

WESTWOOD SENIOR NEWSLETTER

Co-Sponsored by the Friends of Westwood COA

60 Nahatan Street
Westwood, MA, 02090
781-329-8799
Director, Pat Larkin

AUGUST 2010

FROM THE DIRECTOR'S DESK

Welcome to August! A month that can bring the "Dog Days". This month we are having John Root perform his folk music on August 2nd at 1:30pm. A refreshing hour of music with a story. We are also welcoming Gary Hylander back to continue his series on World War II on August 5th and 19th at 10:00am. Our Senior Dinner is scheduled for Aug. 25th. Why not give it a try. The price is right at \$4.00 per person with entertainment. I hope to see you at one of our events.

Sincerely,
Pat Carty-Larkin
Director, Westwood COA

CHECK THE EXPIRATION DATE ON YOUR DRIVER'S LICENSE

Reminders to renew your license are no longer being mailed. Check the expiration date on your license, and be sure to renew it before its expiration date.

LEGAL ADVICE (by appointment, only)

Mary J Roque, Attorney, specializing in Elder Law and Estate Planning, will be available to provide free legal guidance to seniors. She provides one-on-one counsel the first Wednesday of each month. THIS PROGRAM IS NOT AVAILABLE IN AUGUST, but it will resume in September.

HESSCO HOT LUNCH Served Monday to Friday

The Council on Aging serves a nutritious hot lunch Monday through Friday. This program is provided through H.E.S.S.C.O. A donation of \$2.50 per person is suggested. 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.

SENIOR SUPPER

**The Senior Supper is sponsored by the
Westwood Young Women's Club**
August 25, 5:00pm \$4.00
The menu for this meal will be announced at a later date. Seats are limited. Reservations will be taken on August 1st on a first come, first served basis.

MEDICATIONS MANAGEMENT and SAFETY

This program is sponsored by the Visiting Nurse Association, and emphasizes the importance of monitoring your medications for your own good health and safety. Join us on August 17th at 11:00 am, and receive some free give-aways as well. Learn some important health and safety tips. Refreshments provided.

Registration required for all events. To register, or for more information on any of these activities, please call (781) 329-8799

CLASSES

Computer for Beginners Westwood residents
\$10.00
non-residents \$15.00
Tuesdays August 3, 10, 17, 24 10:00am-11:45am

Learn formatting, editing, create a simple table and a card using *Microsoft Word*; sample the Internet.

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 *NEW* computers or bring your own laptop. **A variety of days and times are available!** Call to reserve your one-on-one session.

Book Club FREE
Wednesday August 25 2:00pm
Book discussion is listed below
The Case of the Missing Tarquin Hall
Servant

Please come by to share your thoughts and meet some friends. We are always looking for people to join our group.

Writing Group FREE
Wednesday August 11, 25 2:00pm
Share your thoughts and meet new friends.

EXERCISE, ETC.

Bowling League
Mondays August 2, 9, 16, 23, 30 9:30am

Join the Senior Bowling League, meet new friends, and have fun while exercising for your health! We meet at the Norwood Bowling Alley.

Chair Yoga \$2.00/session
Tuesdays August 3, 10, 17, 24, 31 10:00am

Experience the wonderful benefits of balance and strength from yoga. Register soon as space is limited

EXERCISE, ETC. (continued)

Low Impact Exercise

\$2.00/session

Mondays August 2, 9, 16, 23, 30

Wednesdays August 4, 11, 18, 25 1:00pm

Low impact exercise class.

REIKI and FULL SPECTRUM HEALING

Thursday August 5 1st session Free then \$25.00/session

Melissa Hed, Usui Reiki Master, will offer 1:1 sessions of forty-five minutes on *the first Thursday of each month*. Clients are fully clothed and may either sit or lie down.

TAI CHI

\$3.00/session

Tuesdays August 3, 10, 17, 24, 31 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 August 3, 10, 17, 24, 31 8:30am

Thursdays August 6, 13, 20, 27

Join Eileen for this strength training class. Good for balance and posture, and to help increase your well being. Please bring water and a 1 or 2 lb weight.

CLEANING FOR A GOOD REASON ...

There are cleaning services that provide FREE housecleaning for any woman currently undergoing chemotherapy. They will come 1 time per month for 4 months while she is in treatment. Just sign up and have the doctor fax a note confirming the treatment. Cleaning for a Reason will have a participating maid service in her zip code area arrange for the service.

Low Impact Exercise

\$2.00/session

Mondays August 2, 9, 16,
23, 30
Wednesdays August 4, 11, 18, 1:00pm
25
Low impact exercise class.

The web address is:

<http://www.cleaningforareason.org>

This organization is nationwide and currently has more than 500 partners to help these women. It's a newly formed non-profit, providing cleaning services to women with any type of cancer.

ABOUT AUGUST

[Christopher Columbus](#) set sail from Palos, Spain, on his first voyage across the Atlantic, August 3, 1492.

United States troops landed on [Guadalcanal](#) in the Solomon Islands in World War II, August 7, 1942.

AUGUST ACTIVITIES

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|-------------|------------------|--------------|------------------------------|-------------|----------------------|--------------|----------------------|--------|----------------|
| 2 | | 3 | | 4 | | 5 | | 6 | |
| 9:30 | Bowling League | 8:30 | Walk Fit | | | 8:30 | Walk Fit | 9:30 | Stop & Shop |
| 10:00 | Ladies Craft Grp | 9:00 | Outdoor Walking | 11:30 | Duplicate | 9:00 | Outdoor Walking | 10:00 | Coffee Hour |
| 1:00 | Exercise Class | 10:00 | SHINE | | Bridge-Foxboro | 9:30 | Wii Games | 11:30 | Rubber Bridges |
| 1:00 | Whist Group | 10:00 | Chair Yoga | 1:00 | Exercise Class | 10:00 | Gary Hylander | | |
| 1:30 | John Root | | Computers for Beginners | | | 1:00 | Cribbage | | |
| | | 10:00 | Quilting | | | 1:15 | Bingo | | |
| | | 1:00 | Tai Chi | | | 1:30 | Knit & Crochet | | |
| | | 2:00 | Movie | | | | | | |
| 9 | | 10 | | 11 | | 12 | | 13 | |
| 9:30 | Bowling League | 8:30 | Walk Fit | 11:30 | Duplicate | 8:30 | Walk Fit | 9:30 | Roche Bros.. |
| 10:00 | Ladies Craft Grp | 9:00 | Outdoor Walking | | Bridge-Foxboro | 9:00 | Outdoor Walking | 10:00 | Coffee Hour |
| 1:00 | Exercise Class | 10:00 | Chair Yoga | 1:00 | Exercise Class | 9:30 | Wii Games | 11:30 | Rubber Bridges |
| 1:00 | Whist Group | 9:30 | Braintree Mall | 2:00 | Writing Grp | 1:00 | Cribbage | | |
| | | 10:00 | Computer for Beginners | | | 1:15 | Bingo | | |
| | | | | | | 1:30 | Knit & Crochet | | |
| | | 10:00 | Quilting | | | | | | |
| | | 1:00 | Tai Chi | | | | | | |
| | | 2:00 | Movie | | | | | | |
| 16 | | 17 | | 18 | | 19 | | 20 | |
| 9:30 | Bowling League | 8:30 | Walk Fit | 9:00 | Blood Pressure | 8:30 | Walk Fit | 9:30 | Shaw's Market |
| 10:00 | Ladies Craft Grp | 9:00 | Outdoor Walking | 11:30 | Duplicate | 9:00 | Outdoor Walking | 10:00 | Coffee Hour |
| 1:00 | Exercise Class | 10:00 | Chair Yoga | | Bridge-Foxboro | 9:30 | Wii Games | 11:30 | Rubber Bridges |
| 1:00 | Whist Group | 9:30 | Christmas | 1:00 | Exercise Class | 10:00 | Gary Hylander | | |
| | | | Tree - Avon | | | 1:00 | Cribbage | | |
| | | 10:00 | Computer for Beginners | | | 1:15 | Bingo | | |
| | | | | | | 1:30 | Knit & Crochet | | |
| | | 10:00 | Quilting | | | | | | |
| | | 11:00 | Medication Management | | | | | | |
| | | 1:00 | Tai Chi | | | | | | |
| | | 2:00 | Movie | | | | | | |
| 23 | | 24 | | 25 | | 26 | | 27 | |
| 9:30 | Bowling League | 8:30 | Walk Fit | 11:30 | Duplicate | 8:30 | Walk Fit | 9:30 | Hannaford's |
| | | 9:00 | Outdoor Walking | | Bridge-Foxboro | 9:00 | Outdoor Walking | 10:00 | Coffee Hour |
| 1:00 | Exercise Class | 10:00 | Chair Yoga | 1:00 | Exercise Class | 9:30 | Wii Games | 11:30 | Rubber Bridges |
| 1:00 | Whist Group | 9:30 | Braintree Mall | 2:00 | Book Group | 10:00 | Computer Expo | | |
| | | 10:00 | Computer for Beginners | 2:00 | Writing Grp | 1:00 | Cribbage | | |
| | | | | 5:00 | Senior Supper | 1:15 | Bingo | | |
| | | 10:00 | Quilting | | | 1:30 | Knit & Crochet | | |
| | | 1:00 | Tai Chi | | | | | | |
| | | 2:00 | Movie | | | | | | |
| 30 | | 31 | | | | | | | |
| 9:30 | Bowling League | 8:30 | Walk Fit | | | | | | |
| | | 9:00 | Outdoor Walking | | | | | | |
| 1:00 | Exercise Class | 10:00 | Chair Yoga | | | | | | |

| | | | |
|------|-------------|-------------|---------------------------|
| 1:00 | Whist Group | 9:30 | Walmart- Wiple |
| | | 10:00 | Computer for Beginners |
| | | 10:00 | Quilting |
| | | 1:00 | Tai Chi |
| | | 2:00 | Movie |

HESSCO ELDER SERVICE - AUGUST 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 will be distributed on Monday and collected on Friday.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| 2 | 3 | 4 | 5 | 6 |
| SPINACH & CHEESE OMELET HASH BROWNS ROMAN STYLE VEG >FRUIT MUFFIN PEACHES | BEEF & BARLEY SOUP PARM. CRUMB CHICK O'BRIEN POTATO JARDINIÈRE BLEND VEG >WHOLE WHEAT ROLL FRESH ORANGE | MEATLOAF MUSHROOM GRAVY MASHED POTATO GREEN BEANS >WHOLE WHEAT BREAD #PUDDING | ROAST PORK APPLE GRAVY RED BLISS POTATO MIXED VEG WHITE BREAD GRAHAM CRACKERS | .SPAGHETTI & MEATBALLS ITALIAN BLEND VEG DINNER ROLL PEACHES:53 |
| <i>CALORIES:413 SODIUM:503</i> | <i>CALORIES:528 SODIUM:707</i> | <i>CALORIES:459 SODIUM:307</i> | <i>CALORIES:392 SODIUM:181</i> | <i>CALORIES: 399 SODIUM:53</i> |
| 9 | 10 | 11 | 12 | 13 |
| SAUSAGE, PEPPERS AND ONIONS BUTTERED NOODLES CHUCK WAGON CORN >WHOLE WHEAT BREAD MANDARIN ORANGES | VEGETARIAN CHILI DIRTY RICE >MULTIGRAIN ROLL #BROWNIE | APRICOT GLAZED CHICKEN OVEN ROAST POT GENOA STYLE VEG SCALI BREAD PEARS CALORIES:311 SODIUM:163 | PIER 17 FISH GARLIC MASHED POT PEAS >WHOLE WHEAT BREAD #PUDDING | CREOLE PORK CHOP PARSLEY WHIPPED POT CAULIFLOWER SUPREME >FRUIT MUFFIN FRESH FRUIT |
| <i>CALORIES -514 SODIUM: 602</i> | <i>CALORIES:239 SODIUM:386</i> | <i>CALORIES:111 SODIUM:163</i> | <i>CALORIES:374 SODIUM:292</i> | <i>CALORIES: 407 SODIUM:332</i> |
| 14 | 15 | 16 | 17 | 18 |
| TOMATO FLORENTINE SOUP BAKED CHICKEN RICE FLORENTINE DINNER ROLL FRESH APPLE | SHEPHERD'S PIE MIXED VEG >WHOLE WHEAT ROLL #PUDDING | ROAST TURKEY/GRAVY CRANBERRY SAUCE LYONNAIS POTATO SQUASH >WHOLE WHEAT BREAD PEACHES | PORK PATTY GARLIC BUTTERED PENNE COUNTRY STYLE BLEND HAMBURG BUN PINEAPPLE | . MEXICALI CHICKEN WITH VEGETABLES SPANISH RICE >MULTIGRAIN ROLL GRAHAM CRACKERS |
| <i>CALORIES:444 SODIUM:642</i> | <i>CALORIES:503 SODIUM:368</i> | <i>CALORIES:420 SODIUM:613</i> | <i>CALORIE:472: SODIUM:485</i> | <i>CALORIES: 403 SODIUM:686</i> |
| 23 | 24 | 25 | 26 | 27 |
| AMERICAN CHOP SUEY GREEN BEANS DINNER ROLL #PUDDING | BEEF STEW MASHED POTATO >MULTIGRAIN ROLL PEARS | HAPPY BIRTHDAY CHICKEN SUPREME RICE PILAF SUMMER BLEND >WHOLE WHEAT BREAD #BIRTHDAY CAKE CALORIES:431 SODIUM: 322 | MEATLOAF/GRAVY PARMESAN MASHED TUSCANY BLEND WHITE BREAD FRESH FRUIT | CRUNCHY FISH VEGGIE BAKED BEANS PEAS >FRUIT MUFFIN MANDARIN ORANGES |
| <i>CALORIES: 214 SODIUM: 293</i> | <i>CALORIES: 500 SODIUM:310</i> | <i>CALORIES:431 SODIUM: 322</i> | <i>CALORIES:486 SODIUM:346</i> | <i>CALORIES:367 SODIUM: 671</i> |
| 30 | 31 | | | |
| SWEET & SOUR PORK RIB SCALLOPED POTATO ORIENTAL BLEND >WHOLE WHEAT ROLL FRESH FRUIT | CHICKEN PATTY PASTA & TOMATO SAUCE BROCCOLI ITALIAN BREAD PINEAPPLE | | | CONFIDENTIAL DONATION IS \$2.50 PER MEAL |
| <i>CALORIES: 329 SODIUM: 487</i> | <i>CALORIES:376 SODIUM: 610</i> | | | |

ALL OVER 60 YEARS OF AGE ARE WELCOME AT THE MEAL SITES FOR LUNCH AND SOCIALIZATION.

Sodium and calories listed above are for entrees only. A donation of \$2.50 is greatly appreciated.

SYMBOLS: >High Fiber, *Added Salt, #Added Sugar, Modified Desserts are available.

PROGRAMS

JOHN ROOT

Monday August 2 1:30pm
Enjoy the folk music of John Root.

GARY HYLANDER

FREE

Thursday August 5 10:00am
Thursday August 19 10:00am
A wonderfully entertaining and informative discussion completing the four part presentation by Professor Gary Hylander. On August 5th Gary will discuss *The Battle of the Bulge*, and on August 19th he will discuss *The End of World War II*.

LEGAL ADVICE (by appointment, only)

FREE

Wednesday September 1 9:00am
Mary J Roque, Attorney, specializing in Elder Law and Estate Planning, will be available to provide free legal guidance to seniors. She provides one-on-one counsel the first Wednesday of each month. There are no appointments in August. This service will be available in September.

MEDICATIONS MANAGEMENT and SAFETY

Tuesday August 17 11:00am

Sponsored by VNA
This program is sponsored by the Visiting Nurse Association, and emphasizes the importance of monitoring your medications for your own good health and safety. Join us on August 17th at 11:00 am, and receive some free give-aways as well. Learn some important health and safety tips. Refreshments provided.

SENIOR SUPPER

\$4.00

Sponsored by the Westwood Young Women's Club

Thursday August 26 5:00pm
The menu will be announced at a later date.

PROGRAMS (continued)

COMPUTER EXPO (continued)

Netbooks
Facetime
Laptops and Desktops
Internet and Email
And anything else you're interested in!

ENTERTAINMENT

BINGO

Thursdays August 5, 12, 19, 26 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

August 3

Play the Game Andy Griffith 2008

August 10

Guarding Tess Shirley MacLaine 1994
Nicholas Cage

August 17

House Boat Cary Grant Sophia Loren 1958

August 24

Leap Year Amy Adams 2009

August 31

Coco Chanel Shirley MacLaine 2008

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

AUGUST TRIPS and EVENTS

LOBSTERBAKE, SCARBOROUGH, MAINE

Thursday August 26 \$75.00 all inclusive

Savor a lobsterbake in Scarborough, Main, then sit back and enjoy a bus tour of Kennebunkport's city of lovely gardens and shrines of the Franciscan Monastery. Also includes luncheon, city tour and transportation.

COMPUTER EXPO

Thursday August 26 10:00am
Are you interested in learning how to use the computer but not sure where to begin? Come to the course at the senior center and learn how you can benefit from technology. See a video chat in action. Learn about iPod (see last column for more details!!)

SEPTEMBER TRIPS and EVENTS

RAIL and SAIL

NEW HAMPSHIRE

Thursday September 16 \$85.00 all inclusive
Board the Winnepesaukee Railroad for a 1.5 hr excursion...then come on board the M/S Mount Washington for a beautiful scenic cruise on the Lake. On board luncheon buffet and live entertainment: "Rock, Roll & Remember". Meal choice buffet includes: Carved Prime Rib, Haddock, roasted potatoes, vegetables, salad, assorted dessert tray.

OCTOBER TRIPS and EVENTS

FALL FOLIAGE TRAIN RIDE through NEW HAMPSHIRE'S MOUNTAINS and LAKE REGIONS

Friday October 1 \$95.00 all inclusive
Join us for a beautiful four hour foliage train ride and luncheon at the Common Man Inn. Your \$95.00 includes buffet luncheon featuring roast beef & turkey; homemade breads, salads, cheese cake, coffee/tea. All aboard for a memorable trip through New Hampshire's mountains and lakes region.

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From *20 Secrets Your Waiter Won't Tell You*
By Michelle Crouch published in Reader's Digest online.

We asked two dozen servers to reveal what goes on behind closed doors.

What You're Really Swallowing

In most restaurants, after 8 p.m. or so, all the coffee is decaf because no one wants to clean two different coffeepots. I'll bring out a tray with 12 [coffees](#) on it and give some to the customers who ordered regular, others to the ones who ordered decaf. But they're all decaf.

—Charity Ohlund

IT HAPPENED IN COURT From www.rinkworks.com

Accused, Defending His Own Case: "Did you get a good look at my face when I took your purse?"

The defendant was found guilty and sentenced to ten years in jail.

20 Secrets Your Waiter Won't Tell You
(continued)

What You Don't Want to Know

I've never seen anybody do anything to your [food](#), but I have seen servers mess with your credit card. If a server doesn't like you, he might try to embarrass you in front of your business associate or date by bringing [your credit](#) card back and saying, "Do you have another card? This one didn't go through."
—Charity Ohlund

What You're Really Swallowing

Skim [milk](#) is almost never skim milk. Very few restaurants outside Starbucks carry whole milk, 2 percent milk, skim milk, and half-and-half; it's just not practical.

What You Don't Want to Know

Now that I've worked in a restaurant, I never ask for lemon in a drink. Everybody touches them. Nobody washes them. We just peel the stickers off, cut them up, and throw them in your iced tea.
—Charity Ohlund, Kansas City waitress

What You Don't Want to Know

If you ask me how many calories are in a particular dish, I'm not allowed to tell you even if I know. I'm supposed to say, "All that information is available online."
—Waitress at a well-known pizza chain

What Drives Us Crazy

The single greatest way to get your waiter to hate you? Ask for hot tea. For some reason, an industry that's managed to streamline everything else hasn't been able to streamline that. You've got to get a pot, boil the water, get the lemons, get the honey, bring a cup and spoon. It's a lot of work for little reward.

What You Don't Want to Know

We put sugar in our kids' [meals](#) so kids will like them more. Seriously. We even put extra sugar in the dough for the kids' pizzas.

—Waitress at a well-known pizza chain

What We Lie About

If you're a vegetarian and you ask if we use vegetable [stock](#), I'm going to say yes, even if we don't. You'll never know the difference.

—Christopher Fehlinger, maitre d' at a popular New York City [restaurant](#)

What We Want You to Know

In many restaurants, the tips are pooled, so if you have a bad experience with the server, you're stiffing the bartender who made your [drinks](#), the water boy who poured your water, sometimes the hostess, the food runners, and maybe the other waiters.

—Christopher Fehlinger

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.

| AUG. | DATE | DESTINATION | PICK-UP | FEE |
|------|------|---------------------|---------|--------|
| | 6 | Stop & Shop Walpole | 9:30am | \$2.00 |
| | 10 | Braintree Mall | 9:30am | \$2.00 |
| | 13 | Roche Bros | 9:30am | \$2.00 |
| | 17 | Xmas Tree - Avon | 9:30am | \$2.00 |
| | 20 | Shaw's Market | 9:30am | \$2.00 |
| | 24 | Braintree Mall | 9:30am | \$2.00 |
| | 27 | Hannaford's Market | 9:30am | \$2.00 |
| | 31 | Walpole-Walmart | 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, 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.

Council on Aging Board Members

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Pat Carty-Larkin

Friends of Westwood
Council on Aging
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WESTWOOD, MA
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