Fit 9:00 Outdoor Walking 9:30 Wii Games 11:00 HESSCO Nutrition Talk 1:00 FRIENDS OF WESTWOOD COA Meeting & Music 1:15 Bingo 1:30 Knit & Crochet	9:30 Roche Bros 10:00 Coffee Hour 11:30 Rubber Bridge
27	28	29	30	
9:30 Bowling League 1:00 Exercise Class 1:00 Painting	8:30 Walk Fit 9:00 Outdoor Walking 9:30 Braintree Mall 9:30 Chair Yoga 10:00 Begin.Computer 10:00 Quilting 11:00 Floor Yoga 1:00 Tai Chi 2:00 Movie	11:30 Duplicate Bridge-Fox 1:00 Exercise Class 2:00 Book Club	8:30 Walk Fit 9:00 Outdoor Walking 9:30 Wii Games 1:15 Bingo 1:30 Knit & Crochet	

BLOOD PRESSURE CLINIC

Senior Center

June 15

9:00am – 11:30am



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**CLASSES
and REGULARLY
SCHEDULED ACTIVITIES**
(continued from page 3)

Writing Class 6 - 2 hour sessions - \$50.00

Thursday **June 2, 9, 16** 2:00pm
A new six week series begins this month. You won't want to miss any of this super course!

Viniyoga for Health and Fitness - \$3.00/class

Welcome to this Yoga program under the guidance of a 'Certified Yoga Therapist' (CYT) designed for members at the Westwood Senior Center. Flexibility, strength and endurance improve posture which affects balance, coordination, and stability. You will learn how to adapt Yoga postures and make it work for you! Make Yoga part of your schedule. Make Yoga part of your health.

Yoga (Chair) \$3.00

Tuesdays **June 7, 14, 21, 28** 9:30am

Yoga (Mat) \$3.00

Tuesdays **June 7, 14, 21, 28** 11:00am

Experience the wonderful benefits of balance and strength from yoga.

SPECIAL PROGRAMS and EVENTS

Ask A Lawyer

The attorneys at the Dedham law firm of Samuel, Sayward & Baler LLC will answer a question each month related to estate planning or elder law issues such as wills, trusts, probate, estates, Medicaid, or veteran's benefits. Please feel free to submit your questions anonymously by dropping them in the Ask A Lawyer in the dining room.

This month's question is part 2 of the question submitted last month.

Q: How much of the year do I need to spend in Florida to avoid the Massachusetts estate tax?

A: As a general rule, you should plan to spend more than half the year in Florida if you intend to claim it as your residence. However, the determination of a person's state of residency at the time of death is based on

SPECIAL PROGRAMS and EVENTS (cont.)

Ask A Lawyer (continued)

many factors, not just the length of time spent in a state. Further, the claim of non-residency is closely scrutinized by the Massachusetts Department of Revenue.

If you are not a Massachusetts resident at the time of your death, but you own real estate in Massachusetts then your Massachusetts real estate is subject to Massachusetts estate tax. In determining the Massachusetts estate tax on non-resident decedents who own real property in Massachusetts, you must first calculate the Massachusetts estate tax on the entire estate. Bottom line, even if your Massachusetts real estate is worth less than \$1 million, there will still be estate tax due to the Commonwealth if your total estate is more than \$1 million.

Q: What is the tax rate schedule for the Massachusetts Estate Tax?

A: The Massachusetts estate tax is a graduated tax beginning at 6.4% for estates valued at \$1 million and topping out at 16% for estates in excess of \$10 million. There is no Massachusetts estate tax for estates of \$1 million or less (that's \$2 million for a married couple who do some estate tax planning).

Here are some examples of the Massachusetts estate tax liability:

- \$1 million taxable estate
\$0.00 Massachusetts estate tax
- \$1.5 million taxable estate
\$64,400 Massachusetts estate tax
- \$2 million taxable estate
\$99,600 Massachusetts estate tax

Attorney Suzanne R. Sayward is an estate planning attorney and a partner with the Dedham firm Samuel, Sayward & Baler LLC. For more information, visit www.ssblc.com or call 781/461-1020.

REGISTRATION REQUIRED FOR ALL EVENTS.
To register, or for more information on any of these activities, please call the Senior Center at (781) 329-8799.



**SPECIAL PROGRAMS
and
EVENTS**

Do I Need a Trust?

Tuesday June 14 10:00am
 This seminar, presented by Mary J Roque, will give a brief overview of what a trust is, how it works, and whether one is appropriate for you and your family.

Friends of Westwood Council on Aging
 Thursday June 23 1:00pm
 After a brief meeting, enjoy the music of singer Les Burch who celebrates the great American songs we know and love.

Intergenerational Program

June 15	Senior Center Pizza Party and flower planting	11:45am
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This program is sponsored by the Council on Aging. It is for Seniors and 4th Graders, and usually meets at the Deerfield School

Longevity Secrets of the Okinawans

Wednesday June 8 11:00am
 Discover the nutrition and lifestyle strategies that have helped the Okinawans enjoy the world's highest population of centenarians (those living at 100 years of age or older). Join registered dietitian Tricia Silverman as she shares healthy practices that can help you boost your health and perhaps add healthy happy years to your life!

SPECIAL PROGRAMS and EVENTS (cont)

Pat a Pet

Thursday June 9 About 11:15
 Two lovely Papillon Dogs – certified therapy dogs – will visit our Senior Center. Please join us to meet and greet these gentle pups along with their owner and trainer, JoEdith Heffron. JoEdith and her pets visit neighborhood hospitals, nursing homes and day care center where they bring smiles to everyone. JoEdith and her dogs come via the Pets and People Foundation.

Steve Henderson –The Older I Get Free

Thursday	June 16	11:00am
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Join us for a great morning of entertainment with Steve Henderson. His performance features comical and touching stories about the healthcare experiences of an elderly man. This program is supported, in part, by the Westwood Cultural Council which is funded through the Massachusetts Cultural Council.

Power of Attorney Mary J Roque

Tuesday June 21 10:00 am
 One of the most important documents we can sign is a Durable Power of Attorney. It insures that our assets and needs are cared for by the person we trust most. This seminar will explain the terms of a Power of Attorney and how best to draft it to cover all of your personal needs.

VNA Care Network

Tuesday June 21 11:00am
 The VNA Care Network is offering a “**Managing Your Medications**” workshop at the Senior Center. Topics will include: How medicines work and how aging affects medication use; Common prescription and over-the-counter and herbal drug and food interactions; Warning signs of drug interactions; and Tips for safe medication management. There will be time for questions and answers.

REGISTRATION REQUIRED FOR ALL EVENTS.

To register, or for more information on any of these activities, please call the Senior Center at (781) 329-8799.

ENTERTAINMENT**Bingo****Free**

Thursdays **June 2, 9, 16, 23, 30** 1:15-2:45
Seniors are invited to play Bingo every Thursday afternoon. Join us and bring a friend!

Free Cell Phone

Low income seniors can receive a free cell phone to be used for limited calls. The program is not funded by the government or taxpayer money.

How It Works

This program offers a cell phone, about one hour's worth of calling time per month, and other wireless services like voice mail to eligible low-income households. Applicants have to apply and prove that they are receiving certain types of government benefits.

Only certain Americans are eligible for SafeLink. The eligibility guidelines vary by state but in general individuals qualify if they participate in a public assistance program such as Food Stamps, Medicaid, Supplemental Security Income (SSI), Temporary Assistance for Needy Families, Low Income Home Energy Assistance Program (Fuel Assistance), Federal Housing/Section 8 Assistance, or, if they do not receive any of these public assistance programs, they may also qualify based on total household gross monthly income.

Using 2009 poverty guidelines, that's \$14,620 for an individual and a little under \$30,000 for a family of four.

For more information call 1-800-977-3768.

MOVIES**Tuesdays-
2:00pm****FREE****June 7****Up**

After a lifetime of dreaming of traveling the world, 78-year-old homebody Carl (voiced by Ed Asner) flies away on an unbelievable adventure with Russell, an 8-year-old Wilderness Explorer (Jordan Nagai), unexpectedly in tow. The unlikely pair embarks on a thrilling odyssey full of jungle beasts and rough terrain.

June 14**The King's Speech**

Colin Firth, Helena Bonham Carter
Britain's King George VI (Colin Firth) struggles with an embarrassing stutter for years until he seeks help from unorthodox Australian speech therapist Lionel Logue (Geoffrey Rush) in this biographical drama that chalked up multiple Academy Awards, including Best Picture. Logue's pioneering treatment and unlikely friendship give the royal leader a sense of confidence that serves him and his country well during the dark days of World War II. Colin Firth, Geoffrey Rush, Helena Bonham Carter

June 21**Fried Green Tomatoes**

Mary Stuart Masterson, Jessica Tandy
In this adaptation of Fanny Flagg's novel, flashbacks reveal the remarkable and mysterious story of soul mates Idgie and Ruth Jamison (Mary-Louise Parker), whose antics cause an uproar in their rural Southern town during the 1920s. Feisty Ninny Threadgoode (Jessica Tandy) tells the tale to a repressed Alabama housewife (Kathy Bates), who becomes obsessed with Idgie and Ruth, and ultimately finds inspiration in their story.

(movies continued on page 9)

HESSCO ELDER SERVICES – JUNE MENU

Reservations must be made at least 2 days in advance. Call Rita at (781) 329-6514. Envelopes for your home-delivered meals' confidential donations (\$2.50 per meal) will be distributed on Monday and collected on Friday.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		KALE SOUP BUTTERMILK CHICKEN BROWN RICE DINNER ROLL FRESH FRUIT	APPLE CIDER BEEF STEW BOILED POTATO >WHOLE WHEAT ROLL #APPLE TURN OVER	CRUNCHY LITE FISH TARTAR SAUCE WHIPPED POTATO HOT GERMAN SLAW >WHOLE WHEAT BREAD FRESH FRUIT
<i>CALORIES:574 SODIUM:499</i>	<i>CALORIES:261 SODIUM:437</i>	<i>CALORIES:349 SODIUM:314</i>	<i>CALORIES:428 SODIUM:174</i>	<i>CALORIES:427 SODIUM:516</i>
6	7	8	9	10
COLD CUT PLATTER POTATO SALAD GREEN BEAN SALAD DESSERT OF THE DAY	BBQ CHICKEN HOT GERMAN POTATO SALAD BROCCOLI >WHOLE WHEAT ROLL FRESH FRUIT	MEATLOAF W/GRAVY WHIPPED POTATO CARROTS MULTIGRAIN ROLL #PUDDING	ROAST TURKEY W/GRAVY #CRANBERRY SAUCE GARLIC MASHED POTATO WINTER SQUASH WHEAT BREAD PEACHES	SAUSAGE W/ PEPPERS &ONIONS HASH BROWN POTATO CHUCK WAGON VEG HOT DOG ROLL FRESH FRUIT
<i>CALORIES:215 SODIUM:313</i>	<i>CALORIES:254 SODIUM:293</i>	<i>CALORIES:469 SODIUM:345</i>	<i>CALORIES:351 SODIUM:600</i>	<i>CALORIES:463 SODIUM:608</i>
13	14	15	16	17
AMERICAN CHOP SUEY CUT GREEN BEANS MULTIGRAIN ROLL APRICOTS	LASAGNA W/SAUCE ITALIAN BLEND VEG DINNER ROLL #PUDDING	NO HESSCO LUNCH SERVED TODAY	HAPPY FATHERS DAY REDUCED SODIUM HOT DOG VEGETARIAN BEANS TUSCANY BLEND VEG HOT DOG ROLL #APPLE CRISP	SALMON BOAT W/DILL SAUCE BROWN RICE PEAS >WHOLE WHEAT BREAD FRESH FRUIT
<i>CALORIES:2145 SODIUM:293</i>	<i>CALORIES:223 SODIUM:665</i>	<i>CALORIES:506 SODIUM:482</i>	<i>CALORIES:432 SODIUM:927</i>	<i>CALORIES:318 SODIUM:289</i>
20	21	22	23	24
BREADED CHICKEN BREAST FILET RICE FLORENTINE BROCCOLI HAMBURGER ROLL #ARCTIC ICE	SPANISH MEATBALLS WHIPPED POTATO MIXED VEGETABLES >WHOLE WHEAT BREAD FRESH FRUIT	ROAST PORK W/GRAVY SCALLOPED POTATO BEETS #FRUIT MUFFIN PINEAPPLE	GROUND BEEF STROGANOFF NOODLES SUMMER SQUASH MED MULTIGRAIN ROLL #CHERRY TURN OVER	CHICKEN ALA KING CONFETTI RICE PEAS WHITE BREAD FRESH FRUIT
<i>CALORIES:365 SODIUM:760</i>	<i>CALORIES:507 SODIUM:683</i>	<i>CALORIES:438 SODIUM:246</i>	<i>CALORIES:236 SODIUM:319</i>	<i>CALORIES:296 SODIUM:245</i>
27	28	29	30	
ITALIAN BRAISED BEEF ITALIAN SEASONED PASTA GENOA BLEND VEG WHEAT BREAD APRICOTS	CHEESY BEEFARONI CASSEROLE ESCALLOPED TOMATOES MULTIGRAIN ROLL #ARCTIC ICE	29. HAPPY BIRTHDAY TERIYAKI CHICKEN ASIAN RICE ORIENTAL VEGETABLES >WHOLE WHEAT ROLL #BIRTHDAY CAKE	0. SALISBURY STEAK W/MUSHROOM GRAVY WHIPPED POTATO SUMMER BLEND VEG >WHOLE WHEAT BREAD FRESH FRUIT	CONFIDENTIAL DONATION IS \$2.50 PER MEAL. TO CANCEL, PLEASE CALL: (781) 329-6514
<i>CALORIES:447 SODIUM:422</i>	<i>CALORIES:425 SODIUM:565</i>	<i>CALORIES:372 SODIUM:202</i>	<i>CALORIES: 366 SODIUM:246</i>	<i>CALORIES: SODIUM:</i>

SYMBOLS: >High Fiber, *Added Salt, #Added Sugar,

Sodium and calories listed above are for entrees only. Modified Desserts are available.

MOVIES



**Tuesdays-
2:00pm**

continued

FREE

June 28

Princess Kaiulani

Q'Orianka Kilcher,

Lush scenery and gorgeous photography highlight this bio of Princess Kaiulani (Q'Orianka Kilcher), a 19th-century Hawaiian princess raised in England but determined to maintain her people's independence from aggressive American businessmen. After being sent to England as a child by her Scottish father, Kaiulani returns to Hawaii and becomes a political activist who fights to retain her throne, even though she must leave her English paramour.

LET US KNOW OF MOVIES YOU WOULD LIKE TO SEE.

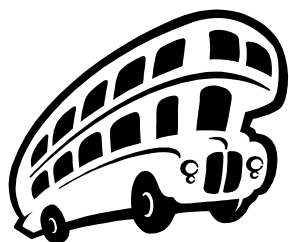
DAY TRIPS (continued)



TRAIN TRIP

Tuesday June 28 \$98.00

Indulge yourself in a one-of-a kind special day trip aboard beautifully restored vintage railcars for a carefree 4 hr journey through mid-coast Maine. Our day includes 2+ hrs in downtown Rockland, Maine, and a buffet dinner at the Portland, Maine, Old Country Buffet. Trip includes transportation, train excursion and buffet dinner.



DAY TRIPS

Saratoga
and more



**NEWPORT
CHOWDER
FESTIVAL**



August 7th and 8th

\$239.00 double
\$299.00 single

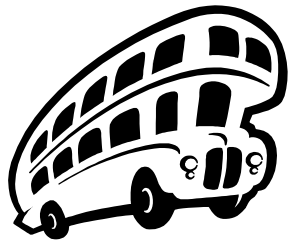
Saturday June 4 \$80.00pp

Join us as we travel to the homes of the rich and famous and enjoy the 30th Annual Chowder Festival. We begin our day at The Breakers summer "cottage" and then sample chowders from around the globe! There will be live entertainment also at this festival. Come and have a fun summer Saturday!

We will travel via luxury motor coach to the Berkshire mountains on our way through to Albany, NY..to Saratoga Springs, NY. A Berkshire Scenic Railway trip from Lenox, MA, to Stockbridge, MA. Then on to the Norman Rockwell Museum. Later that day we will stay at the Fairfield Inn. Next morning off to the NY State Museum and then to the historic city of Saratoga Springs, NY, and OFF TO THE TRACKS for some horse racing.

Price includes: bus, 1 night lodging, 1 dinner, 1 breakfast, train ride, museum, and race course. Driver and Tour Director gratuities not included.





DAY TRIPS

(continued)

A Bit of Tuscany



\$68.00pp

Wednesday August 10 \$68.00

Enjoy a taste of Europe! Walk the Gardens, Play Bocce & Enjoy a Complimentary Wine Tasting. Showtime with the music and song of Ray Cavicchio and Sharon Zee. As always, Ray and Sharon will delight their audience with a wonderful blend of Italian favorites and all time hits. And don't forget your dance shoes, because they'll be offering up both line and ballroom choices.

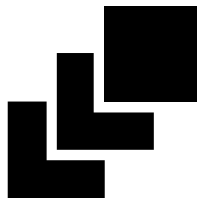
Location: Zorvino Vineyards in Sandown, NH

Meal Choices:

Grilled Marinated Chicken stuffed with Prosciutto Ham

or

Baked Haddock seasoned with Italian Bread Crumbs



DAY TRIPS

(continued)

Scarborough, Maine

Twin Lobster Luncheon

with

Mystery Guest Show



\$82.00pp

Tuesday August 23 \$82.00

Our mystery entertainer will be best remembered as a regular on the hit ABC show, *Laverne & Shirley!*

Location: Clambake Restaurant, Scarborough, Maine

Meal Choices:

2 whole boiled 1.25 lb lobsters

or

Baked Haddock

CROSSWORD SOLUTION (puzzle next page)



CROSSWORD
(solution on page 10)

ACROSS

- 1. Rancid
- 4. New-style LPs
- 7. Select
- 10. "___ skies of blue" (2 wds.)
- 12. Worn groove
- 13. Yearning
- 14. Ralston cereal brand
- 15. ___ whim (2 wds.)
- 16. Bench
- 17. Con's opposite
- 19. Tachometer letters
- 21. Dreary
- 23. Like Sanka
- 26. Spree
- 27. Scribble (down)
- 28. Dapper ___
- 30. Orange feature
- 31. Coffee cup lip
- 32. Password
- 33. Undivided
- 34. Deli meat
- 35. Sulked
- 36. Prepare to be knighted
- 38. Talks noisily
- 39. Staining agent
- 40. Skirt bottom
- 41. Penalty indicator
- 44. Like winter roads, sometimes
- 46. Lamb moms
- 50. Jazzman Brubeck

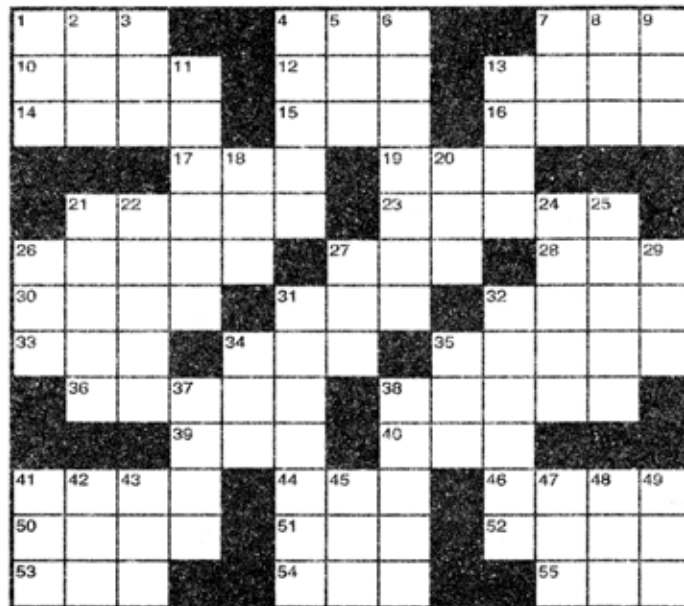
- 51. Bazooka product
- 52. Steve of the NBA
- 53. ___ Khan
- 54. Laughing sound
- 55. Napoleon Solo, e.g.

DOWN

- 1. Pen-making name
- 2. Fireplace fragment
- 3. Poor grade
- 4. Robber
- 5. Urge payment
- 6. Principal players' world
- 7. Raw mineral
- 8. Trevino's org.

- 9. Asian holiday
- 11. Put forth, as energy
- 13. Branch of the Armed Services (abbr.)
- 18. Scrap
- 20. Teacher's favorite
- 21. Eye action
- 22. Damask
- 24. Take in an orphan
- 25. Gets fainter
- 26. To and ___
- 27. Actor Carrey
- 29. Actor Beatty
- 31. Sir Walter ___

- 32. Flimflam artists
- 34. "___ Jude"
- 35. "Bye Bye Birdie" mother
- 37. Cutting side
- 38. Nursery ___
- 41. Drug-regulating org.
- 42. Fall behind
- 43. Gardner of films
- 45. Hint
- 47. Had existence
- 48. Sixth sense (abbr.)
- 49. Introverted



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SENIOR TRANSPORTATION SERVICES

Shoppers' Bus for Westwood residents is available on most Tuesdays to local Shopping Malls, and on most Fridays for food shopping. Participants are restricted to 4 shopping bags per person.

May	DATE	DESTINATION	PICK-UP	FEE
	3	Shaw's Mkt	9:30am	\$2.00
	10	Hannaford's Mkt	9:30am	\$2.00
	14	Braintree Mall	9:30am	\$2.00
	17	Stop & Shop	9:00am	\$2.00
	21	Xmas Tree-Avon	9:30am	\$2.00
	24	Roche Bros	9:30am	\$2.00
	28	Braintree Mall	9:30am	\$2.00

The COA will make 2 trips daily for food shopping if we have more than 6 seniors registered. Seniors on a waiting list will go shopping at 10:30a.m. and be picked up at noon for return home.

PLEASE NOTE: All reservations must be made at least 48 hours in advance. We will only take two reservations per telephone call. This bus is basically for seniors who do not drive, and reservations are on a first-come, first-served basis. All Westwood Glen residents will be picked up at Building #2. Highland Glen residents will be picked up at **their building**. Local residents will be picked up at their homes. Suggested donation for this service is \$2.00.

Transportation is available for residents who would like to attend the Blood Pressure Clinic at the COA

Senior Center on the 3rd Wednesday of each month. Please call the Center at (781)329-8799 to arrange for transportation.

If you are in need of a home visit, or have any questions about the program, please call the Westwood Board of Health office at 781 251-2576.

FISH volunteers are also available for some assistance to medical appointments. We have some volunteers available for local calls, but very limited service to Boston.

Medical Transportation for Westwood residents to medical appointments, within a 10-mile radius, is available Monday–Friday usually between 9:30am and 1:00pm. Reservations must be made 48 hours in advance, and a donation of \$2.00 is suggested. Call the Senior Center at 781 329-8799.

Medical Transportation to Boston: Rides are available through the Foxfield Taxi Service, 1-800-585-8294, for \$25.00. Twenty-four hours notice is required, and the rides are available only on Mondays and Wednesdays.

Westfare Taxi Vouchers are available to eligible seniors. A purchase of \$12.00 will buy \$48.00 worth of transportation. Jean Stahl, COA Outreach Worker, administers this program. For more information, call Jean on Monday, Tuesday or Thursday at (781) 329-8799.

<p style="text-align: center;">Council on Aging Board Members</p> <p>Chairperson Edie McCracken</p> <p>Vice-Chairperson Robert Folsom</p> <p>Members Betty Connors Margaret Dullea William Galvin Mary Gens Irene MacEachern Colleen Messing Patricia Davies Verzino</p> <p>Director Pat Carty-Larkin</p>	<p style="text-align: center;">Friends of Westwood Council on Aging 60 Nahatan Street WESTWOOD, MA 02090</p>	<p style="text-align: center;">NONPROFIT ORGANIZATION U.S. POSTAGE PAID WESTWOOD, MA 02090 PERMIT #16</p>
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