

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

FEBRUARY 2011

from the **DIRECTOR'S DESK**



February is the perfect month to register for your AARP Income Tax assistance appointment with Dean Strack. The list of necessary information can be found on page 6. Don't forget to apply for the State Circuit Breaker Tax Credit while filing your tax form. This credit applies to everyone. You do not have to be a homeowner. It also relates to renters. Seniors needing medical transportation should be aware of the change in our medical transportation program for the next two months. The COA can only offer medical transportation 2 days per week. This transportation is available on Tuesdays and Wednesdays only for a few months. I apologize for any inconvenience this change may cause.

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.

DAY OF BEAUTY

Treat yourself to a wonderful day at the Blue Hills Regional Technical School, Department of Cosmetology. Enjoy a facial, manicure, scalp treatment with massage, and a blow dry. In addition to all this, a wonderful lunch is included! For more information, please see page 6.

NUTRITION CLASS

HESSCO (Health and Social Services Consortium, Inc.) is offering a 7-week FREE Nutrition Class. These informative meetings are scheduled to begin March 23rd from 9:00am to 11:30am. Sign up early as workshop spaces are limited.

NORFOLK COUNTY SHERIFF'S OFFICE

TRIAD is a three-way partnership among local chiefs of police, the sheriff, and seniors in a community. They all work together to reduce the criminal victimization of the elderly and enhance the delivery of law enforcement services to seniors. Joseph Canavan, TRIAD Division Director, will lead this meeting. See page 7 for more details.

SPECIAL NOTICE

Reminder: The Senior Center is closed when the Westwood schools are closed. Channels 4 and 5 carry the "No School" announcements.

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 (continued)



CLASSES & REGULARLY SCHEDULED ACTIVITIES

Bereavement Group **Free**
Wednesdays February 2, 9 10:00am

Bereavement Group meets at the Senior Center. Everyone is most welcome to attend. The facilitators are Dorothy Ruggiero and Mary Sethna.

Bereavement Group **Free**
Wednesday February 9 1:00pm

Alice Barkin's Bereavement Group meets once a month.

Blood Pressure Clinic **Free**
Wednesday February 16 9:00am

Westwood's Board of Health nurse is available to check your blood pressure the 3rd week of every month.



Book Club **Free**
Wednesday February 23 2:00pm
Fields of Gold Marie Bostwick
Share your thoughts and meet new friends.

Bowling League
Mondays Feb. 7, 14, 21, 28 9:30am
Meet new friends, and have fun while exercising! We meet at the Norwood Bowling Alley.

Bridge
Fridays Feb. 4, 11, 18, 25 11:30am
Join us for Rubber Bridge. Bring your partner, or come alone!

Chair Yoga **\$3.00/session**
Tuesdays Feb. 1, 8, 15, 22 9:30am

Floor Yoga
Thursdays Feb. 1, 8, 15, 22 11:00am
Experience the wonderful benefits of balance and strength from yoga. Register soon as space is limited.

Computer for Beginners
Westwood residents \$10.00
non-residents \$15.00

Tuesdays Feb. 1, 8, 15, 22 10:00am
Learn formatting and editing. Create a simple table and a card using *Microsoft Word*; sample the Internet.

Classes continued page 3

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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)

Duplicate Bridge **Free**
 Wednesdays Wed. 2, 9, 16, 23 11:30am

We play in Foxboro on Wednesdays, and all duplicate bridge players are welcome!

Elder Law and Estate Planning **Free**
 Wednesday February 16 10:00am

Attorney Pellegrini will take questions on Elder Law the 3rd Wednesday of each month.

Indoor Walking
 Tuesdays Feb. 1, 8, 15
 Thursdays Feb. 3, 10, 17 3:15pm

We walk the halls of Westwood High School on Tuesdays and Thursdays. Walk at your own pace, and bring your friends to join you!

Knit and Crochet **Free**
 Thursdays Feb. 3, 10, 17, 24 1:30pm
 Bring your materials and patterns, and join us for a relaxing session.

CLASSES & REGULARLY SCHEDULED ACTIVITIES (continued)

Ladies Craft Group
Free

Mondays Feb. 7, 14 10:00am
 The Ladies Craft Group usually meets the first three Mondays of each month.

Legal Advice (by appointment only)
Free

Tuesday February 1 9:00am
 Mary J Roque, Attorney, specializing in Elder Law and Estate Planning, will provide free legal guidance to seniors. She will provide one-on-one counsel the first Tuesday of each month. This service is provided by appointment only.

Low Impact Exercise **\$2.00/session**

Mondays Feb. 7, 15, 28
 Wednesdays Feb. 2, 9, 16, 23 1:00pm
 Keep fit, stay healthy!

Painting 8 lessons - \$40.00 plus supplies

Mondays Feb. 7, 14, 28 1:00pm
 Dive in and enjoy!

Quilting **\$1.00**

Tuesdays Feb. 1, 8, 15, 22 10:00am
 Bring your supplies, and join our group of quilters!

(continued on page 5)



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RAZZA LAW OFFICES
 MICHAEL S. RAZZA, Esq.
 **SERVING OUR WESTWOOD SENIOR COMMUNITY SINCE 1972**
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 email: westwoodfh@verizon.net
TEL: (781) 326-0074

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HURRY!!! SPONSOR THIS NEWSLETTER!
Call 800-732-8070 

FEBRUARY 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	8:30 Walk Fit 9:00 Legal Assistance 9:30 CHAIR Yoga 10:00 SHINE—FREE health insurance assistance 10:00 Begin Computers 10:00 Quilting 11:00 FLOOR Yoga 1:00 Tai Chi 2:00 Movie 3:15 INDOOR walking	10:00 Bereavement 10:00 Woman's Club Exec. Board Mtg. 11:30 Dup. Bridge/Foxb 1:00 Exercise Class	8:30 Walk Fit 9:30 Wii Games 10:30 TRIAD meeting 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet 2:00 Writing Class 3:15 INDOOR walking	9:30 Roche Bros. 10:00 Coffee Hour 11:30 Rub. Bridge Gr. 2:00 Writing Group
7	8	9	10	11
9:00 TAX PREP 9:30 Bowling League 10:00 PreSchool Music 10:00 Ladies Craft Grp 1:00 Exercise Class 1:00 Whist Group 1:00 Painting	8:30 Day of Beauty 8:30 Walk Fit 9:30 CHAIR Yoga 10:00 Begin Computers 10:00 Quilting 11:00 FLOOR Yoga 1:00 Tai Chi 2:00 Movie 3:15 INDOOR walking	10:00 Bereavement 10:00 Great Decisions 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class	8:30 Walk Fit 9:30 Wii Games 10:00 Westwood Sings 10:00 Exec. Bd. Senior Men's Mtg. 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet 2:00 Writing Class 3:15 INDOOR Walk	9:30 Shaw's Mkt. 10:00 Coffee Hour 11:30 Rub. Bridge Gr.
14	15	16	17	18
9:00 TAX PREP 9:30 Bowling League 10:00 Ladies Craft Grp 10:00 D.A. Officer 1:00 Exercise Class 1:00 Whist Group 1:00 Painting	8:30 Walk Fit 9:30 X-Mas Shop – Avon 9:30 CHAIR Yoga 10:00 Begin Computers 10:00 Quilting 11:00 FLOOR Yoga 1:00 Tai Chi 2:00 Movie 3:15 INDOOR walking	9:00 Blood Pressure 10:00 Free Legal Help 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class	8:30 Walk Fit 9:30 Wii Games 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet 2:00 Writing Class 3:15 INDOOR walking	9:30 Hannaford's Mkt. 10:00 Coffee Hour 11:30 Rub. Bridge Gr. 2:00 Writing Group
21	22	23	24	25
PRESIDENTS' DAY SENIOR CENTER CLOSED	8:30 Walk Fit 9:30 CHAIR Yoga 10:00 Begin Computers 10:00 Quilting 11:00 FLOOR Yoga 1:00 Tai Chi 2:00 Movie	10:00 Great Decisions 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 2:00 BOOK GROUP- <i>Fields of Gold</i> Marie Bostwick	8:30 Walk Fit 9:30 Wii Games 9:00 RI Flower Show 10:00 Westwood Sings 11:00 Medication Management & Safety 1:00 Garden Club Mtg. 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet 2:00 Writing Class	9:30 Stop & Shop 10:00 Coffee Hour 11:30 Rub. Bridge Gr.
28				
9:00 TAX PREP 9:30 Bowling League 1:00 Exercise Class 1:00 Whist Group 1:00 Painting				

BLOOD PRESSURE CLINIC

Senior Center

FEBRUARY 16TH

9:00 AM – 11:30 AM



Victoria Haven

"A Skilled Nursing & Rehabilitation Facility"

137 Nichols Street, Norwood, MA

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ONE new customer! Place an ad today.

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CLASSES and REGULARLY SCHEDULED ACTIVITIES

(continued from page 3)

Senior Crime Issues with Neil Orlando

Monday February 14 10:00am
Neil Orlando, Director of Senior Crime from the District's Attorney's Office, will again host a question and answer forum to discuss any issues concerning crime and safety which might affect seniors.

SHINE (Serving Health Insurance Needs of Elders)

Tuesday **February 1** 10:00am – 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.

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 Feb. 1, 8, 15, 22 1:00pm
Practice the ancient art of Tai Chi, a gentle physical, stretching exercise that reduces stress and improves flexibility.

CLASSES and REGULARLY SCHEDULED ACTIVITIES (continued)

Walk-Fit- Cardio-Strength Training **\$3.00/class**

Tuesdays Feb. 1, 8, 15, 22 8:30am
Thursdays Feb. 3, 10, 17, 24 8:30am
Join Eileen and a lively group for 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 Feb. 3, 10, 17, 24 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!

WRITING CLASS **6 - 2 hour sessions - \$50.00**

Thursdays Feb. 3, 10, 17, 24,
March 3 2:00pm
An instructional class taught by Anna Simon who is an accomplished writer as well as an inspiring teacher. She has an impressive following.

Writing Group

Free

Fridays February 4, 18 2:00pm
Share your thoughts and meet new friends. Usually meets the 1st and 3rd Friday of each month.

Yoga

\$3.00

Chair Yoga

Tuesdays Feb. 1, 8, 15, 22 9:30am

Floor Yoga

Tuesdays Feb. 1, 8, 15, 22 11:00am

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

Day of Beauty \$20.00

Tuesday February 8 8:30am
Treat yourself to a wonderful day at the Blue Hills Regional Technical School, Department of Cosmetology. Enjoy a facial, manicure, scalp treatment with massage, and a blow dry. A wonderful lunch is included !!! We are limited to only 9 participants, so call the Senior Center and register soon!

Garden Club

Thursday February 24 1:00pm
Meeting.

Intergenerational Program

This program is sponsored by the Council on Aging. It is for Seniors and 4th Graders, and usually meets at the Deerfield School.

March 9	Deerfield School Getting Acquainted	11:45am
April 6	Deerfield School	11:45am
May 4	Deerfield School	11:45am
June 15	Senior Center. Pizza Party and flower planting	11:45am

For a really good time and a chance to prove that Seniors are fun, as well as interesting people, please join the group. We have plenty of kids, but we need more seniors!

For more information please call Mary Hunt, Program Coordinator, at 781-326-9361 or call the Senior Center.

SPECIAL PROGRAMS and EVENTS

(continued)

Medication Management FREE

Thursday, February 24 11:00am
Many seniors are taking multiple medications and want to understand how and when to take them appropriately, as well as possible medicine interactions and reactions. Christine Ogden, Nurse Manager, Hebrew SeniorLife, will present a very informative program on MEDICATION MANAGEMENT AND SAFETY. Attending this program will give you the tools and information you need to hopefully avoid any medication complications.

Tax Preparation FREE

Mondays Feb. 7, 14, 28 9:00am to 3:00pm

The Council on Aging offers free tax preparation each Monday beginning February 7th and ending on April 11. This service is provided through AARP. As always, please call the Senior Center to schedule your appointment.

Be sure to bring the following documents to your appointment:

- Last year's tax return
- Current year's tax forms
- Social Security card (if not processed through COA last year)
- Checkbook

Income:

- W-2 from each employer
- Unemployment compensation statements
- SSA-1099 form showing Social Security benefits paid to you
- 1099 forms reporting interest

Credits:

- 1099-R form if you received a pension or annuity
- 1099-Misc form if any miscellaneous income



SPECIAL PROGRAMS and EVENTS

continued from page 6

Tax Preparation (continued)

- Dependent care provider information (name, employer ID or Social Security Number)
- Receipts/canceled checks or 1099 forms relating to continuing education (beyond high school)

Deductions: (If you want to itemize)

- 1098 form showing any home mortgage interest
- Receipts/canceled checks for medical/dental expenses
- Receipts for contributions to charities

TRIAD Presentation **FREE**
Thursday February 3 10:30am

The Norfolk County Sheriff's Office will present a talk by Julie Soforenko, from American Consumer Credit Counseling. She will discuss Identity Theft, and provide information about how seniors can reduce the risk of becoming a victim and what to do if identity theft occurs.

TRIAD is a three-way partnership among local chiefs of police, the sheriff, and seniors in a community.

Westwood Woman's Club
Wednesdays February 9, 23 10:00am
Great Decisions.

Westwood Sings
Thursday February 10 10:00am
(Snow date Feb. 17)

Join us at the Senior Center for another Intergenerational Music Program. Enjoy a lively and fun-filled sing along with Westwood resident Duane Sullivan.

SPECIAL PROGRAMS and EVENTS

Westwood Men's Club
Thursday February 10 10:00am
Executive Board Meeting

ENTERTAINMENT



Bingo

Free

Thursdays Feb. 3, 10, 17, 24 1:15-2:45
Seniors are invited to play Bingo every Thursday afternoon. Join us and bring a friend!

MOVIES



FREE



ALL MOVIES SHOWN AT 2:00 pm on TUESDAYS

February 1	Eat Pray Love	Julia Roberts
February 8	Breakfast at Tiffany's	Audrey Hepburn George Peppard
February 15	High Noon	Gary Cooper Grace Kelly
February 22	Outsourced	Josh Hamilton

PLEASE LET US KNOW OF ANY MOVIES YOU WOULD LIKE TO SEE.

HESSCO ELDER SERVICES -FEBRUARY 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	4
	SHEPPARD'S PIE PEAS & CARROTS >MULTIGRAIN ROLL PEACHES	SWEDISH MEATBALLS NOODLES GREEN BEANS WHEAT BREAD # FRUIT SMOOTHIE	ROAST PORK W/ ROSEMARY GRAVY LYONNAISE POTATO CHOPPED BROCCOLI FRUIT MUFFIN APPLESAUCE	MEXICALI CHICKEN W/VEGETABLES SPANISH RICE WHOLE WHEAT ROLL FRESH FRUIT
<i>CALORIES:</i> <i>SODIUM:</i>	<i>CALORIES:493</i> <i>SODIUM:397</i>	<i>CALORIES:233</i> <i>SODIUM:560</i>	<i>CALORIES:314</i> <i>SODIUM:242</i>	<i>CALORIES: 345</i> <i>SODIUM:643</i>
7	8	9	10	11
BAKED RIGATONI W /MEAT SAUCE ITALIAN BREAD DINNER ROLL # PUDDING	APPLE CIDER BEEF STEW WITH VEGETABLES BOILED POTATO >WHOLE WHEAT ROLL APRICOTS	OLD FASHION MEATLOAF W/ MUSHROOM GRAVY MASHED POTATO DICED BEETS >WHOLE WHEAT BREAD PEACHES	CREAM OF BROCCOLI SOUP APRICOT CHICKEN FLORENTINE RICE >MULTIGRAIN ROLL # COOKIE	SEAFOOD SALAD RED BLISS POTATO SALAD COLE SLAW PITA BREAD FRESH FRUIT
<i>CALORIES:309</i> <i>SODIUM:460</i>	<i>CALORIES:428</i> <i>SODIUM:175</i>	<i>CALORIES:414</i> <i>SODIUM:252</i>	<i>CALORIES: 320</i> <i>SODIUM:270</i>	<i>CALORIES:328</i> <i>SODIUM:632</i>
14	15	16	17	18
VALENTINES DAY PORK RIBBLET DELMONICO POTATO ROMAN BLEND VEG WHITE BREAD # SWEETHEART JELLY ROLL	BREADED CHICKEN PATTY PARSLEY MASHED POTATO PEAS HAMBURG BUN APRICOTS	MAC & CHEESE ESCALLOPED TOMATO >FRUIT MUFFIN APPLESAUCE	ROAST TURKEY PARMESAN MASHED POTATO WINTER SQUASH >WHOLE WHEAT BREAD # PUDDING	BEEF & BEAN CASSEROLE GREEN BEANS W/ ONION & MUSHROOMS >MULTIGRAIN ROLL FRESH FRUIT
<i>CALORIES:376</i> <i>SODIUM:650</i>	<i>CALORIES:470</i> <i>SODIUM:578</i>	<i>CALORIES:483</i> <i>SODIUM:674</i>	<i>CALORIES:441:</i> <i>SODIUM:559</i>	<i>CALORIES:230</i> <i>SODIUM:282</i>
21	22	23	24	25
PRESIDENTS DAY	CHICKEN TETRAZZINI MIXED VEGETABLES DINNER ROLL PEACHES	HAPPY BIRTHDAY AMERICAN CHOP SUEY GREEN BEANS >WHOLE WHEAT BREAD # BIRTHDAY CAKE	MUSHROOM BARLEY SOUP SWEET & SOUR CHICKEN ORIENTAL BLEND VEG >MULTIGRAIN ROLL FRESH FRUIT	BREADED FIESTA FISH RICE & BEANS PEAS & CARROTS WHITE BREAD ARCTIC ICE: 241
<i>CALORIES:</i> <i>SODIUM:</i>	<i>CALORIES:226</i> <i>SODIUM:327</i>	<i>CALORIES 214</i> <i>SODIUM: 151</i>	<i>CALORIES:441</i> <i>SODIUM:449</i>	<i>CALORIES:334</i> <i>SODIUM:241</i>
28				
LASAGNA W/VEG & TOMATO SAUCE GENEO BLEND VEG WHOLE WHEAT ROLL # APPLE SLICES	YOUR \$2.50 DONATION WILL BE GREATLY APPRECIATED!			CONFIDENTIAL DONATION IS \$2.50 PER MEAL. TO CANCEL, PLEASE CALL: (781) 329-6514
<i>CALORIES:376</i> <i>SODIUM: 456</i>	<i>CALORIES:</i> <i>SODIUM:</i>	<i>CALORIES:391</i> <i>SODIUM: 624</i>	<i>CALORIES:472</i> <i>SODIUM: 640</i>	<i>CALORIES:</i> <i>SODIUM:</i>

SYMBOLS: >High Fiber, *Added Salt, # Added Sugar,
Sodium and calories listed above are for entrees only. Modified Desserts are available.



DAY TRIPS

**Mardi Gras Day
at
Lantana in
Randolph**



\$42.00

TRANSPORTATION NOT PROVIDED

Tuesday February 22 \$42.00pp

A New Orleans born and bred vocalist and actor, Henri Smith has long been a radio personality in the city. After Hurricane Katrina, he was displaced and has ended up here in New England. This velvet throated singer will share the rich musical and cultural heritage of New Orleans during this multi faceted show. In fact, you'll think that you're on Bourbon Street in New Orleans.

Meal Choice: Baked Stuffed
Chicken Breast or Blackened Pork Loin



RHODE ISLAND FLOWER SHOW

Tickets are limited.

Thursday February 24 \$16.00pp

The 19th Annual Rhode Island Spring Flower and Garden Show is partnering with the American Heart Association marrying the beauty of nature with popular romantic love stories that touch the heart. Stroll through the 28 gardens, each a reminder of your favorite movie, song or novel. The \$16.00 includes the ticket and transportation. One can bring or purchase lunch.

If you can start the day without caffeine or pep pills,
If you can be cheerful, ignoring aches and pains,
If you can resist complaining and boring people with your troubles,
If you can eat the same food everyday and be grateful for it,
If you can understand when loved ones are too busy to give you time,
If you can overlook when people take things out on you when,
Through no fault of yours, something goes wrong,
If you can take criticism and blame without resentment,
If you can face the world without lies and deceit,
If you can conquer tension without medical help,
If you can relax without liquor,
If you can sleep without the aid of drugs,
If you can do all these things,
Then you are probably the family dog.



NEWS FLASH

Several telephone companies say Their white pages are going to be passé "And anyone without online access by now is probably too old to read the print anyhow."

So I'm trying to guess
As my tired brain ages
What they'll take away next
And trust it won't be
Charmin's soft white pages!

Emlin Wheeler



CROSSWORD
(Solution on page 11)

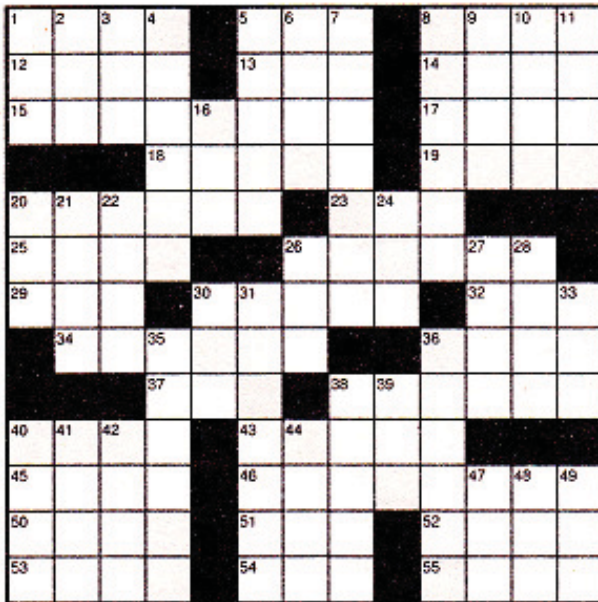
ACROSS

- 1. Guitarist's short phrase
- 5. Wall and Sesame (abbr.)
- 8. Lakers fan Nicholson
- 12. Unwritten
- 13. Tool ___
- 14. Chocolate sandwich cookie
- 15. "Sweet ___"
- 17. Above
- 18. Singer LaBelle
- 19. Loch ___ monster
- 20. Quarry noises
- 23. Bert Bobbsey's twin
- 25. Slick
- 26. Razes
- 29. Guy's opposite
- 30. Serious play
- 32. ___ king (2 wds.)
- 34. 12 o'clock
- 36. Federal agent (hyph.)
- 37. Urge
- 38. Plump
- 40. "Runaround Sue" singer
- 43. More competent
- 45. Watson of "Harry Potter"
- 46. Argued
- 50. Cripple
- 51. Objective
- 52. Former coin of Italy
- 53. Unfooled by

- 54. Positive answer
- 55. Dutch cheese

DOWN

- 1. Eden ___
- 2. AARP member's fund
- 3. Near's opposite
- 4. One of Peter Rabbit's siblings
- 5. Short, comic plays
- 6. Color
- 7. Writer Gloria Woodward
- 8. Actress Woodward
- 9. Johnson of "Laugh-In"
- 10. Business head honchos (abbr.)
- 11. Keystone figures
- 16. Nero's language (abbr.)
- 20. Peat source
- 21. Neeson of "Schindler's List"
- 22. For ___ care (2 wds.)
- 24. Gardner of "The Killers"
- 26. Deposit eggs
- 27. Traditional Easter dish
- 28. Thick chunk
- 30. JFK's predecessor
- 31. Fled (2 wds.)
- 33. "___ Given Sunday"
- 35. Generator
- 36. Sound like a brook
- 38. Chowder ingredients
- 39. Barnyard fowl
- 40. Car dealer's model
- 41. "___ Ordinary Man" (2 wds.)
- 42. Fail to mention
- 44. Soft cheese
- 47. Removable top
- 48. Historian's division
- 49. Beaver construction



***Deep Thoughts for Children**

From an actual newspaper contest where entrants age 4 to 15 were asked to imitate "Deep Thoughts by Jack Handey."...

Give me the strength to change the things I can, the grace to accept the things I cannot, and a great big bag of money. - Age 13

Democracy is a beautiful thing, except for that part about letting just any old yokel vote. -- Age 10

For centuries, people thought the moon was made of green cheese. Then the astronauts found that the moon is really a big hard rock. That's what happens to cheese when you leave it out. -- Age 6

As you make your way through this hectic world of ours, set aside a few minutes each day. At the end of the year, you'll have a couple of days saved up. -- Age 7

Often, when I am reading a good book, I stop and thank my teacher. That is, I used to, until she got an unlisted number. -- Age 15

It would be terrible if the Red Cross Bloodmobile got into an accident. No, wait. That would be good because if anyone needed it, the blood would be right there. -- Age 5

*from www.allcleanhumor.com



NEWSLETTER SUBSCRIPTIONS

If you did not receive your newsletter this month, it might be because you did not send in your \$4.00 for your subscription.

Please mail your \$ 4.00 check to Friends of Westwood COA, 60 Nahatan St., Westwood, MA 02090

From Dave Barry's 50 Years of Experience

It is a fine line between "hobby" and "mental illness."

From www.jokesclean.com

BLOOD PRESSURE CLINIC

Senior Center	February 16	9:00AM – 11:30 AM
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PEABODY ESSEX MUSEUM TRIP



PEABODY ESSEX MUSEUM TRIP

Enjoying a rest as they pose for this picture during their trip to Peabody Essex Museum are:

(left to right)
Eleanor Santoro,
Phoebe Joseph,
Marilyn Cote, Shirley Sullivan, Joan Berg, and COA Driver, Harry.



Once again, her smile failed to light up the room.

CROSSWORD SOLUTION
(puzzle on page 10)

M	V	E	S	O	N	O			
D	A		Y	E					
R	A	L	I	M	A	I	M		
L	E	D		W	R	A	N	G	L
		R	A	B	L	E	R		D
B	B	Y		C	H	O			
N	A	N		G	M	A	N		
A	L	A		D	R	A	M	A	
		S		L	E	V	E	L	S
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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.

FEB	DATE	DESTINATION	PICK-UP	FEE
	4	Roche Bros.	9:30am	\$2.00
	8	Day of Beauty	8:30am	\$20.00
	11	Shaw's Market	9:30am	\$2.00
	15	X-Mas Tree – Fox.	9:30am	\$2.00
	18	Hannaford's Mrkt	9:30am	\$2.00
	24	R. I. Flower Show	9:00am	\$16.00
	25	Stop & Shop	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 the flagpole. 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 between 9:30am and 1:30pm, **usually** Monday through Friday. 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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