

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

MARCH 2012

NOTE FROM THE COA DIRECTOR

Spring begins on March 20th. We made it through another New England winter. March is going to be a busy month. The Presidential Primary is on March 6th. We will have transportation available from 9:00am-12:00noon. We will be welcoming Gary Hylander back this month for a 4-week session on topics of American history. Gary will be at the Senior Center on March 21, 28, and April 11 and 18 at 10:00am. The Friend's of Westwood COA will be holding their meeting on March 15th to celebrate St. Patrick's Day. So, please mark your calendars and join us for our events. We will love to see you.

Sincerely,

Pat Carty-Larkin

Director, Westwood COA

SENIOR CENTER CLOSED MARCH 6

Please Vote

CHANGE IN MEETING TIMES

Please note time changes for the following two events:

- Free Legal Advice with Attorney Mary Roque will be on Tuesday, March 13th, appointments beginning at 8:30am
- SHINE representative Lori will meet on Wednesday, March 7, appointments beginning at 9:00am.

WESTWOOD POLICE DEPARTMENT TO ISSUE FREE SENIOR PHOTO IDs

The Westwood Police Department will offer a presentation on Thursday, March 8th. At that time they will take free photo IDs for senior's identification. Please sign up for this presentation by calling the Senior Center.

CAREGIVERS STRESS MANAGEMENT PRESENTATION

Caregivers Stress is a major issue in our society today. Many people are taking care of loved ones at home and the responsibility can be, at times, overwhelming. Please join us for a presentation on ways to help manage this stress hosted by Home Instead. Reserve your spot for this informative and supportive talk on March 29th at 10am.

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 March 27 2:00pm
The Friday Night Knitting Club Kate Jacobs

Share your thoughts and meet new friends

Computer for Beginners **\$10.00**
 Residents-\$10.00 non-residents \$15.00
 Tuesdays March 13,20,27 10:00am
 No class Mar. 6

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

Fun Fit Exercise **\$3.00/session**
 Wednesdays March 7,14,21, 28 9:00am
 Fridays March 2,9,16,23,30 9:00am

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

Indoor Walking **Free**
 Mondays March 5,12 3:15pm
 Thursdays March 1,8,15,29

We walk the indoor corridors at Westwood High School. Come and join us and keep moving this winter!!!

CLASSES and EXERCISE

(continued)

Knit and Crochet **Free**
 Tuesdays March 13,20,27 1:00pm
 No class Mar. 6

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

Ladies Craft Group **Free**
 Mondays March 5,12,19 10:00am
 The Ladies Craft Group usually meets the first three Mondays of each month.

Low Impact Exercise **\$3.00/session**
 Mondays Mar. 5,12,19,26 1:00pm
 Wednesdays Mar. 7,14,21,28 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 Begins MARCH 29TH ****

Pat Johnson's **Book Club**
 Wednesday March 7 2:00pm

Quilting **\$1.00**
 Tuesdays March 13,20,27 10:00am
 No class Mar. 6

Join our group and enjoy quilting.

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

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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.

ONGOING ACTIVITIES

(continued)

CLASSES and EXERCISE

(continued from page 2)

Tai Chi **\$3.00/session**
 Tuesdays March 13,20,27 1:00pm
 No class Mar. 6
 Practice the ancient art of Tai Chi, a gentle physical, stretching exercise that reduces stress and improves flexibility.

Yoga **\$3.00**
 Tuesdays March 13,20,27 9:30am

Yoga **\$3.00**
 Tuesdays March 13,20,27 10:45am
 Experience the wonderful benefits of balance and strength from yoga. These sessions go through early April. **Registration required.**

ONGOING ACTIVITIES

Bereavement Group **Free**
 Wednesdays March 14,28 10:00am
 Led by LICSW Nina Johnston, this friendly and supportive group meets the second and fourth Wednesdays of each month.

Blood Pressure Clinic **Free**
 Wednesday March 21 9:00am
 Westwood's Board of Health nurse is available the third Wednesday of every month.

Legal Advice (by appointment only) **Free**
 Tuesday March 13 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 March 7 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 9:00am-11:00am
 Wednesdays
 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)

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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.

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 March 5 10:00am
Miss Tina Music Program for seniors and preschoolers.

SHINE

(Serving Health Information Needs of Elders)

Wednesday March 7 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 March 2 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 March 1:15pm
1,8,15,22,29

Seniors are invited to play Bingo every Thursday afternoon. Join us and bring a friend!

Bowling League
Mondays March 9:30am
5,12,19,26

Bowling continues.

Bridge Free
Fridays March 2,9,16, 11:15am
23,30

Join us for Rubber Bridge. Bring your partner, or come alone.

Duplicate Bridge Free
Wednesdays March 7,14,21,28 11:30am
We play in Foxboro on Wednesdays, and all duplicate bridge players are welcome!

Mahjong Free
Thursdays March 12:30pm
1,8,15,22,29

Bring your game and cards, and come and play!

Wii Games Free
Thursdays March 9:30am
1,8,15,22,29

You'll have so much fun playing Wii games, you won't even know you're exercising!

SPECIAL EVENTS

Caregiver Stress Management Free
Thursday March 29 10:00am

Caregivers stress is a major issue in our society today. Many people are taking care of loved ones at home and the responsibility can be, at times, overwhelming. This presentation, hosted by Home Instead, discusses ways to help manage this stress.

(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)

Family Mediation Free

Thursday March 8 10:00am
Halee Burg, family mediator with the Centre for Mediation and Dispute Resolution in Wellesley Hills, will share what mediation is, how it works, and what kinds of conflicts are suitable for mediation. Following a brief presentation, your questions are welcome!

Friends of COA Meeting Free

Thursday March 15 10:30am
The Friends of Westwood COA will hold its spring meeting by celebrating St. Patrick's Day!!! Come join us—and remember, on St. Paddy's Day EVERYONE is Irish—or wishes to be! WE LOOK FORWARD TO SEEING YOU!!!

Gary Hylander Free

Wednesdays March to April 10:00am
Dates and topics for Gary's discussion are listed below.

March 21	Hamilton and the Nation's Money
March 28	War of 1812
April 11	The Titanic
April 18	Molasses Flood

HESSCO Nutrition Class Free

(Health and Social Services Consortium, Inc.)

Wednesdays March 28, 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

Monday March 12, 19, 26 9:00am-
None March 5 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:

March 28	Deerfield School –Getting acquainted
April 4	Deerfield School – The courage and hard times of coming to America, 1845
May 16	Deerfield School – Kids concert
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)

Know Your Medications and Precautions

Thursday March 29 9:00am-noon

Sign up for an individual nursing consultation to help you:

- Understand interaction of different medications
- Evaluate over-the-counter drugs and herbal remedies
- Organize medications on chart to help with administration
- Consult with your physician or pharmacist as needed
- Answer questions you may have.

Bring ALL your medications, vitamins, and herbal remedies along with your doctor's name and number.

This program is for persons age 60 and over and is FREE with funding provided by a grant from the HESSCO and the Massachusetts Executive Office of Elder Affairs with funds from Title III of the Older American's Act. Confidential voluntary donations are accepted and are used to increase services provided under this program. For additional information, please call Maureen Sendrowski, RN, MPH, VNA Care Network at 1-888-663-3688 ext. 5603.

Making Memories **\$3.00**

Monday March 12 10:00am
A.C. Moore Arts & Crafts in Dedham will sponsor a specially designed fun and interactive crafting time. You bring some pictures and the instructor will show you how to create a unique scrapbook page. We will stop for a quick snack before return-ing to the senior center. Each person pays for their own food. Van space is limited; however, some people may drive on their own.

Please call to register.

SPECIAL EVENTS (continued)

Pre-diabetes Program **Free**

Wednesday March 21 10:00am
Thursday March 22 10:00am

The VNA Care Network, through funding from HESSCO Elder Services, is providing a two part Pre-diabetes Program. This two part program will evaluate your risk for pre-diabetes. A VNA Care Network Registered Nurse will meet individually with each participant to help identify and provide information to help minimize risks—on Wednesday the 21st between 10am-noon. The second session is a more in-depth group talk which highlights helpful strategies including healthy recipes. Become pro-active and learn how to make these easy lifestyle changes on Thursday, the 22nd at 10am.

Protecting Your Nest Egg **Free**

Thursday March 8 11:00am

Maureen O'Connell, registered Representative of NY Life Insurance Company, will present an informative talk about protecting your nest egg and guarding your assets.

TRIAD Presentation **Free**

Thursday March 22 11:00am

Joseph Canavan, Director of Norfolk County Sheriff's Office, will present information on senior health and fitness. He will distribute updated exercise booklets developed by the National Institute on Aging showing how to keep active and healthy.

Refreshments will be served!

(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)

Westwood Garden Club Meeting

Thursday March 22 1:30pm

Westwood Senior Men's Club

Thursday March 8 10:00am
Executive Board Meeting.

Westwood Woman's Club

Wednesday March 7 9:30am
Executive Board meeting

Westwood Woman's Club

Wednesdays March 14, 28 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've heard or seen ads from attorneys who call themselves "elder law attorneys". What does this mean?

A: An elder law attorney is an attorney whose practice focuses on areas that are of

ASK A LAWYER (from previous column)

special concern to older adults. You do not need to be "elderly" to benefit from the advice of an elder law attorney. In our practice we see clients of all ages. Typically, clients over the age of 60 or so start seeking out advice from an elder law attorney about things like planning for financial and health-care decision-making in the event of incapacity, options to receive and pay for care that may be needed in the future, and planning for payment for long-term care including possible qualification for public benefits such as Medicaid or benefits available from the Veteran's Administration. Clients who are experiencing an urgent health care situation may also need the advice of an elder law attorney regarding qualification for public benefits, or obtaining a guardianship or conservatorship so health care or financial decisions can be made for someone who has not done advance planning. Elder law attorneys also assist clients to create Wills, Trusts and other estate plan documents appropriate to their situation. Many also handle the settlement of estates after death.

For more information and to read more about elder law and the services provided by elder law attorneys please visit www.ssbllc.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.

Westwood Police Photo ID Free

Thursday March 8 10:00am

The Westwood Police Department will offer a presentation and will take free photo IDs for senior's identification.

**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

March 13 Holiday

Cary Grant, Katharine Hepburn
Engaged to Julia Seton, freethinker Johnny Case discovers that her family wants to remake him into their idea of the perfect son-in-law, But as he gets to know Julia's headstrong sister he realizes he has more in common with her. Directed by George Cukor.

March 20 Shadows in the Sun

Harvey Keitel, Joshua Jackson
On a pilgrimage to Italy to find Weldon Parish his literary idol, a budding young writer Jeremy finds exactly what he's looking for, and then some. While Weldon's encouraging Jeremy to expand his worldview; he finds his protégé has something to say, too.

March 27 O Brother, Where Art Thou?

George Clooney, John Turturro
With their collective eye focused on retrieving a cache of hidden money, three convicts break out of jail in Depression-era Mississippi and embark on an epic journey that bears more than a few similarities to Homer's *Odyssey*.

DAY TRIPS

"FOREVER IRISH" at the
Venus De Milo, Swansea, MA

Wednesday March 14 \$69.00

Celtic Nights ... A Celebration of Irish Music with Andy Cooney and Friends.

Andy Cooney has thrilled audiences around the world with his exceptional talent. He has achieved phenomenal success as a recording artist; his numerous recordings have been hits on both sides of the Atlantic.

DAY TRIPS (continued)

"FOREVER IRISH" (continued)

Additional acts are Liam O'Connor and The Irish Sopranos. What a wonderful way to celebrate all that is Irish! Price includes luncheon and show AND transportation.

Meal Choice:

Corned Beef and Cabbage
or
Baked Haddock

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. **More details soon.**

Sleep and Aging

A good night's sleep can make a big difference in how you feel. Here are some suggestions to help you.

Follow a regular schedule -- go to sleep and wake up at the same time, even on weekends. Sticking to a regular bedtime and wake time schedule helps keep you in sync with your body's circadian clock, a 24-hour internal rhythm affected by sunlight.

Try not to nap too much during the day -- you might be less sleepy at night.

Try to exercise at regular times each day. Exercising regularly improves the quality of your nighttime sleep and helps you sleep more soundly. Try to finish your workout at least three hours before bedtime.

Try to get some natural light in the afternoon each day.

Be careful about what you eat. Don't drink beverages with caffeine late in the day. Caffeine is a stimulant and can keep you awake. Also, if you like a snack before bed, a warm beverage and a few crackers may help.

Don't drink alcohol or smoke cigarettes to help you sleep. Even small amounts of alcohol can make it harder to stay asleep. Smoking is dangerous for many reasons, including the hazard of falling asleep with a lit cigarette. Also, the nicotine in cigarettes is a stimulant.

Create a safe and comfortable place to sleep. Make sure there are locks on all doors and smoke alarms on each floor. A lamp that's easy to turn on and a phone by your bed may be helpful. The room should be dark, well ventilated, and as quiet as possible.

Develop a bedtime routine. Do the same things each night to tell your body that it's time to wind down. Some people watch the evening news, read a book, or soak in a warm bath

Sleep and Aging (continued)

Use your bedroom only for sleeping. After turning off the light, give yourself about 15 minutes to fall asleep. If you are still awake and not drowsy, get out of bed. When you get sleepy, go back to bed.

Try not to worry about your sleep. Some people find that playing mental games is helpful. For example, think black -- a black cat on a black velvet pillow on a black corduroy sofa, etc. Or, tell yourself it's five minutes before you have to get up and you're just trying to get a few extra winks.

If you are so tired during the day that you cannot function normally and if this lasts for more than 2 to 3 weeks, you should see your family doctor or a sleep disorders specialist.

Quiz

1. One way to sleep more soundly is to
 - A. go to sleep and wake up at the same time each day.
 - B. go to sleep and wake up at a different time every day.
 - C. go to sleep at the same time, but wake up at a different time each day.

A is the correct answer. It is important to follow a regular bedtime and wake time schedule. Try to go to sleep and get up at the same time, even on weekends. This helps keep you in sync with your body's circadian clock, a 24-hour internal rhythm affected by sunlight.

2. If you find that you cannot get to sleep after lying in bed more than 15 minutes, you should
 - A. continue to lie there until you fall asleep.
 - B. get up.
 - C. sing yourself to sleep.

B is the correct answer. After turning off the light, give yourself about 15 minutes to fall asleep. If you are still awake and not drowsy, get out of bed. When you get sleepy, go back to bed.

Topic last reviewed: 03 January 2011.NIH

HESSCO ELDER SERVICES - MARCH MENU

All over 60 years of age are welcome at the meal sites for lunch and socialization. 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 Monday and collected on Friday.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			SLOPPY JOE SAND O'BRIEN POTATO CUT GREEN BEANS HAMBURGER ROLL #PUDDING	CHEESE RAVIOLI W/TOM VEG SAUCE CHOPPED BROCCOLI >WHOLE WHEAT ROLL FRESH FRUIT
CALORIES: SODIUM:	CALORIES: SODIUM:	CALORIES: SODIUM:	CALORIES: SODIUM:	CALORIES: SODIUM:
5	6	7	8	9
SPAGHETTI W/MEATBALLS TUSCANY BLEND VEG >WHOLE WHEAT BREAD PEAR CUP	VOTING – SENIOR CENTER CLOSED	MEATLOAF W/GRAVY WHIPPED POTATO ROSEMARY CARROTS WHITE BREAD PEACH CUP	BEEF STEW W/VEG BOILED POTATO >FRUIT MUFFIN FRESH FRUIT	TUNA SALAD PLATE PASTA SALAD BEET SALAD PITA BREAD DRIED FRUIT MIX
CALORIES: SODIUM:	CALORIES: 475 SODIUM: 328	CALORIES: SODIUM:	CALORIES: SODIUM:	CALORIES: SODIUM:
12	13	14	15	16
PORK TETRAZZINI PEAS & CARROTS DINNER ROLL FRESH FRUIT	TERIYAKI CHICKEN STIR FRY ASIAN RICE ORIENTAL BLEND VEG >MULTIGRAIN ROLL PEAR CUP	ROAST. TURKEY with GRAVY CRANBERRY SAUCE WHIPPED POTATO WINTER SQUASH >WHEAT BREAD FRUITED JELL-O	HAPPY ST. PATRICK'S DAY *CORND BEEF HASH *KETCHUP PACKET CABBAGE & CARROTS RAISIN BREAD #LEPRECHAUN COOKIE	WHOLE GRAIN LASAGNA TOMATO BASIL SAUCE ROMAN BLEND VEG >WHOLE WHEAT ROLL PEAR CUP
CALORIES: SODIUM:	CALORIES: SODIUM:	CALORIES: SODIUM:	CALORIES: SODIUM:	CALORIES: SODIUM:
19	20	21	22	23
SEAFOOD SALAD COLE SLAW POTATO SALAD	AMERICAN CHOP SUEY WAX & GREEN BEANS >FRUIT MUFFIN PEAR CUP	CREAM OF CARROT SOUP HONEY GLAZED CHICKEN WHIPPED POTATO >MULTIGRAIN ROLL #CUTIE PIE	GREEK MEATBALLS BUTTERED NOODLES ESCALLOPED TOMATO WHEAT BREAD PEACH CUP	SALMON BOAT with DILL SAUCE BROWN RICE PEAS & CARROTS >WHOLE WHEAT BREAD FRESH FRUIT
CALORIES: SODIUM:	CALORIES: SODIUM:	CALORIES: SODIUM:	CALORIES: SODIUM:	CALORIES: SODIUM:
26	27	28	29	30
CHICKEN PARMESIAN ITALIAN PASTA ITALIAN BLEND VEGS VEGETABLE >WHOLE WHEAT BREAD PEAR CUP	*LOW SALT HOT DOG ON A ROLL *MUSTARD PACKET HASH BROWN POTATO HOT 3 BEAN SALAD DRIED FRUIT MIX	HAPPY BIRTHDAY MEATLOAF W/MUSHROOM GRAVY MASHED POTATO ZUCCHINI & TOMATOES >WHOLE WHEAT BREAD #BIRTHDAY CAKE	TURKEY STEW with VEGETABLES RICE PILAF >MULTIGRAIN ROLL PEAR CUP	STUFFED WHOLE GRAIN SHELLS TOMATO FLORENTINE SAUCE CALIF. BLEND VEG DINNER ROLL FRESH FRUIT
CALORIES: SODIUM:	CALORIES: SODIUM:	CALORIES: SODIUM:		

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



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ACTIVITIES – MARCH 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			9:30 Wii Games 12:30 Mahjong 1:00 Painting 1:15 Bingo 3:15 Indoor Walking	8:30 WAXING 9:00 FUN FIT 9:30 Roche Bros 10:00 Coffee Hour 11:15 Rubber Bridge
5	6	7	8	9
9:30 Bowling 10:00 Ladies Craft Group 10:00 MUSIC PROGRAM 1:00 Exercise Class 1:00 Painting 3:15 Indoor Walking	SENIOR CENTER CLOSED for VOTING	9:00 FUN FIT 9:00 SHINE 9:30 WOMAN'S CLUB BOARD MEETING 10:00 ATTORNEY PELLEGRINI 11:30 Duplicate Bridge-Fox 1:00 Exercise Class 2:00 PAT JOHNSON'S BOOK CLUB	9:30 Wii Games 10:00 WESTWOOD POLICE PHOTO IDs 10:00 WESTWOOD SENIOR MEN'S CLUB 11:00 FAMILY MEDIATION 11:00 PROTECTING YOUR NEST EGG 12:30 Mahjong 1:00 Painting 1:15 Bingo 3:15 Indoor Walking	9:00 FUN FIT 9:30 Shaw's Mkt 10:00 Coffee Hour 11:15 Rubber Bridge
12	13	14	15	16
9:00 TAX PREP 9:30 Bowling 10:00 Ladies Craft Group 10:00 MAKING MEMORIES 1:00 Exercise Class 1:00 Painting 3:15 Indoor Walking	8:30 LEGAL ADVICE M. ROQUE 9:30 Braintree Mall 9:30 Yoga 10:00 Begin.Computer 10:00 Quilting 10:45 Yoga 1:00 Knit & Crochet 1:00 Tai Chi 2:00 Movie	9:00 FUN FIT 10:00 Nina's BEREAVEMENT GROUP 10:00 WOMAN'S CLUB GREAT DECISIONS 11:30 Duplicate Bridge-Fox 1:00 Exercise Class	9:30 Wii Games 10:30 FRIENDS OF COA MEETING 12:30 Mahjong 1:00 Painting 1:15 Bingo 3:15 Indoor Walking	9:00 FUN FIT 9:30 Hannaford's Mkt. 10:00 Coffee Hour 11:15 Rubber Bridge
19	20	21	22	23
9:00 TAX PREP 9:30 Bowling 10:00 Ladies Craft Group 1:00 Exercise Class 1:00 Painting	9:30 Yoga 10:00 Begin.Computer 10:00 Quilting 10:45 Yoga 1:00 Knit & Crochet 1:00 Tai Chi 2:00 Movie	9:00 Blood Pressure 9:00 FUN FIT 10:00 GARY HYLANDER 10:00 PRE-DIABETES SCREENING 11:30 Duplicate Bridge-Fox 1:00 Exercise Class	9:30 Wii Games 10:00 PRE-DIABETES TALK 11:00 TRIAD PRESENTATION 12:30 Mahjong 1:15 Bingo 1:30 WESTWOOD GARDEN CLUB	9:00 FUN FIT 9:30 Stop & Shop 10:00 Coffee Hour 11:15 Rubber Bridge
26	27	28	29	30
9:00 TAX PREP 9:30 Bowling 1:00 Exercise Class 1:00 Painting	9:30 Xmas Tree-Avon 9:30 Yoga 10:00 Begin.Computer 10:00 Quilting 10:45 Yoga 1:00 Knit & Crochet 1:00 Tai Chi 2:00 Movie 2:00 Book Club	9:00 FUN FIT 9:00 NUTRITION CLASS NEW DAY 10:00 GARY HYLANDER 10:00 Nina's BEREAVEMENT 10:00 WOMEN'S CLUB 11:30 Duplicate Bridge-Fox 11:30 INTERGENERATION PROGRAM 1:00 Exercise Class	9:00 KNOW YOUR MEDICATIONS 9:30 Wii Games 10:00 STRESS MANAGEMENT 12:30 Mahjong 1:00 Painting 1:15 Bingo 3:15 Indoor Walking	9:00 FUN FIT 9:30 Roche Bros. 10:00 Coffee Hour 11:15 Rubber Bridge

BLOOD PRESSURE CLINIC

Senior Center March 21 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.

MARCH	DATE	DESTINATION	PICK-UP	FEE
	2	Roche Bros.	9:30am	\$2.00
	9	Shaw's Mkt	9:30am	\$2.00
	13	Braintree Mall	9:30am	\$2.00
	16	Hannaford's Mkt	9:30am	\$2.00
	23	Stop & Shop	9:30am	\$2.00
	27	Xmas Store-Avon	9:30am	\$2.00
	30	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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