

WESTWOOD SENIOR NEWSLETTER

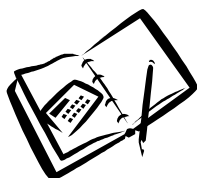
Co-sponsored by the Friends of Westwood Council on Aging
60 Nahatan Street, Westwood, MA 02090

(781) 329-8799

Director, Pat Larkin

MARCH 2011

from the DIRECTOR'S DESK



Spring is just around the corner. We have completed another winter with all of its snow and cold weather and now we can look forward to warmer days. This month we are featuring a new Nutrition series for residents who would like to learn more about healthy eating. The series includes seven weeks of classes. One class includes a trip to the grocery store to learn more about labels and how to read them properly. The series will end with a trip to a local restaurant for lunch. If you are interested in registering for this very popular Nutrition series, please call the Senior Center. The first class is scheduled for March 23rd. Each class will take place on Wednesday mornings from 9:00-11:30am. I hope you take advantage of this free series and enjoy learning more about healthy food. Have a lovely 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.



NEW THIS MONTH - "ASK A LAWYER"

The law firm of Samuel, Sayward & Baler LLC is providing a sealed and locked wooden box at the Senior Center where you can submit Estate and Long-Term Care Planning questions. Once a month, an attorney will choose a question from this box and will respond to that question in our newsletter. Of course, all information will remain confidential.

Please come to the Senior Center and submit your questions. For more information on Samuel, Sayward & Baler LLC visit their website at www.SSBLLC.COM. Samuel, Sayward & Baler LLC looks forward to working with the Westwood COA to become a resource for town seniors.

HESSCO NUTRITION CLASS

(Health and Social Services Consortium, Inc.)

HESSCO'S seven week Nutrition class begins Wednesday, March 23rd. This 2 1/2 hour class starts at 9:00am. Remember, this class is free, and very popular, so to secure your place be sure to sign up early, as spaces are limited.

YOGA BEGINS ANEW

Stacey provides individualized instruction, focusing on adaption and modification for each participant. This class will help improve your balance, cognitive ability, strength-training, back issues, and general well being. (for more information, please see page 2)

TIME CHANGE for FREE LEGAL ADVICE

Mary Roque has changed her hours to the first Tuesday of the month between 8:30am and 10 am. Appointments are scheduled at about 1/2 hour intervals.

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 March 9 1:00pm
Alice Barkin's Bereavement Group meets once a month.

Blood Pressure Clinic

Wednesday March 16 9:00am **Free**
Westwood's Board of Health nurse is available to check your blood pressure the 3rd Wednesday of every month.

Book Club

Wednesday March 30 2:00pm **Free**
Kim Rudyard Kipling
Share your thoughts and meet new friends.

Bowling League

Mondays March 7, 14, 21, 28 9:30am
Have fun while exercising! We meet at the Norwood Bowling Alley.



CLASSES & REGULARLY SCHEDULED

ACTIVITIES (continued)

Bridge

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

Chair/floor Yoga

Tuesdays Mar. 1, 8, 15, 22, 29 9:30am-11:15am **\$3.00/session**

Experience the wonderful benefits of balance and strength from yoga. Register soon as space is limited. This session goes through early April.

Computer for Beginners

Westwood residents \$10.00
non-residents \$15.00
Tuesdays Mar. 1, 8, 15, 22 10:00am
Learn formatting and editing. Create a simple table and a card using *Microsoft Word*; sample the Internet.

Duplicate Bridge

Wednesdays Mar. 2, 9, 16, 23, 30 11:30am **Free**
We play in Foxboro on Wednesdays, and all duplicate bridge players are welcome!

Elder Law and Estate Planning

Wednesday March 16 10:00am **Free**
Attorney Pellegrini will take questions on Elder Law the 3rd Wednesday of each month.

(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)

Indoor Walking

Tuesdays Mar. 1, 8, 15, 22, 29
Thursdays Mar. 3, 10, 17, 24, 31 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 Mar. 3, 10, 17, 24, 31 1:30pm

Bring your materials and patterns, and join us for a relaxing session.

Ladies Craft Group **Free**

Mondays March 7, 14, 21 10:00am

The Ladies Craft Group usually meets the first three Mondays of each month.



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

Legal Advice (by appointment only) **Free**

Tuesday March 1 8:30am – 10:00am
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.

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

Mondays March 7, 14, 21, 28
Wednesdays Mar. 2, 9, 16, 23, 30 1:00pm
Keep fit, stay healthy!

Painting **8 lessons- \$40.00 plus supplies**

Mondays Mar. 7, 14, 21, 28 1:00pm
Dive in and enjoy! Supplies cost around \$75.00.

Quilting **\$1.00**

Tuesdays Mar. 1, 8, 15, 22, 29 10:00am
Bring your supplies, and join our group of quilters!

(classes continued on page 5)



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**RAZZA
LAW OFFICES**
MICHAEL S. RAZZA, Esq.
SERVING OUR WESTWOOD SENIOR
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National Academy of Elder Law Attorneys

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ACTIVITIES – MARCH 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	8:30 Walk Fit 8:30 Free Legal Advice 9:30 Chair /floor Yoga 10:00 Begin.Computer 10:00 Quilting 10:00 SHINE-HEALTH INSURANCE HELP 1:00 Tai Chi 2:00 Movie 3:15 Indoor Walking	10:00 WOMAN'S CLUB EXEC. BOARD 11:30 Duplicate Bridge-Fox 1:00 Exercise Class	8:30 Walk Fit 9:30 Wii Games 10:00 FOREVER FIT 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 Rubber Bridge
7	8	9	10	11
9:00 Free Tax Preparation 9:30 Bowling League 10:00 Ladies Craft Gr 10:00 Senior Strength 1:00 Exercise Class 1:00 Painting	8:30 Walk Fit 9:30 Braintree Mall 9:30 Chair /floor Yoga 10:00 Begin.Computer 10:00 Quilting 1:00 Tai Chi 2:00 Movie 3:15 Indoor Walking	10:00 WESTWOOD SINGS 10:00 WOMAN'S CLUB GREAT DECISIONS 11:30 Duplicate Bridge-Fox 11:45 Intergenerational Program 1:00 BEREAVEMENT ALICE BARKIN Exercise Class 2:00 FRIENDS OF COA GIRL SCOUT REVUE	8:30 Walk Fit 9:30 Wii Games 10:00 FOREVER FIT 1:15 Bingo 1:30 Knit & Crochet 2:00 Writing Class 3:15 Indoor Walking	9:30 Shaw's Mkt. 10:00 Coffee Hour 11:30 Rubber Bridge
14	15	16	17	18
9:00 Free Tax Preparation 9:30 Bowling League 10:00 PRE-SCHOOL MUSIC 10:00 Ladies Craft Gr 1:00 Exercise Class 1:00 Painting	8:30 Walk Fit 9:30 Chair /floor Yoga 10:00 Begin.Computer 10:00 Quilting 1:00 Tai Chi 2:00 Movie 3:15 Indoor Walking	9:00 Blood Pressure Clinic 10:00 ELDER LAW-ATTY PELLEGRINI 11:30 Duplicate Bridge-Fox 1:00 Exercise Class	8:30 Walk Fit 9:00 Boston Flower Show 9:30 Wii Games 10:00 DOWNSIZING TALK 11:00 PERIPHERAL NEUROPATHY TALK 1:15 Bingo 1:30 Knit & Crochet 3:15 Indoor Walking	9:30 Hannaford's Mkt 10:00 Coffee Hour 11:30 Rubber Bridge
21	22	23	24	25
9:00 Free Tax Preparation 9:30 Bowling League 10:00 Ladies Craft Gr 1:00 Exercise Class 1:00 Painting	8:30 Walk Fit 9:30 Chair /floor Yoga 10:00 Begin.Computer 10:00 Quilting 1:00 Tai Chi 2:00 Movie 3:15 Indoor Walking	9:00 NUTRITION SERIES 10:00 WOMAN'S CLUB GREAT DECISIONS 11:30 Duplicate Bridge-Fox 1:00 Exercise Class	8:30 Walk Fit 9:30 Wii Games 10:00 DR DANN OPTHALOMOLGIST 1:00 WESTWOOD GARDEN CLUB 1:15 Bingo 1:30 Knit & Crochet 3:15 Indoor Walking	9:30 Stop & Shop 10:00 Coffee Hour 11:30 Rubber Bridge
28	29	30	31	
9:00 Free Tax Preparation 9:30 Bowling League 1:00 Exercise Class 1:00 Painting	8:30 Walk Fit 9:30 Chair /floor Yoga 9:30 Xmas Tree-Fox. 10:00 Begin.Computer 10:00 Quilting 1:00 Tai Chi 2:00 Movie 3:15 Indoor Walking	9:00 NUTRITION SERIES 11:30 Duplicate Bridge-Fox 1:00 Exercise Class 2:00 Book Club	8:30 Walk Fit 9:30 Wii Games 11:00 COPD TALK 1:15 Bingo 1:30 Knit & Crochet 3:15 Indoor Walking	

BLOOD PRESSURE CLINIC

Senior Center

March 16

9:00am – 11:30am



Victoria Haven

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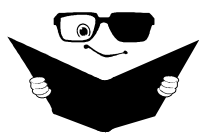
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CLASSES and REGULARLY SCHEDULED ACTIVITIES

(continued from page 3)

SHINE (Serving Health Insurance Needs of Elders)

Tuesday March 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 Mar. 1, 8, 15, 22, 29 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 Mar. 1, 8, 15, 22, 29 8:30am
Thursdays Mar. 3, 10, 17, 24, 31 8:30am

Join Eileen and a lively group for quicker paced exercise and strength training class. Good for
(cont. next column)

CLASSES and REGULARLY SCHEDULED ACTIVITIES (continued)

Walk-Fit- Cardio-Strength Training (continued)
balance and posture. Please bring water and a 1 or 2 lb weight.

Wii Games Free

Thursdays Mar. 3, 10, 17, 24, 31 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

Thursday March 3, 10 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.



SPECIAL PROGRAMS and EVENTS

COPD TALK

Thursday March 31 11:00am
A representative from Caritas Norwood Hospital's Respiratory Services Department will offer a presentation about "Living with Pulmonary Issues" and will also speak about awareness of medication interactions. Please join us for this informative talk and register by calling the senior center.



SPECIAL PROGRAMS and EVENTS

Westwood Garden Club Meeting

Thursday March 24 1:00pm

Woman's Club Exe. Board Meeting

Wednesday March 2 10:00am
Executive Board Meeting

Westwood Woman's Club

Wednesdays March 9, 23 10:00am
Great Decisions.

Westwood Sings

Wednesday March 9 10:00am
Join us at the Senior Center for another Intergenerational Music Program. Enjoy a lively and fun-filled sing along with Westwood resident Duane Sullivan.

(More Special Events on page 11)

ENTERTAINMENT



Bingo

Free

Thursdays Mar. 3, 10, 17, 24, 31 1:15-2:45
Seniors are invited to play Bingo every Thursday afternoon. Join us and bring a friend!

.....

MOVIES



Tuesdays- 2:00pm

FREE

March 1

Letters to Juliet

Amanda Seyfried, Christopher Egan
By responding to a letter addressed to Shakespeare's tragic heroine Juliet Capulet, a young American woman (Amanda Seyfried) vacationing in Verona, Italy, sets in motion a series of events that leads her -- and the missive's lovelorn author (Vanessa Redgrave) -- in search of romance.

March 8

My Life in Ruins

Nia Vardalos, Richard Dreyfuss
This romantic-comedy stars Nia Vardalos (My Big Fat Greek Wedding), Richard Dreyfuss and Rachel Dratch. Greek-American travel guide Georgia (Vardalos) is so distracted by what's going wrong as she leads a motley crew of tourists through some of Greece's most historic sites that she almost misses out on a chance for romance with her hunky bus driver

March 15

Tea with Mussolini

Lily Tomlin, Cher, Maggie Smith, Judi Dench

March 22

Secretariat

Diane Lane

When Penny Chenery (Diane Lane) agrees to take over her ailing father's thoroughbred stable, she transforms from housewife to horse breeder -- and owner of the colt that will take the 1973 Triple Crown -- in this dramatic biopic.

March 29


High Society

Bing Crosby, Grace Kelly, Frank Sinatra
Newport blueblood Bing Crosby tries to win back his ex-wife, "ice goddess" Grace Kelly, while Frank Sinatra and Celeste Holm (reporters for *Snoop Magazine*) gum up the works. Cole Porter wrote the score (which includes the Oscar-winning song "True Love"), and Louis Armstrong and his band are on hand to syncopate all the shenanigans.

LET US KNOW OF MOVIES YOU WOULD LIKE TO SEE.

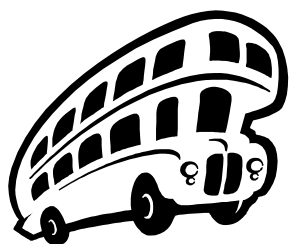
HESSCO ELDER SERVICES- MARCH MENU

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	5
	ORANGE TARRAGON CHICKEN AU GRATIN POTATO CUT GREEN BEANS >FRUIT MUFFIN APRICOTS	SWEET & SOUR PORK RIB ORIENTAL RICE ASIAN BLEND VEG. >MULTIGRAIN ROLL APPLESAUCE	ROAST TURKEY with GRAVY WHIPPED POTATO SQUASH WHEAT BREAD #APPLE TURNOVER	SLOPPY JOE SANDWICH HASH BROWN POT. HOT GERMAN SLAW HAMBURG ROLL FRESH FRUIT
<i>CALORIES:</i>	<i>CALORIES:421</i>	<i>CALORIES:349</i>	<i>CALORIES:385</i>	<i>CALORIES: 361</i>
<i>SODIUM:</i>	<i>SODIUM:222</i>	<i>SODIUM:490</i>	<i>SODIUM:585</i>	<i>SODIUM:357</i>
7	8	9	10	11
CHICKEN MARSALA RED BLISS POTATO BROCCOLI >WHOLE WHEAT BREAD PEACHES	BBQ MEATBALL SUB LYONNAISE POTATO TOSSED SALAD *W/DRESSING SUB ROLL SLICED APPLES	TOMATO SOUP COLD TUNA PLATE PASTA SALAD PITA BREAD FRESH FRUIT	BRAISED BEEF CUBES BUTTERED NOODLES DICED BEETS >MULTIGRAIN ROLL APRICOTS	CRUNCHY FISH *TARTAR SAUCE RICE & BEANS ESCALLOPED TOMATO >WHOLE WHEAT ROLL #FRUIT ARTIC ICE
<i>CALORIES:540</i>	<i>CALORIES:416</i>	<i>CALORIES:525</i>	<i>CALORIES: 399</i>	<i>CALORIES:427</i>
<i>SODIUM:416</i>	<i>SODIUM:912</i>	<i>SODIUM:659</i>	<i>SODIUM:511</i>	<i>SODIUM:641</i>
14	15	16	17	18
BREADED PORK CHOP PATTY BAKED BEANS CALIFORNIA BLEND VEG. HAMBURG ROLL APPLESAUCE	PINEAPPLE GINGER CHICKEN BREAST ASIAN RICE CARROTS >WHOLE WHEAT ROLL PINEAPPLE	ROAST TURKEY with GRAVY GARLIC MASH POTATO PEAS & ONIONS SNOW FLAKE ROLL #PUDDING	ST. PATRICK'S DAY *CORNEBEEF HASH DICED POTATOES CABBAGE & CARROT BLEND >RAISIN BREAD #LEPRECHAUN CAKE	VEGETARIAN CHILI DIRTY RICE >FRUIT MUFFIN FRESH FRUIT
<i>CALORIES:404</i>	<i>CALORIES:339</i>	<i>CALORIES:307</i>	<i>CALORIE:377:</i>	<i>CALORIES:200</i>
<i>SODIUM:863</i>	<i>SODIUM:220</i>	<i>SODIUM:624</i>	<i>SODIUM:1103</i>	<i>SODIUM:386</i>
21	22	23	24	25
SPAGHETTI with MEAT SAUCE ITALIAN BLEND VEG. >MULTIGRAIN ROLL FRESH FRUIT	MAC & CHEESE ESCALLOPED TOMATO >WHOLE WHEAT ROLL PEACHES	VEG. NOODLE SOUP SAVORY BAKED CHICKEN DINNER ROLL #CHERRY TURNOVER	MEATLOAF with MUSHROOM GRAVY WHIPPED POTATO COUNTRY BLEND VEG. WHITE BREAD #PUDDING	LEMON BUTTER SCALLOPS PARSLEY WHIPPED POTATO CUT GREEN BEANS >WHOLE WHEAT BREAD #ORANGE ARCTIC RICE
<i>CALORIES:381</i>	<i>CALORIES:226</i>	<i>CALORIES 424</i>	<i>CALORIES:477</i>	<i>CALORIES252</i>
<i>SODIUM:489</i>	<i>SODIUM:327</i>	<i>SODIUM:521</i>	<i>SODIUM:323</i>	<i>SODIUM:301</i>
28	29	30	31	
BREADED CHICKEN PATTY ITALIAN PENNE TUSCANY BLEND VEG. >WHOLE WHEAT ROLL SLICED APPLE	SHEPHERD'S PIE WINTER BLEND VEG. >MULTIGRAIN ROLL APRICOTS	ROAST PORK W/GRAVY DELMONICO POTTO DICED CARROTS >WHEAT BREAD #BIRTHDAY CAKE	CHICKEN ALA KING FLUFFY WHITE RICE PEAS SCALIA BREAD FRESH FRUIT	CONFIDENTIAL DONATION IS \$2.50 PER MEAL. TO CANCEL, PLEASE CALL: (781) 329-6514
<i>CALORIES:465</i>	<i>CALORIES:474</i>	<i>CALORIES:389</i>	<i>CALORIES:490</i>	<i>CALORIES:</i>
<i>SODIUM:725</i>	<i>SODIUM: 400</i>	<i>SODIUM: 285</i>	<i>SODIUM: 285</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

Live from Ireland

Celtic Nights

at the
Venus De Milo
in Swansea, MA



Wednesday March 9 \$68.00pp

Tony Kenny has achieved phenomenal success as a recording artist; his numerous recordings have been hits on both sides of the Atlantic. Included in this ensemble is the unparalleled Irish wit of Joe Cuddy. The Celtic Dancers, comprised of dancers from Ireland's most prestigious dance companies, are led and choreographed by principal dancer Edna Dunne and directed by Ireland's award-winning choreographer, producer, and director Joan Kenny rounds out the show.

Meal Choice: Corned Beef and Cabbage or
Baked Haddock



Twin River Casino

Rhode ISLAND

Tuesday April 12 \$60.00pp

Singer/comedian Jeff Trachta is known for his role on *The Bold & The Beautiful*, and he also is a singer, producer and comedian. Come and enjoy his performance and try your luck at the Casino. Package includes transportation, show, luncheon buffet & gaming package.

DAY TRIPS

(continued)

Laughs – Giggles & Grins with Pete Michaels and his “Friends”



at Luciano's on Lake Pearl
in Wrentham

Transportation **NOT** Provided

Thursday May 19 \$40.00pp

Pete Michaels was an opening act for Neil Sedaka and Bobby Vinton. With major Film and TV credits like: *Late Night with Conan O'Brien*; *Showtime at the Appolo*; *Comedy Central*; *Let's Laugh* with Sherman Hemsley, and many others, it's no wonder why Pete Michaels is one of the most in demand performers today.

Meal Choice: Chicken Parmesan with Pasta or
Baked Haddock with Potato

Nantucket Island



Thursday June 23 \$164.00

Indulge yourself in a one-of-a-kind special day trip to New England's most famous Island, Nantucket. This is a full day adventure that is sure to please.

Following an early departure we start our day with a full “All you can eat Breakfast Buffet” at the Old Country Buffet in Hyannis, then on to the Hy-Line Cruises in Hyannis where we will board the high speed ferry, *The Grey Lady* for an one hour crossing to Nantucket Island.

Upon arrival we will enjoy a fully narrated 1 ½ hour riding tour of the lovely Island. The tour will return to downtown where we will have ample time for lunch and shopping on our own.

At 4:35pm we will depart on the high speed ferry back to Hyannis. Dinner will be served at the Classic Raw Bar, located right on the Dock. Here we will enjoy the crowning moment of the day as we are served one of New England's Greats - Lobster Rolls featuring more than ½ pound of Lobster meat.

CROSSWORD

Solution on page 11

ACROSS

- 1. NYC summer setting
- 4. Harmful
- 8. LP abbr.
- 11. Fasten shoelaces
- 12. Ashton's wife
- 13. Parka feature
- 14. Before dee
- 15. Metric unit of weight
- 16. Venomous snakes
- 17. Castle's protection
- 19. Undecorated
- 21. Buttoned-up
- 23. Sign of use
- 25. Unpaid bill
- 28. Reference
- 30. Fabray, to friends
- 32. Thee
- 33. Festive events
- 34. Wind dir.
- 35. To the bitter —
- 36. Building extensions
- 37. Parcel (out)
- 38. Glut
- 40. Immediately, in the ER
- 42. Slow, informally
- 44. Resentful jealousy
- 46. Nile queen, for short
- 48. Float through air
- 50. Advanced business deg.

- 53. Days gone by
- 54. Crossword hint
- 55. AFL-___
- 56. Prone
- 57. Is ill
- 58. NJ's ocean

DOWN

- 1. Common abbr.
- 2. The ___ is cast
- 3. Pour heavily
- 4. Candice Bergen's father
- 5. Perpendicular
- 6. "___ Believer" (2 wds.)
- 7. Branch's big brother
- 8. John Goodman

- 9. Soda
- 10. Drs.
- 13. Tortoise's competitor
- 18. Select
- 20. Overwhelms
- 22. Actress Hayley
- 24. Scream and shout
- 25. Colorant
- 26. Centuries and centuries
- 27. Capital on the Danube
- 29. Elegant
- 31. Born as
- 33. Weirdo
- 37. Teen's channel choice (abbr.)
- 39. Tug's sound



- 41. Stakes
- 43. Workout spot for females (abbr.)
- 45. Local community center (abbr.)
- 46. Number-cruncher (abbr.)
- 47. Track circuit
- 49. MacGraw or Larter
- 51. Comedy routine
- 52. IM provider

Answer on page 57

1	2	3	4	5	6	7	8	9	10
11			12				13		
14			15				16		
	17	18			19	20			
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	38	39		40	41				
		42		43	44		45		
46	47			48	49		50	51	52
53				54			55		
56				57			58		



DOWNSIZING TALK

Thursday March 17 10:00am

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. 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. The goal of this session is to help make the prospect of moving less stressful for you.

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

FRIENDS of WESTWOOD COA MEETING

Wednesday March 9 2:00pm

Please note the change from our regular quarterly Thursday meetings. Please join us for a Musical Revue by the Girl Scouts who so wonderfully entertained us during the December holidays. The girls are working on a badge and need an enthusiastic audience!!! So come and enjoy!!!

(continued next column)



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PERIPHERAL NEUROPATHY

Thursday March 17 11:00am

Tom Giampa, from Integra Neuropathic & Chronic Pain Center in Norwood presents this talk on Peripheral Neuropathy. Have you ever felt numbness, burning pain, cramping, sharpness, electric pain, pain when you walk? Have you had difficulty sleeping from leg/foot discomfort, prickling/tingling feelings, or balance problems? These symptoms could be Peripheral Neuro-pathy, and you don't have to live with it. Refreshments provided.



CROSSWORD SOLUTION

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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
	4	Roche Bros.	9:30am	\$2.00
	8	Braintree Mall	9:30am	\$2.00
	11	Shaw's Market	9:30am	\$2.00
	17	Boston Flower Show	9:00am	\$20.00
	18	Hannaford's Mkt	9:30am	\$2.00
	25	Stop & Shop	9:30am	\$2.00
	29	X-Mas Tree-Fox	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 front of 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 between 9:30am and 1:30pm, Tuesdays and Wednesdays. 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>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>Friends of Westwood Council on Aging 60 Nahatan Street WESTWOOD, MA 02090</p>	<p>NONPROFIT ORGANIZATION U.S. POSTAGE PAID WESTWOOD, MA 02090 PERMIT #16</p>
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