

WESTWOOD SENIOR NEWSLETTER



Co-sponsored by the Friends of Westwood Council on Aging

Westwood Senior Center
60 Nahatan Street, Westwood, MA 02090
(781) 329-8799

Director, Pat Larkin

APRIL 2012

NOTE FROM THE COA DIRECTOR

Happy spring! It is time to start enjoying the sunny days and warmer weather. I want to invite you to join us as Professor Gary Hylander lectures on The Titanic and The Molasses Flood. This History lecture series is funded by the Westwood Educational Foundation and Victoria Haven and the Thomas Upham House. Without their support, these lectures would not be possible. Don't forget that April 24th is the Town Elections. If you need a ride, please call 781-329-8799 to make a ride appointment between the hours of 9:00am and 11:00am. Enjoy this beautiful month.

Sincerely,

Pat Carty-Larkin

Director, Westwood COA

**SENIOR CENTER CLOSED
APRIL 24TH**

Please Vote

FREE HEARING SCREENINGS

Mario Hearing & Tinnitus Clinics will provide FREE Hearing Screenings on Thursday, April 5th between 10:00am and noon **by appointment only.**

Please call to schedule your screening.

Gary Hylander's Historical Presentations

**Wednesdays April 11 & 18 10:00am
FREE**

Please join us for two wonderful presentations by Historian Gary Hylander. Dates and topics for Gary's presentations are listed below.

April 11	The Titanic
April 18	Molasses Flood

Sponsored by the Westwood Educational Foundation and Victoria Haven and the Thomas Upham House.

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 EXERCISE

Book Club **Free**
 Tuesday **MAY 1st** 2:00pm

The Paris Wife Paula McLain
 Share your thoughts and meet new friends.

\$10.00

Computer for Beginners
 Residents-\$10.00 non-residents \$15.00
 Tuesdays April 3,10,17 10:00am

Learn formatting and editing. Create a simple table and a card using *Microsoft Word*.
 Sample the Internet.

Fun Fit Exercise **\$3.00/session**
 Wednesdays April 4,11,18,25 9:00am
 Fridays April 6,13,20,27 9:00am

This class is led by Fitness Instructor, Stephanie. Keep fit, stay healthy!

OUTdoor Walking **Free**

We begin walking the OUTdoor Track at Westwood High School in the mornings VERY soon. Come and join us and keep moving!!!

CLASSES and EXERCISE

(continued)

Knit and Crochet **Free**
 Tuesdays April 3,10,17 1:00pm
 No class April 24th -voting

This class is led by Louise. Bring your projects and enjoy relaxing afternoons.

Ladies Craft Group **Free**
 Mondays April 2,9 10:00am
 The Ladies Craft Group usually meets the first three Mondays of each month.

\$3.00/session

Low Impact Exercise
 Mondays Apr 2,9,23,30 1:00pm
 Wednesdays Apr 4,11,18,25 1:00pm
 Keep fit, stay healthy!

Painting **\$40.00 plus supplies**
 Thursdays Continues... 1:00pm
 8 week session watercolor painting class.
 Total cost, including supplies, is about \$75.00. ****New Class Began MARCH 29TH ****

Quilting **\$1.00**
 Tuesdays April 3,10,17 10:00am
 No class April 24 - Voting

Join our group and enjoy quilting with friends.

Surf the Internet (private session) **Free**
 An introduction to using the internet and searching the WEB. Call to reserve your one-on-one session.

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 EXERCISE

(continued from page 2)

Tai Chi **\$3.00/session**
 Tuesdays April 3, 10, 17 1:00pm
 No class April 24 - voting

Practice the ancient art of Tai Chi, a gentle physical, stretching exercise that reduces stress and improves flexibility.

Yoga **\$3.00**
 Tuesdays April 10, 17 9:30 am
 Experience the wonderful benefits of balance and strength from yoga.

Registration required.

ONGOING ACTIVITIES

Bereavement Group **Free**
 Wednesdays April 11, 25 10:00am
 Led by LICSW Nina Johnston, this friendly and supportive group meets the second and fourth Wednesdays of each month.

ONGOING ACTIVITIES

(continued)

Blood Pressure Clinic **Free**
 Wednesday April 18 9:00am
 Westwood's Board of Health nurse is available the third Wednesday of every month.

Legal Advice (by appointment only) **Free**
 Tuesday April 3 8:30am-10:00am

Mary J Roque, Attorney, specializing in Elder Law and Estate Planning, will provide free legal guidance to seniors usually on the first Tuesday of each month. Appointments are scheduled at about half hour intervals.

Legal Advice **Free**
 Wednesday April 4 10:00am
 Attorney Frederick Pellegrini returns to the Senior Center to provide free legal and estate information on the first Wednesday of each month. As always, registration is required.

Medical Appointment Transportation to Boston **\$25.00 donation**
 Mondays and Wednesdays 9:00am-11:00am
 HESSCO has contracted with Community Care-A-Vans in Attleboro to operate the Title III transportation grant to Boston for medical appointments. Appointments must be scheduled on Mondays and Wednesdays, between 9:00am and 11:00am. Rides are shared, so all consumers go into Boston together for the earliest appointment and return home together following completion of the last appointment.

(continued next page)

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.

ONGOING ACTIVITIES

(continued from page 3)

Medical Transportation (continued)

Please call Community Care-A-Vans directly at 508-223-1672.

Wheelchair transportation is available. To use this program, you MUST BE at least 60 years of age and reside in HESSCO's service area.

Music with Miss Tina **Free**
 Monday April 2 10:00am
 Miss Tina Music Program for seniors and preschoolers.

SHINE
 (Serving Health Information Needs of Elders)
 Tuesday April 3 9:00-11:00am

Lori Howell, SHINE representative, is Available, BY APPOINTMENT, on the first Tuesday of each month to help you deal with issues or questions you may have regarding your health insurance.

Waxing **Appointments required**
 Friday April 6 8:30am
 Licensed Aesthetician Lisa will offer waxing Friday of each month.

Fees:

Brows	\$10.00
Lip	\$10.00
Chin	\$8.00
Any two services	\$15.00
All 3 services	\$20.00

Please call the senior center to schedule.

GAMES & SPORTS

Bingo **Free**
 Thursdays April 5,12,19,26 1:15pm
 Seniors are invited to play Bingo every Thursday afternoon. Join us and bring a friend!

Bowling League
 Mondays April 2,9,23,30 9:30am
 Bowling continues.

Bridge **Free**
 Fridays April 13, 20,27 11:15am
 Join us for Rubber Bridge. Bring your partner, or come alone.

Duplicate Bridge **Free**
 Wednesdays April 4,11,18,25 11:30am
 We play in Foxboro on Wednesdays, and all duplicate bridge players are welcome!

Mahjong **Free**
 Thursdays April 5,12,19,26 12:30pm
 Bring your game and cards, and come and play!

Wii Games **Free**
 Thursdays April 5,12,19,26 9:30am
 You'll have so much fun playing Wii games, you won't even know you're exercising!

SPECIAL EVENTS

**SPRING MAKEUP TIPS
 With Lisa**

Come and get a new look for spring by learning how to enhance your coloring and brighten up your makeup!!! Lisa will give tips and suggestions on how to update your look for a New You this spring. Please register for this fun presentation. **Monday, April 23rd at 10 am.**

(Special Events continued next page)

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 EVENTS

(continued from page 4)

FREE HEARING SCREENINGS

Tuesday April 5 10:00am-noon

Mario Hearing & Tinnitus Clinics will provide free hearing screenings on Thursday, April 5th between 10:00am and noon **by appointment only.**

Please call to schedule your screening.

Pain Management Talk

Thursday April 12 10-11am

Please join us for a very interesting and informative presentation concerning the management of pain. This talk is sponsored by Comfort Care Seniors Services. Please register for this important discussion with time for your questions and concerns.

Gary Hylander

Free
10:00am

Wednesdays April 11 & 18

Dates and topics for Gary's discussion are listed below.

April 11	The Titanic
April 18	Molasses Flood

HESSCO Nutrition Class

Free

(Health and Social Services Consortium, Inc.)

Wednesdays 9:00am
 April 4, 11, 18, 25
 May 2, 9

HESSCO'S 2 1/2 hour Nutrition Class begins
 (continued next column)

SPECIAL EVENTS (continued)

HESSCO Nutrition Class (continued)

this month and continues through to May. This is a 7-week commitment, so please plan to attend each class. Remember, this class is very popular, so secure your place by signing up early, as spaces are limited. The session will conclude with luncheon "off campus"!!!

Income Tax Preparation **Free**
 Mondays April 2, 9 9:00am-2:00pm

The AARP Income Tax Assistance Program will again be available to help with your Income Tax preparation. Please collect all your relevant data, including last year's tax return! *As with all our activities, appointments are required.*

Intergenerational Program

Wednesdays 11:30am-1:00pm
 Another exciting year is about to begin with fourth graders from the Deerfield School and our Intergenerational Program! The kids love the program and the number of participants increases each year. **SENIORS ARE VERY MUCH NEEDED!** We meet once each month from March to June. A bag lunch is needed, although the PTA provides beverage and dessert. The dates and programs are:

April 4	Deerfield School – The courage and hard times of coming to America
May 16	Deerfield School – Concert by students
June 13	Senior Center – Pizza party & planting

If you are interested in joining us, please contact Mary Hunt at 781-326-9361 or the Westwood COA at 781-329-8799. Your participation will be greatly appreciated!

(continued next page)

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 EVENTS (continued)

DOWNSIZING HELP

April 19th 10 AM

Have you been thinking about “downsizing” and moving to a smaller home? Does the thought of moving make you feel overwhelmed? Are you unsure about what you should do in order to get your home ready to put on the market?

Fran Witham is a professional home staging consultant and real estate agent who can help answer any questions you may have about preparing your home for resale. Home staging is all about presenting your home in the best possible light so it will appeal to today’s homebuyers. You don’t have to spend thousands of dollars to hire a home stager to come into your home. By learning a few simple tips and techniques, you can learn how to stage your home yourself and save money.

Come with any questions you have about updating your home. Bring pictures of your home’s exterior and/or interior. Fran will help you prioritize what projects are most important and what are less important. This fun, casual, informational session will be held on **Thursday, April 19th at 10:00 a.m.** The goal of this session is to help make the prospect of moving less stressful for you.

SPECIAL EVENTS (continued)

Fran is the owner of Creative Design Options, a professional home staging and interior decorating service (www.creativedesignoptions.com). She is also a licensed real estate agent at Century 21 Commonwealth Realty in Westwood. She can be reached at 781-410-2428, fran@creativedesignoptions.com, and fran.witham@commonmoves.com

OVER THE COUNTER MEDICATIONS— DRUG INTERACTIONS

Please join us on **Tuesday, April 17th at 10am** for a presentation on potential health risks of over-the-counter medications and drug interactions sponsored by Walgreens Pharmacy in Westwood.

READING Never Sounded So Good

Come join us on Thursday, April 26th at 10 AM

Do you or does someone you know have trouble reading traditional print? Whether the print is too small and it strains your eyes, or if you have trouble holding a book or turning pages, or if you have a reading disability like dyslexia, you are eligible for **free library services** from the Perkins Braille & Talking Book Library.

Debby Smith, Library Outreach Coordinator, will provide an overview of all the services available through Perkins Braille and Talking Book Library. Please sign up for this wonderful and informative presentation to be held at the Council on Aging on **THURSDAY, APRIL 26TH AT 10:00 AM.**

**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 EVENTS (continued)

Westwood Senior Men's Club
Thursday April 12 10:00am
Executive Board Meeting.

Westwood Woman's Club
Wednesday April 4 9:30am
Executive Board meeting

Westwood Woman's Club
Wednesdays April 11, 25 10:00am
Great Decisions

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 box.

This month's question:

Q: I have left each of my grandchildren \$10,000 in my Will and a friend recently told me this will cause a problem for my grandson Jared who has Down syndrome. Is this true?

ASK A LAWYER (from previous column)

A: It is quite possible that Jared's receipt of a bequest of \$10,000 could create a problem for him. The reason for this is that individuals with disabilities such as Down syndrome are often eligible for valuable governmental benefits and services. However, many of these benefits are 'needs based.' That means that in order to be eligible for the benefit or service, the individual may have only limited assets and income. A person who receives a gift of money or property may lose his eligibility. That does not mean that you need to exclude Jared from your Will. Certain types of trusts can be used to hold or receive money for a person with a disability to ensure that those valuable governmental benefits are not lost. You should discuss this with your estate planning attorney to be sure you are doing the right thing for your grandson.

For more information and to read more about elder law and the services provided by elder law attorneys please visit www.ssblc.com or call 781/461-1020.

This article is not intended to provide legal advice or create or imply an attorney-client relationship. No information contained herein is a substitute for a personal consultation with an attorney.

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.

MOVIES FREE

Tuesdays 2:00pm

APRIL 3

An Ideal Husband

1999 PG-13 98 minutes

When a member of Parliament (Jeremy Northam) learns that his career and marriage will suffer scandal unless he submits to a blackmailer (Julianne Moore), he turns his fate over to lifelong bachelor Lord Goring (Rupert Everett), "the idlest man in London." Brimming with witticisms and great performances (including those from Cate Blanchett and Minnie Driver), this big-screen adaptation of Oscar Wilde's stage play sparkles like vintage champagne.

APRIL 17

A Good Woman

2004 PG 93 minutes

What does a good woman have if not a good reputation? While seductress Mrs. Erlynne (Helen Hunt) takes up with rich aristocrat Robert Windermere (Mark Umbers), his young, fragile bride, Meg (Scarlett Johansson), is pursued by the caddish Lord Darlington (Stephen Campbell Moore) -- setting all tongues wagging. Director Mike Barker's adaptation of an Oscar Wilde play is set in 1930 on Italy's sparkling Amalfi Coast and co-stars Tom Wilkinson.

Come join us on a DAY TRIP

MOHEGAN SUN

Tuesday April 17 \$75.00pp
The DUTTONS Country Music Show
Leave behind the gray days of winter and join in the excitement of this country show! Featuring a wide array of musical genres, the Duttons combine beautiful vocal harmonies, high-energy dancing, and warm comedy. Each traveler will receive a \$30.00 Casino Gaming Package; PLUS One Food Credit, which may be used at the Buffet or at most restaurants at Mohegan Sun. THEN we head to the Garde Arts Theatre in New London, CT, for this wonderful Concert.

BROADWAY TONITE

at Luciano's on Lake Pearl, Wrentham, MA
Wednesday May 16 \$43.00

TRANSPORTATION NOT PROVIDED
BROADWAY SHOW STOPPERS from Oklahoma!, Anything Goes, West Side Story, A Chorus Line, Phantom of the Opera, Rent, Wicked, Pajama Game and many more!
Price includes Luncheon and Show... Drive on your own to this wonderful local show.

Meal Choice:
Stuffed Breast of Chicken
or
Baked Haddock

SUNDAY BRUNCH ADVENTURE

Sunday May 20 \$69.00
Indulge yourself in a one-of a kind special day trip to: Buffet Brunch at Giorgio's Restaurant ...Swan Chocolates AND Brewery Tour of Anheuser-Bush. **Further details coming soon!**

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*All the seniors in town
 are reading this newsletter.*

Do they know who YOU are?

Call to place an ad today

800-732-8070

APRIL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
CHICKEN ALA KING	SPAGHETTI	MINISTRONE SOUP	ITALIAN BEEF TIPS	CRUNCHY LITE FISH
WHIPPED POTATO	W/MEAT SAUCE	ORANGE TARRAGON	CONFETTI RICE	TARTAR SAUCE
PEAS	ITALIAN BLEND VEG	CHICKEN	BEETS	VEGGIE BEANS
>WHOLE WHEAT BREAD	WHEAT BREAD	AUGRATIN POTATOES	>FRUIT MUFFIN	ZUCCHINI & TOMATO
PEACH CUP	PEARS	>MULTIGRAIN ROLL	FRESH FRUIT	>WHOLE WHEAT BREAD
		#CUTIE PIE		DRIED MIXED FRUIT
<i>CALORIES 479</i>	<i>CALORIES 463</i>	<i>CALORIES 503</i>	<i>CALORIES 437</i>	<i>CALORIES 405</i>
<i>SODIUM 301</i>	<i>SODIUM 295</i>	<i>SODIUM 628</i>	<i>SODIUM 337</i>	<i>SODIUM 519</i>
9	10	11	12	13
GRILLED BBQ	MACARONI & CHEESE	MEATLOAF	ROAST TURKEY	PORK TETRAZZINI
CHICKEN BREAST	ESCALOPED TOMATOES	W/ONION GRAVY	W/GRAVY	PEAS & CARROTS
HASH BROWN POT	TOMATOES	WHIPPED POTATO	CRANBERRY SAUCE	DINNER ROLL
COUNTRY BLEND VEG	>MULTIGRAIN ROLL	GREEN & WAX BEANS	POTATO & SQUASH	FRESH FRUIT
>WHOLE WHEAT BREAD	DRIED MIXED FRUIT	>WHOLE WHEAT BREAD	>WHEAT BREAD	
PEACH CUP		PEARS	#APPLE PIE	
<i>CALORIES 345</i>	<i>CALORIES 393</i>	<i>CALORIES 507</i>	<i>CALORIES 399</i>	<i>CALORIES 454</i>
<i>SODIUM 660</i>	<i>SODIUM 547</i>	<i>SODIUM 235</i>	<i>SODIUM 600</i>	<i>SODIUM 209</i>
16	17	18	19	20
PATRIOTS DAY	WHOLE GRAIN	LOW SALT	CORN CHOWDER	BAKED FISH
NO	LASAGNA W/BASIL	HOT DOG ON A ROLL	HERB BAKED CHICKEN	W/LEMON DILL SAUCE
MEALS	TUSCAN BLEND VEG	*MUSTARD PACKET	GLAZED CARROTS	RICE FLORENTINE
SERVED	>WHOLE WHEAT	VEGGIE BEANS	>MULTIGRAIN ROLL	MIXED VEG
	BREAD	HOT GERMAN SLAW	#CUTIE PIE	>WHOLE WHEAT BREAD
	PEARS	DRIED MIXED FRUIT		FRESH FRUIT
	<i>CALORIES 210</i>	<i>CALORIES 344</i>	<i>CALORIES 371</i>	<i>CALORIES 235</i>
	<i>SODIUM 533</i>	<i>SODIUM 760</i>	<i>SODIUM 507</i>	<i>SODIUM 297</i>
23	24	25	26	27
CHICKEN STEW	AMERICAN CHOP	<u>HAPPY BIRTHDAY</u>	GREEK MEATBALLS	<u>COLD PLATE</u>
W/VEGETABLES	SUEY	ROAST PORK	RICE PILAF	CHICKEN SALAD
PENNE PASTA	CUT GREEN BEANS	W/APPLE GRAVY	ROMAN BLEND VEG	POTATO SALAD
>MULTIGRAIN ROLL	FRUIT MUFFIN	RED BLISS POTATO	>WHOLE WHEAT BREAD	COLD BEET SALAD
PEACH CUP	PEARS	SPRING BLEND VEG	FRESH FRUIT	PITA BREAD
		>WHOLE WHEAT BREAD		DRIED MIXED FRUIT
		#BIRTHDAY CAKE		
<i>CALORIES 464</i>	<i>CALORIES 312</i>	<i>CALORIES 401</i>	<i>CALORIES 337</i>	<i>CALORIES 369</i>
<i>SODIUM 319</i>	<i>SODIUM 297</i>	<i>SODIUM 200</i>	<i>SODIUM 742</i>	<i>SODIUM 534</i>
30				
BEEF CHILI				DONATION
BROWN RICE				IS \$2.50 PER MEAL
>MULTIGRAIN ROLL				TO CANCEL
PEARS				MEALS CALL
				RITA: 781-329-6514
<i>CALORIES 322</i>				
<i>SODIUM 503</i>				
ALL OVER 60 YEARS OF AGE ARE WELCOME AT THE MEAL SITES FOR LUNCH AND SOCIALIZATION.				
SODIUM AND CALORIES FOR ABOVE ARE FOR ENTRÉE ONLY.				
SYMBOLS: > HIGH FIBER, *ADDED SALT, #ADDED SUGAR, MODIFIED DESSERTS ARE AVAILABLE.				

ACTIVITIES – APRIL 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9:00 TAX Prep. 9:30 Bowling 10:00 MUSIC w Miss Tina 10:00 Ladies Craft Grp 1:00 Exercise Class 1:00 Painting	8:30 FREE LEGAL Help 10:00 Begin.Computer 10:00 Quilting 1:00 Knit & Crochet 1:00 Tai Chi 2:00 MOVIE	9:00 FUN FIT 9:00 NUTRITION 9:30 Woman's Club Exec. Board Mtg 10:00 Atty Pellegrini Intergenerational Program 11:30 Duplicate Bridge-Fox. 1:00 Exercise Class	9:30 Wii Games 10:00 Hearing Screening Westwood Sings 12:30 Mahjong 1:00 Painting 1:15 Bingo	8:30 WAXING 9:00 FUN FIT 9:30 Shaw's Mkt 10:00 Coffee Hour COA CLOSING At 12:30PM
9	10	11	12	13
9:00 TAX Prep 9:30 Bowling 10:00 Ladies Craft Grp 1:00 Exercise Class 1:00 Painting	9:30 Yoga 9:30 Braintree Mall 10:00 Begin.Computer 10:00 Quilting 1:00 Knit & Crochet 1:00 Tai Chi 3:00 WESTWOOD TOWN EMPLOYEE HEALTH FAIR	9:00 FUN FIT 9:00 NUTRITION 10:00 Nina's Bereavement Group 10:00 Great Decisions 10:00 GARY HYLANDER 11:30 Duplicate Bridge-Fox 1:00 Exercise Class	9:30 Wii Games 10:00 Senior Men's Club Board Meeting PAIN MANAGEMENT 10:00 PAIN MANAGEMENT 12:30 Mahjong 1:00 Painting 1:15 Bingo	9:00 FUN FIT 9:30 Hannaford's 10:00 Coffee Hour 11:15 Rubber Bridge
16	17	18	19	20
HOLIDAY SENIOR CENTER CLOSED	9:30 X-Mas Tree - Avon 9:30 Yoga 10:00 Begin.Computer 10:00 Quilting 10:00 MEDICATIONS! 1:00 Knit & Crochet 1:00 Tai Chi 2:00 Movie	9:00 FUN FIT 9:00 Blood Pressure 10:00 GARY HYLANDER 10:00 NUTRITION 11:30 Duplicate Bridge-Fox 1:00 Exercise Class	9:30 Wii Games 10:00 DOWNSIZING 12:30 Mahjong 1:00 Painting 1:15 Bingo 2:00 COA Board Mtg	9:00 FUN FIT 9:30 Stop & Shop 10:00 Coffee Hour 11:15 Rubber Bridge
23	24	25	26	27
9:30 Bowling 10:00 MAKE UP!!! 1:00 Exercise Class 1:00 Painting	SENIOR CENTER CLOSED For TOWN VOTING	9:00 FUN FIT 9:30 Woman's Club 10:00 NUTRITION 10:00 Nina's Bereavement Group 11:30 Duplicate Bridge-Fox 1:00 Exercise Class	9:30 Wii Games 10:00 TALKING BOOKS 12:30 Mahjong 1:00 Painting 1:15 Bingo	9:00 FUN FIT 9:30 Roche Bros. 10:00 Coffee Hour 11:15 Rubber Bridge
30				
9:30 Bowling 1:00 Exercise Class 1:00 Painting				



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BLOOD PRESSURE CLINIC
Senior Center APRIL 18TH 9:00am – 11:30am

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.

APRIL	DATE	DESTINATION	PICK-UP	FEE
	6	Shaw's Mkt	9:30am	\$2.00
	10	Braintree Mall	9:30am	\$2.00
	13	Hannaford's Mkt	9:30am	\$2.00
	17	X-mas Store-Avon	9:30am	\$2.00
	20	Stop & Shop	9:30am	\$2.00
	24	VOTING	9-11am	FREE
	27	Roche Bros.	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 take only 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. Westwood Glen and 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.

FISH volunteers are also available for some assistance to medical appointments.

Medical Transportation for Westwood residents to medical appointments within a 10-mile radius, is available Monday to Friday between 9:30am and 1:30pm. 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 is available through Community Care-A-Vans at 508-223-1672. Please call them directly for appointments scheduled Mondays and Wednesday, 9:00am – 11:00am. Donation request is \$25.00.

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.

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**Friends of Westwood
Council on Aging
60 Nahatan Street
WESTWOOD, MA 02090**

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