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

AUGUST 2012

NOTE FROM THE COA DIRECTOR

Director's Report:

I trust that everyone is enjoying the summer. The good thing about summer is the fact that we have light longer which allows us to do more things in the early evening. Our last Summer Supper will be held on August 29th at 5:00 pm. The menu us Fruit Salad, Dinner Rolls, Turkey Breast, Cranberry Stuffing, Mashed Potatoes, Butternut Squash and dessert. We will have light entertainment and be finished by 7:30pm. Seats are limited and registration starts on August 1st.

Sincerely,

Pat Carty-Larkin
Director, Westwood COA

I REMEMBER

Please join author Ed Palasz's daughter, Beverly Andreozzi, for a morning of remembrances and a book reading of her father's memoire on Monday, September 10th from 10:30 – 11:30am.

Ed Palasz was a child during the Depression. He parents passed away during the influenza epidemic of 1918 and Ed was shuffled from an orphanage into foster care. He traveled around the United States hitching rides on freight trains.

Share <u>your</u> experiences of growing up in the 20th century and also enjoy moments from Palasz's life.

PLEASE REGISTER BY CALLING THE COA

HESSCO lunch served daily:

Please call Rita at: 781-329-6514

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

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

Lessons will begin again in the late fall.

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

Fun Fit Exercise \$3.00/session

Wednesdays Aug 9:00am

1,8,15,22,29,

Fridays Aug 9:00am

3,10,17,24,31

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

OUTdoor Walking 9 AM Free

Tuesdays and Thursdays

We are now walking the OUTdoor Track at Westwood High School in the mornings at about 9 am.

Come and join us and keep moving!!!

CLASSES and EXERCISE

(continued)

Knit and CrochetTuesdays
Aug 7,14,21,28
1:00pm

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

Free

Ladies Craft Group

Mondays Aug 6,13,20 10:00am The Ladies Craft Group usually meets the first three Mondays of each month.

\$3.00/session

Low Impact Exercise

Mondays Aug 6,13,20,27 1:00pm Wednesdays Aug 1:00pm

1,8,15,22,29

Keep fit, stay healthy!

Painting \$40.00 plus supplies
Mondays Continues...this 1:00pm

Fall

8-week session watercolor painting class.

Quilting \$1.00

Tuesdays Aug 7,14,21,28 10:00am

Join our group and enjoy quilting with friends.



Free

Surf the Internet

(private session)

An introduction to using the internet and searching the WEB. Call to reserve your one-on-one session.

Page 3

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 Tuesdays \$3.00/session

Aug 7,14,21,28 1:00pm

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

Yoga \$3.00

Tuesdays Aug 7,14,21,28 9:30 am Experience the wonderful benefits of balance and strength from yoga.

Registration required.

ONGOING ACTIVITIES

Bereavement Group Free

Wednesday 10:00am

Led by LICSW Nina Johnston, this friendly and supportive group usually meets Wednesdays during each month. She will resume this group in the Fall.

<u>Caregiver Group</u> Free

Nina will lead this newly formed, supportive group on Wednesdays in the Fall at 10:00am.

ONGOING ACTIVITIES

(continued)

Blood Pressure Clinic Free Wednesday Aug 15th 9:00am

Westwood's Board of Health nurse is available the third Wednesday of every month.

Legal Advice (by appointment only) Free Tuesday Aug 7 8:30am10:00am

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.

Financial Planning/Legal Advice Free

Wednesday Aug 1 10:00am Attorney Frederick Pellegrini returns to the Senior Center to provide free legal and estate information usually on the first Wednesday of each month. As always, registration is required.

Medical Appointment Transportation to Boston \$25.00 donation

Mondays and 9:00am-Wednesdays 11:000am
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.

SHINE

(Serving Health Information Needs of Elders)
Tuesday Aug 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 Aug 3 8:30-

10:30am

Licensed Aesthetician Lisa will offer waxing usually the first Friday of each month.

Fees:

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

Please call the senior center to schedule your appointment.

GAMES & SPORTS

Bingo Free Thursdays Aug 1:15pm

2,9,16,23,30

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

Bowling League

Mondays 9:30am

Bowling resumes in the Fall.

Bridge Free Fridays Aug 11:15am

3,10,17,24,31

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

Cribbage Free

Wednesdays Aug 1,8,15,22,29 1:00pm

Duplicate Bridge

Free

Wednesdays Aug 1,8,15,22,29 11:30am We play in Foxboro on Wednesdays, and all duplicate bridge players are welcome!

MahjongThursdays
Aug 2,9,16,23,30
12:30pm

Bring your game and cards, and come and play!

Whist Free Mondays 1pm

Aug 6,13,20,27

Come and join our newest group!!!

Wii Games

Thursdays Aug 2,9,16,23,30 9:30am You'll have so much fun playing Wii games, you won't even know you're exercising!

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

COME AND TAKE A TRIP WITH US!!!



August 16, 2012

Thursday

RAIL and SAIL

\$89.95pp

Upon arriving at Meredith, NH, we will board the Winnipesaukee Railroad for a 1.5 hr excursion to Weirs Beach where we will board the M/S Mount Washington for a scenic cruise of New Hampshire's most beautiful lake. On board, enjoy a luncheon buffet and live entertainment featuring "Rock, Roll and Remember." Buffet luncheon menu includes: carved prime rib, haddock, potatoes, vegetables, salads, home baked rolls, and assorted desserts. A la cart cocktail bar will be available.

Trip includes: transportation, train ride, scenic cruise, luncheon and entertainment.

August 21,2012

Tuesday

TWIN LOBSTER LUNCHEON AND

American Bandstand !!!

\$82.00 pp

Snap your fingers, tap your toes to the music of Frank, Sammy, Dean, Bobby Darin, the Temptations, Four Tops, Frankie Avalon, Paul Anka and more starring Ron Gartner & His Band.

SPECIAL EVENTS (continued)

We will enjoy luncheon at the Clambake Restaurant in Scarborough, Maine, and our show will take place directly across the street.

Price includes: transportation, luncheon and show. **MEAL CHOICE**: Two Whole Boiled 1 ¼ lb lobsters **OR** Baked Haddock. **Non-fish alternative also available by REQUEST.**

Also included: Caesar salad, baked potato, rolls & butter, beverage & dessert

**** **** **** **** ****

September 25, 2012 Tuesday

TWIN RIVER --BEATLEMANIA NOW!

\$79.95pp

Time for fun at TWIN RIVER Casino and then Rock'n Roll to the ultimate **Beatles** experience for fans of all ages!!! Cost includes \$10.00 in Bonus Play AND Luncheon.

This event is Dinner Theater style seating....

Come for the show and Try Your Luck!

Trip includes: transportation, luncheon served buffet style, show and gaming package.

November 13, 2012 Tuesday

MOHEGAN SUN Presents: KINGS OF COUTRY

\$75.00 pp

An Unforgettable Tribute to the biggest names in Country Music ...Phillip Bauer as <u>Johnny Cash</u>, Marion Deaton as <u>Willie Nelson</u>, and Marty Edward as <u>Kenny Rogers</u>. More details soon.

ACROSS

- 1 Bun toppers
- 12 Certain radios: Abbr.
- 15 Hotel offering
- 16 Herb of grace
- 17 Esthetic
- 18 Symbol of coldness
- 19 Portray
- 20 Casual pants
- 22 Low land?
- 23 Pacific salmon
- 28 Prevaricators
- 29 Singer Flack
- 31 Aspiring atty.'s exam
- 32 Bony-plated burrowing animals
- 35 Jamaican music style

- 36 Suds maker
- 37 Bombards with unwanted e-mail
- 38 Oracle
- 39 Griddle sound
- 40 Clerks
- 42 This, in Toledo
- 44 Hospital attendant
- 45 Have on
- 47 More miffed
- 48 Pod occupant
- 51 Passover meals
- 53 Flops
- y plata" (motto of Montana)
- 55 Pieces of fortunetelling equipment
- 61 Reagan, to friends
- **62** Souvenirs
- 63 Elm and others: Abbr.
- **64** Type of concrete

DOWN

- the beans (tell)
- 2 Bert's buddy
- 3 Rho follower
- 4 "___ calling!"
- 5 Long March leader
- 6 Schedule listing: Abbr.
- 7 Congeal
- 8 Big time
- 9 Dawn goddess
- 10 Connect the
- 11 Odor
- 12 Stewed dish
- 13 Scandal spreader
- 14 Is dazed
- 21 Run a temperature
- 23 Atlantic food fish
- 24 San Luis ____, California
- 25 Aides
- 26 Disney's Florida home
- 27 Heavy walker
- 29 Emulate Eminem

- 30 Guarantee
- 32 Property evaluators
- 33 Reform Party presidential candidate of '92 and '96
- 34 Elephants' extinct relatives
- 38 Diffident
- 41 Camera type: Abbr.
- 43 "___ not!"
- 46 Defeat soundly
- 48 Knitting stitches
- 49 Bauer or Money
- 50 Former Syrian president
- 52 Plaintiff
- 53 Podium
- **56** "___ Mine" (George Harrison book)
- 57 Actress Van Fleet et al.
- 58 Gallery display
- 59 Limbo stick
- 60 U.K. honour

1	1		1	1	ľ		ľ	9	10	11.		12	13	114
15		1		1	\top	+	+	$^{+}$	+			16	+	+
17	+	+	+	+	+	+	+	+	+			18	+	+
19	+	+	+				h		20	+	21		+	+
22		T		23	24	25	26	27	٧	28	+	+	+	+
			29	let .	+	+	+	+	30		31	+	+	+
32	33	34	1	-	+	+	+	+	+	-	ь	35	+	+
36			+		37	-	+	+	+		38		+	+
39				anti-	40	1	+	+	+	41		+	+	+
12	1		43	1	44	+	+	+	+	+	+			
15	1		+	46		47	-	1	-	+		48	49	50
1			H	\vdash	52	•					53		+	+
4				55		56	57	58	59	60	-	-	+-	-
ı				62	-			-	+		-	-	-	-
3		-		64	-	-	-	+	+	-	-	-	-	-

_	_	_	_	_	_									
D	3	S	S	Е	A	T	S	3	В	Р		S	T	S
A	1	٦	1	В	A	Я	0	M	Е	M		N	0	Я
S	D	Я	A	0	В	A	r	1	n	0		0	Я	0
S	D	n	D			Value of		100	S	Я	3	D	3	S
A	3	Ь		Я	Е	Я	0	S		I	Я	0	Р	S
			人	٦	Я	3	D	Я	0		A	T	S	Э
S	Я	3	Н	S	n	Р	N	3	d			S	S	S
A	3	Ξ	S		S	M	A	Ы	S		Р	A	0	S
A	K	S			S	0	٦	٦	1	a	A	M	Я	A
T	A	S	٦		A	T	Я	Ε	В	0	Я			
S	Я	\forall	1	٦		S	0	Н	0	0		A	Ξ	٦
S	K	О	A	٦	S						N	M	1	٦
Е	0	1		3	T	S	A	T	D	0	0	Э	N	I
Е	\cap	Я		M	0	0	Я	3	T	A	٨	1	Я	Ы
S	M	Н		S	D	3	3	S	Ε	M	A	S	3	S

Page 7

SPECIAL EVENTS

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.

REASSURANCE LINE

Would you like to receive a friendly daily telephone call? Our Reassurance Line links seniors with people who call each morning at about 9am as a reminder to take medications or just as a "check in" to see how you are doing. Please call Outreach Worker Jean Stahl at: 781-329-8799 to join this beneficial program.

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. Please feel free to submit your questions anonymously by dropping them in the Ask A Lawyer box.

This month's question:

- **Q:** How can I apply for veterans benefits for a nursing home resident?
- A: The best place to start to learn about veterans benefits which may be available to a veteran or to the surviving spouse of a deceased veteran is with your local Veteran's Service Agent. For the Town of Westwood, this is Chris McKeown, who has an office in the Town Hall and who can be reached at 781-320-1008.

ASK A LAWYER (from previous column)

A: A veteran who is a resident of a nursing home and who is paying privately for the cost of his care may be eligible to receive Aid and Attendance benefits from the Veteran's Administration of up to \$1,704 per month. The Aid and Attendance benefit for the surviving spouse of a veteran can be as much as \$1,094 per month. If the nursing home resident is on Medicaid, also known as MassHealth, the Aid and Attendance benefit will be reduced to \$90 per month.

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.



FRIENDS OF WESTWOOD COA

Please consider joining the Friends group and help support the many activities and programs offered through the Senior Center.

Page 8

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

AUG 7 A League of Their Own

1992 PG 128 minutes

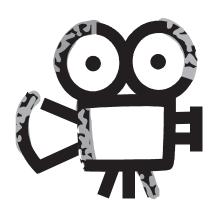
Two small-town sisters join an all-female baseball league formed when World War II brings professional baseball to a standstill. As their team hits the road with its drunken coach, the siblings find troubles and triumphs on and off the field.

Cast: Tom Hanks, Geena Davis, Madonna, Lori Petty, Rosie O'Donnell

AUG 14 Limitless

2011 PG-13 105 minutes

With his writing career dragging and his girlfriend casting him off, Eddie Morra's life turns around when he takes a drug that provides astonishing mental focus -- but its deadly side effects threaten his future. **Cast:** Bradley Cooper, Robert De Niro, Abbie Cornish



AUG 21 Romancing the Stone

1984 PG 106 minutes

When a reclusive romance writer -- whose humdrum life in no way resembles the exploits of her fiery fictional heroines -- learns her sister's been kidnapped, she's soon embroiled in a wild adventure involving hidden treasure and a dashing mercenary. **Cast:** Michael Douglas, Kathleen Turner, Danny DeVito

AUG 28 What's Eating Gilbert Grape

1993 PG-13 128 minutes

In a backwater Iowa town, Gilbert (Johnny Depp) struggles to take care of his mentally disabled brother, Arnie (Leonardo DiCaprio), and provide for the rest of his family. But after falling for the stranded Becky (Juliette Lewis), Gilbert discovers exciting new possibilities for his life. Co-starring Mary Steenburgen, John C. Reilly and Crispin Glover, this tender drama earned DiCaprio an Oscar nomination for Best Supporting Actor.



Prearranged & Prefinanced Funerals

649 High Street • Westwood

781-326-0022

WWW.FOLSOMFUNERAL.COM

LiteBanking Dedham Savings

For All Your Personal and Business Banking Needs!

TELEPHONE CONNECTING ALL OFFICES

(800) 462-1190

DEDHAM INSTITUTION FOR SAVINGS. Since 1831. www.dedhamsavings.com

Member FDIC / Member DIF (≦) EQUAL HOUSING LENDER Member of the SUM™ Program

HOLDEN DUNN **LAWLER FUNERAL HOME**

55 High Rock Street hdlfuneralhome.net email: westwoodfh@verizon.net

TEL: (781) 326-0074



Victoria Haven

"A Skilled Nursing & Rehabliltation Facility" 137 Nichols Street • Norwood, MA

-762-0858

ILLOOLY

Frederick J. Wobrock

Managing Funeral Director

126 Walpole Street

Norwood, MA 02062

Phone: 781-762-0174

www.GilloolyFuneralHome.com

A Service Family Affiliate of

AFFS and Service Corporation

International

206 Winter Street, Fall River MA 02720 ~ 508-676-2454

と 白 MEDICARE/MEDICAID

NEW GENERATION MOVING & STORAGE LLC

Owner/Operators Kevin Bradford & Shaun McCue

> 508-272-2743 508-269-9602

Kbradford_newgen@hotmail.con www.newgenerationsmoving.com



(781) 255 6910

5 Walpole St., Norwood, MA 02062

HOME CARE SERVICES

REMODELING SERVICES

Aging with



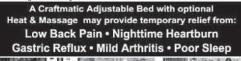
Dignity, at home... (781) 654 5958

info@marcacciointernational.com www.marcacciointernational.com www.bostonsouthwest.comforcare.com | 5 Walpole St., Norwood, MA 02062



#1 Selling Adjustable Brand Trusted for Nearly 40 Years

Why Pay More For Something Else? Discover Craftmatic For Less!











We Won't Be Undersold · In Home Trial Satisfaction Guaranteed

For FREE Prices & Info About Our Beds Call:



NURSING AND REHABILITATION **CENTER**

135 ELLIS AVE AT ROUTE ONE NORWOOD, MA

- Short and Long Term Care Rehabilitation
- Specialized Dementia Unit
- **►** In-House Therapy Department
- Up to 7 Days a Week for Physical, Occupational & Speech Therapy

CALL FOR A TOUR AND MORE INFO 781-762-6880 www.TheEllis.com

EE Home Security System! \$850 Value!



Protect AUTHORIZED DEALER Your Home



Call Today, Protect Tomorrow!

1-877-853-31

RAZZA LAW OFFICES FFFFF MICHAEL S. RAZZA, ESQ.

SERVING OUR WESTWOOD SENIOR COMMUNITY SINCE 1972 National Academy of Elder Law Attorneys

WILLS • TRUSTS • ASSET PROTECTION REAL ESTATE • GUARDIANSHIP MEDICAID PLANNING • PROBATE

95 Chapel Street, Norwood, MA

781-769-7700

AUGUST MENU

AUGUST MENU						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
		1	2			
DONATION				3		
IS \$2.50 PER MEAL	1	BROCCOLI & CHEESE	RST. TURKEY W/GRAVY	AMERICAN CHOP SUEY		
MEAL	Uugust	OMELET	#CRANBERRY SAUCE	WAX & GREEN BEANS		
WEAL	0	O'BRIEN POTATO	WHIPPED POTATO			
			WINTER SQUASH	WHEAT BREAD		
TO CANCEL		ZUCCHINI & TOMATO >WHOLE WHEAT BREAD	DINNER ROLL	CHILLED PEARS		
MEALS CALL		FRESH FRUIT	#PUDDING			
781-784-4944		PRESH PROTI	#I CDDING			
		CALORIES 336	CALORIES 368	CALORIES 312		
		SODIUM 546	SODIUM 530	SODIUM 297		
6	7	8		10		
CHICKEN CHOW MEIN	4// I D DUDGED	CODY CHOMBER	BEEF STEW W/VEG	POTATO POLLOCK FILET		
W/VEGETABLES	1/4 LB BURGER WITH ROLL	CORN CHOWDER BBQ CHICKEN		*TARTAR SAUCE		
ORIENTAL RICE		CARROT COINS	WITH VEGETABLES BOILED POTATOES	WHIPPED POTATO		
>WHOLE WHEAT ROLL	POTATO SALAD	>MULTIGRAIN ROLL	WHOLE WHEAT BREAD			
WHOLE WHEAT ROLL	COLE SLAW			SUMMER BLEND VEG		
PINEAPPLE CHUNKS	WATERMELON	FRESH FRUIT	DRIED PLUMS	WHEAT BREAD		
	PUNCH			PEACHES		
CALORIES 290	CALOIRIES 421	CALORIES 419	CALORIES 446	CALOIRIES 462		
SODIYUM 444	SODIUM 370	SODIUYM 685	SODIUM 379	SODIUM 410		
13	14	15	16	17		
MAC & CHEESE	*BREADED CHICKEN	MEATI OAF	TURKEY DIVAN W/BROCC	SWEDISH MEATBALLS		
I		MEATLOAF	W/BROCCOLI	BUTTERED NOODLES		
ESCALLOPED TOMATO >MUFFIN	SANDWICH	W/ONION GRAVY WHIPPED POTATO	RICE FLORENTINE	BEETS		
#FRUITED JELL-O	HASH BROWN POT	MIXED VEGETABLE	>MULTIGRAIN ROLL	WHEAT BREAD		
#FRUITED JELL-O	ZUCCHINI & TOMATO					
	HAMBURG ROLL	>WHOLE WHEAT BREAD	PEARS	FRESH FRUIT		
	DRIED FRUIT	#CUTIE PIE				
CALORIES 393	CALORIES 400	CALORIES 553	CALORIES 314	CALORIES 451		
Sodium 541	SODIUM 854	SODIUM 240	SODIUM 674	SODIUYM 347		
20	21	22	23	24		
SALISBURY STEAK		TOMATO FLORENTINE	SHEPHERDS' PIE	SALMON BOAT		
W/MUSHROOM GRAVY	WHOLE GRAIN STUFFED	SOUP	PEAS &CARROTS	W/LEMON DILL SAUCE		
WHIPPED POTATO	SHELLS	CRUMB BAKED CHICKEN	>WHOLE WHEAT ROLL	FLUFFY WHITE RICE		
CHUCK WAGON BLEND	BASIL SAUCE	CONFETTI RICE	#WHOLE GRAIN COOKIE	TUSCAN BLEND VEG		
	ITALIAN BLEND VEG		#COOKIE			
VEGETABLES	>MULTIGRAIN ROLL	WHEAT BREAD	#COUKIE	WHEAT BREAD		
>WHOLE WHEAT BREAD	PEACHES	FRESH FRUIT		DRIED PLUMS		
#PUDDING						
CALORIES 545	CALORIES 285	CALORIES 298	CALORIES 448	CALORIES 550		
SODIUM 653	SODIUM 560	SODIUYM 323	SODIUM 501	SODIUM 420		
27		29	30	31		
CHICKEN MARSALA	28	HAPPY BIRTHDAY	*LOW SALT HOT DOG	CHICKEN POT PIE		
SCALLOPED POTATO	ITALIAN SPAGHETTI	ROAST PORK W/GRAVY	ON A ROLL	W/VEGETABLES		
SUMMER BLEND VEG	W/MEAT SAUCE	RED BLISS POTATO	*MUSTARD PACKET	WHIPPED POTATO		
>MUFFIN	GENOA BLEND VEG	GLAZED CARROTS	*BAKED BEANS	*BISCUIT		
	MULTIGRAIN ROLL					
PEARS	#PUDDING	WHOLE WHEAT BREAD	HOT GERMAN SLAW	DRIED FRUIT		
		#BIRTHDAY CAKE	FRESH FRUIT			
CALORIES 412	CALORIES 388	CALORIES 404	CALORIES 425	CALORIES 436		
SODIUM 543	SODIUM 219	SODIUM 199	SODIUM 710	SODIUM 258		
	50D10M 217	<u> </u>	<u> </u>			

All over 60 years of age are welcome to the meal site for lunch and socialization. Suggested Donation: \$2.50 per meal. Please call Rita at 781-329-6514 at least 2 days in advance to make your reservations. Envelopes for your home-delivered meals' confidential donation will be distributed on Monday & collected on Friday.

ACTIVITIES AUGUST 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		9:00 Fun Fit 10:00 FREE Financial Planning Guidance 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 1:00 Cribbage	9:00 Outdoor Walking 9:30 Wii Games 12:30 MAHJONG 1:15 BINGO	9:00 Fun Fit 9:30 Roche Bros. 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
	-			10
10:00 Craft Group 1:00 Exercise Class 1:00 Whist Group	9:00 Outdoor Walking 8:30 Free Legal Help 9:00 SHINE 9:30 YOGA 10:00 Quilting 10:00 Computer Class 1:00 Tai Chi 1:00 Knitting & Crocheting 2:00 Movie	9:00 Fun Fit 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 1:00 Cribbage	9:00 Outdoor Walking 9:30 Wii Games 12:30 MAHJONG 1:15 BINGO	9:00 Fun Fit 9:30 Shaw's Mkt. 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
13	14	15	16	17
10:00 Craft Group 1:00 Exercise Class 1:00 Whist Group	9:00 Outdoor Walking 9:30 YOGA 9:30 Braintree Mall 10:00 Quilting 10:00 Computer Class 1:00 Knitting & Crocheting 1:00 Tai Chi 2:00 Movie	9:00 Blood Pressure 9:00 Fun Fit 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 1:00 Cribbage	9:00 Outdoor Walking 9:30 Wii Games 12:30 MAHJONG 1:15 BINGO	9:00 Fun Fit 9:30 Hannaford's 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
20	21	22	23	24
10:00 Craft Group 1:00 Exercise Class 1:00 Whist Group	9:00 Outdoor Walking 9:30 YOGA 9:30 Walpole/Wal- Mart 10:00 Computer Class 10:00 Quilting 1:00 Knitting & Crocheting 1:00 Tai Chi 2:00 Movie	9:00 Fun Fit 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 1:00 Cribbage	9:00 Outdoor Walking 9:30 Wii Games 12:30 MAHJONG 1:15 BINGO	9:00 Fun Fit 9:30 Stop & Shop 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
27	28	29	30	31
1:00 Exercise Class 1:00 Whist Group	9:00 Outdoor Walking 9:30 YOGA 9:30 Braintree Mall 10:00 Quilting 1:00 Knitting & Crocheting 1:00 Tai Chi 2:00 Movie	9:00 Fun Fit 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 1:00 Cribbage	9:00 Outdoor Walking 9:30 Wii Games 12:30 MAHJONG 1:15 BINGO	9:00 Fun Fit 9:30 Roche Bros. 10:00 Coffee Hour 11:15 Rub. Bridge Gr.

BLOOD PRESSURE CLINIC

Senior Center AUGUST 15TH 9:00 AM – 11:30 AM



NURSING AND REHABILITATION CENTER 135 ELLIS AVE AT ROUTE ONE, NORWOOD, MA

- Specialized Dementia Unit ▼ In-House Therapy Department
- ◆ Up to 7 Days a Week for Physical, Occupational & Speech Therapy

CALL FOR A TOUR AND MORE INFO

781-762-6880 www.TheEllis.com



Say "Thank you" with your patronage to the sponsors who support this newsletter.

To find our sponsors, visit SeekAndFind.com

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
	3	Roche Bros.	9:30am	\$2.00
	10	Shaw's Market	9:30am	\$2.00
	14	Braintree Mall	9:30am	\$2.00
	17	Hannaford's Mkt.	9:30am	\$2.00
	21	Walpole Mall/ Walmart	9:30am	\$2.00
	24	Stop & Shop	9:30am	\$2.00
	28	Braintree Mall	9:30am	\$2.00
	31	Roche Bros.	9:30am	\$2.00

The COA will make 2 trips for food shopping if we have more than 6 seniors registered. Seniors on a waiting list will go shopping at 10:30a.m. and will 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.

Council on Aging Board Members

Chairperson
Edie McCracken
Vice-Chairperson
Robert Folsom

Members

Betty Connors
Margaret Dullea
William Galvin
Mary Gens
Irene MacEachern
Colleen Messing
Patricia Davies Verzino

Director

Friends of Westwood Council on Aging 60 Nahatan Street WESTWOOD, MA 02090 NONPROFIT
ORGANIZATION
U.S. POSTAGE PAID
WESTWOOD, MA 02090
PERMIT #16