

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
Editor, Trish Tucke

DECEMBER 2012

NOTE FROM THE COA DIRECTOR

Director's Report:

Happy Holidays everyone! I trust that the holidays will bring you peace and joy. The Friend's will be sponsoring a Holiday celebration on December 13th at 10:00 A.M. Come join us for a morning of holiday fun. Call a friend and invite them to join you. The more the merrier.

I cannot let this month go by without thanking each and every one of you for your support during my illness. Your kindness means the world to me.

Sincerely,

Pat Canty-Larkin

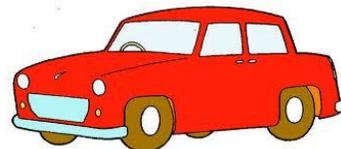
Director, Westwood COA

Snow Days

Now that inclement weather is getting ready to descend upon us, remember that if Westwood Schools are closed, the Senior Center will be closed. If the schools have a delayed opening, we will also have the delay. If it is a school vacation, and you are unsure if we are closed, call the Senior Center after 8:00 A.M. and if the recorded message is on we are closed.

AARP DRIVING COURSE

The Westwood COA is hosting an AARP Driver Safety course on Monday, December 3rd. AARP Driver Safety is the nation's first, and now largest, course designed for drivers over 50. The class will begin at 10:00 and end at 2:45 PM. All participants will be able to order lunch from HESSCO here at the COA. The fee is \$12.00 for AARP members and \$14 for non-members.



PLEASE REGISTER BY CALLING THE COA

Meal Cancellations: Watch Channel 5 after 9:00 A.M. or Channel 7 news for information on cancellation of the Meals on Wheels program.

**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 Hour Tuesdays

10:00 AM **FREE**

Come in for help with your computer or work on one of our computers. You can learn to surf the internet, access wifi, send email or create document. Call to register.

Fun Fit Exercise **\$3.00/session**
 Wednesdays Dec 5,12,19,26 9:00am
 Fridays Dec 7,14,21,28 9:00am

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

Tai Chi **\$3.00/session**
 Tuesdays Dec 4,11,18 1:00pm

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

Yoga **\$3.00/session**
 Tuesdays Dec 4,11,18 9:30 am

Experience the wonderful benefits of balance and strength from yoga.
Registration required



CLASSES and EXERCISE

(continued)

Knit and Crochet **Free**
 Tuesdays Dec 4,11,18 1:00pm

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

Ladies Craft Group **Free**
 Mondays Not meeting 10:00am
 Until January

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

Low Impact Exercise **\$3.00/session**
 Mondays Dec 3,10,17, 1:00pm
 Wednesdays Dec 5,12,19,26 1:00pm
 Keep fit, stay healthy!

Painting **\$40.00 plus supplies**
 Mondays Dec 3,10,17, 1:00pm

8-week session watercolor painting class.

Quilting **\$1.00**
 Tuesdays Dec 4,11,18 10:00am

Join our group and enjoy quilting with friends.

**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)

ONGOING ACTIVITIES

Bereavement Group Free

Wednesday Dec 5,19 10:00am

Led by LICSW Nina Johnston, this friendly and supportive group usually meets every other Wednesday during each month.

Blood Pressure Clinic Free

Wednesday Dec 19 9:00am

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

**St. Margaret Mary's
Bereavement
Support Group** Free

Wednesday Dec 5,12,19 10:00am

Legal Advice (by appointment only)

Free

Tuesday Dec 4 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.

Book Club with Beverly Lowery

Free

*Wednesday Dec 12 1:00pm
Join Beverly for a book discussion on the book Plain Truth by Jodi Picoult.*



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.

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.

GAMES & SPORTS

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)

SHINE

(Serving Health Information Needs of Elders)

Tuesday Dec 4 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 required

Appointments

Friday Dec 7 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 services	\$15.00
All 3 services	\$20.00

Please call the senior center to schedule your appointment.

Bingo Free
Thursdays Dec 6,13,20,27 1:15pm

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

Bowling League
Mondays Dec 3,10,17,24,31 9:30am

Bridge Free
Fridays Dec 7,14,21,28 11:15am

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

Cribbage Free
Wednesdays Dec 5,12,19,26 1:00pm

Duplicate Bridge Free
Wednesdays Dec 5,12,19,26 11:30am

We play in Foxboro on Wednesdays, and all duplicate bridge players are welcome!

Mah Jongg Free
Thursdays Dec 6,13,20,27 12:30pm

Bring your game and cards, and come and play!

Whist Free
Mondays Dec 3,10,17 1:00PM

Wii Games Free
Thursdays Dec 6,13,20,27 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

Thursday December 6th \$44.95 pp
Lantana's in Randolph

An Irish Christmas with John MacNally
John is one of the best known and internationally acclaimed Irish tenors of our time. John has recorded more than 30 albums, including 2 Platinum and 4 Gold records. He has sold out audiences at Carnegie Hall and Lincoln Center for the Arts to mention a few. A holiday Roast Turkey Dinner will be served. Transportation is not included.

Monday December 31st \$54.00 pp
Sheraton 4 Points in Norwood

Aaron Caruso has created a truly entertaining show that will take us on a romantic journey to Italy with such favorites as "Volare" and "Mamma". Aaron will also take you to Broadway with The Phantom of the Opera, and even sings the up-tempo songs of Tom Jones. Plus dancing to the Tom LaMark Orchestra. Dance your way into the New Year with this exceptional orchestra! Or if you prefer simply watch, listen and enjoy the wonderful music. Meal choice: Prime Rib or Baked Scrod Plus: Salad, Vegetable, Potato, Dessert, Coffee or Tea. Spaces are very limited!!



Wednesday, December 5 at 11:00 am
Estate Planning Seminar with John Benson, estate planning attorney from Westwood area will cover topics such as: what is an estate, durable power of attorney, and health care proxy. Gain a clear understanding of the issues to consider while thinking about your future and what opportunities are available for you.

Thursday, December 13 at 10:00 am
Westwood Friends of COA Holiday Party
Come and enjoy the festive time at the COA. Seasonal decorations, the Swedish Lucia Doll, the Hanukkah story and great songs sung around the new piano so generously donated to the COA by Mrs. Cathy Dudley.

Monday, December 17 at 10:00 am
Westwood Sings Intergenerational Music Program
Music provided by Westwood High School students for seniors and families with young children.

Monday, December 17 at 10:00
I Remember by Ed Palasz Book Reading
Please join Beverly Andreozzi, for a morning of remembrances and a book reading of her father's memoire. Ed Palasz was a child during the Depression. He then went on to travel the U.S. and ultimately the world as a merchant seaman. Share your experiences of growing up in the 20th century and also enjoy moments from Palasz's life.

Newsletter renewal for 2013 is ongoing. Please submit cash or check (made out to Friends of Westwood COA) in the amount of \$4.00.

NAME _____

ADDRESS _____

REGISTRATION REQUIRED FOR ALL EVENTS

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SPECIAL EVENTS

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 9:00 A.M. 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.

Q. My daughter told me that she can get a Will form off the internet that I can fill out and that way I will avoid an expensive legal fee. If I have a pretty simple situation is there any reason why I shouldn't do this?

A. Yes! There are many reasons why you should not use a Will form from off the internet, just like there are many reasons why you should not do your own dental work! Here are just a few:

- **Most situations are not simple.** Many clients who come to see me tell me at the outset that their situation is simple, but as we talk, it often turns out that things are not quite so simple. Common circumstances which merit more than simple Will include:
 - a child or grandchild with special needs
 - a child who is in a shaky marriage or has money troubles
 - a desire to protect assets from long term care costs
 - a second marriage, especially where there are children
 - having a taxable estate
 - ownership of a family business, commercial real estate or a beloved vacation home
- **Language is important.** The wording in your Will determines how your estate will be distributed. If your

ASK A LAWYER (from previous column)

Will says, 'I leave everything to my children in equal shares what happens if a child predeceases you? Will his share go to his children or will it be distributed among your other children? What do you want to have happen? Engaging an estate planning attorney to prepare your Will means that your intentions will be carried out, and that there will be no ambiguity that could lead to family disputes or unnecessary court involvement after your death.

- **Most people need more than just a Will.** While having a Will is important, creating documents to address the possibility that you may experience a period of incapacity in your life is just as important. These documents include a durable Power of Attorney, a Health Care Proxy, HIPAA Authorization and a Living Will.

In many ways your Will is your legacy to your family; it is the last thing you say to your loved ones. A well planned estate, including a Will prepared by an experienced attorney for your unique situation, tells your family that you care enough about them to ensure that your intentions are carried out effectively and in the most cost-effective manner possible.

Attorney Suzanne R. Sayward is Certified as an Elder Law Attorney by the National Elder Law Foundation. She is a partner with the Dedham firm of Samuel, Sayward & Baler LLC. For more information visit www.ssblc.com or call 781-461-1020

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



**REGISTRATION REQUIRED FOR ALL
EVENTS**

To register, or for more information on any of these activities, please call the Senior Center at (781) 329-8799.

MOVIES FREE

Tuesdays 2:00pm

**Dec 4 The Best Exotic
Marigold Hotel**

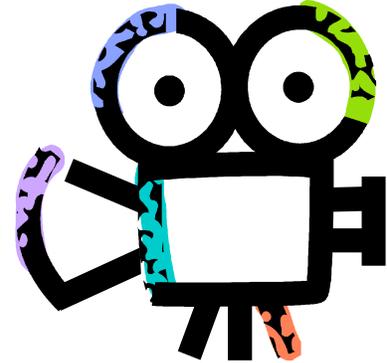
2011 **PG-13** 124 Minutes

To make the most of their meager retirement savings, a group of British seniors moves to India to live out their golden years at the Marigold Hotel. But upon arrival, they discover the once-lavish resort has wilted considerably. Starring Judi Dench, Maggie Smith, Billy Nlghy.

Dec 11 Mrs. Brown

1997 **PG** 105 minutes

Grieving widow Queen Victoria (Oscar nominee Judi Dench) withdraws into sadness for years until plainspoken manservant John Brown (Billy Connolly) disrupts her mourning. But as their friendship grows, it results in personal and political ramifications for both of them. Exquisitely filmed and fueled by sparkling performances, director John Madden's period drama brilliantly portrays the woman behind an empire and the man who helped her live again. Starring Judi Dench, Billy Connolly, Gerard Butler.



**Dec 18 O Brother, Where Art
Thou**

2000 **PG-13** 106 minutes

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. Starring George Clooney, John Turturro, John Goodman and Holly Hunter.

The Rotary Club of Westwood is presenting its fifth annual "Holiday Celebration" combining the choruses of the Charles River Chorale of Millis and Snug Harbor Community Chorus of Duxbury. The event will be held Sunday, December 2nd at 2:00 pm in the Westwood High School Auditorium. The program of familiar seasonal music will be conducted by Roy Kelley with visits from Santa and his Elf plus gifts for all the children. Admission is FREE!



ACROSS

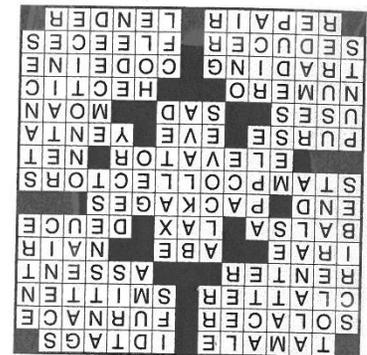
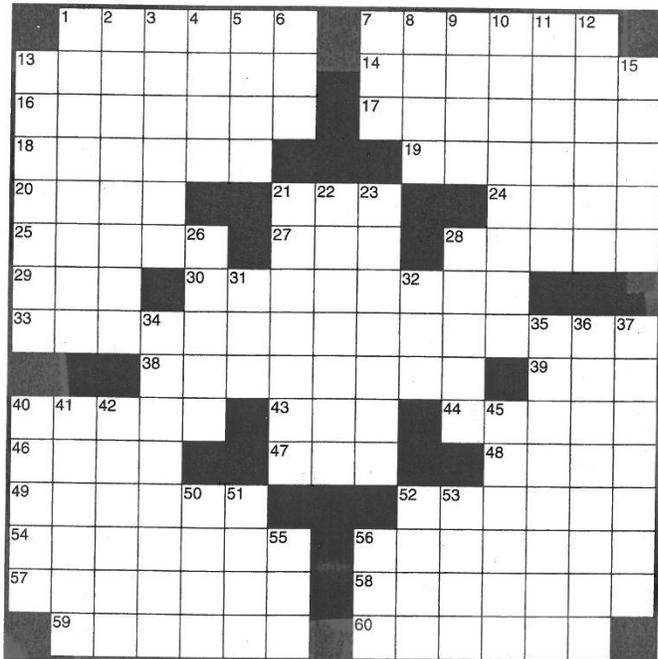
- 1 South-of-the-border order
- 7 Personal labels
- 13 Comfort provider
- 14 Household heater
- 16 Rattling noise
- 17 Enamored
- 18 Tenant
- 19 Compliance
- 20 "Of wrath," to Ovid
- 21 Presidential nickname
- 24 Neet rival
- 25 Light wood
- 27 Slack
- 28 Two-spot

- 29 Finish
- 30 Bundles
- 33 Philatelists
- 38 Stairs alternative
- 39 Snood
- 40 Prize money
- 43 First lady
- 44 Gossip
- 46 Employs
- 47 Down in the dumps
- 48 Complain
- 49 ___ uno
- 52 Frenzied
- 54 "___ Places" (Eddie Murphy comedy)
- 56 Tylenol 3 ingredient
- 57 Casanova, e.g.
- 58 Sheepskins
- 59 Fix
- 60 Credit provider

DOWN

- 1 Broad-minded
- 2 TV's Hawkeye Pierce
- 3 Photo finishes?
- 4 Opéra part
- 5 Suggestive look
- 6 "To ___ is human ..."
- 7 Conditions
- 8 Russian legislative assembly
- 9 Baseball's Speaker
- 10 Home for pismires
- 11 Rich sponge cake
- 12 Picturesque
- 13 Copyists of old
- 15 ___ nous
- 21 Nooks
- 22 Flaky honey-filled cake
- 23 Glorified
- 26 Mac maker

- 28 Condemn
- 31 Hotshot
- 32 Earth: Prefix
- 34 Bungled
- 35 Formally warned
- 36 Orthodontic device
- 37 Postures
- 40 Football kicks
- 41 Person of much interest?
- 42 Formed anew
- 45 Hosted
- 50 Costa ___
- 51 "Dedicated to the ___ Love"
- 52 Feature of a bagel
- 53 Genesis garden
- 55 Canine warning
- 56 Ottawa Renegades' org.



December

2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6 HOLIDAY PARTY	7
SLOPPY JOES SANDWICH HASH BROWN POTATO CUT GREEN BEANS HAMBURGER ROLL STRAWBERRY CUP	CHICKEN CHOW MEIN W/VEGETABLES ASIAN RICE >WHOLE WHEAT ROLL PINEAPPLE CHUNKS	MACARONI & CHEESE ES CALLOPED TOMATOES MULTIGRAIN ROLL PEACHES	RST. TURKEY DINNER CRANBERRY SAUCE WHIPPED POTATO WINTER SQUASH WHEAT BREAD #APPLE CRANBERRY CRISP	SWEDISH MEATBALLS NOODLES WINTER BLEND VEG. >FRUIT MUFFIN FRESH FRUIT
CALORIES 314 SODIUM 426	CALORIES 287 SODIUM 458	CALORIES 393 SODIUM 541	CALORIES 368 SODIUM 530	CALORIES 444 SODIUM 709
10	11	12	13	14
CHICKEN POT PIE W/VEGETABLES WHIPPED POTATO BISCUIT APRICOTS	BEEF & CABBAGE CASSEROLE CONFETTI RICE >MULTIGRAIN ROLL APPLE SAUCE	KALE SOUP PINEAPPLE ORAGNE CHICKEN LYONNAISE POTATO >WHOLE WHEAT ROLL #APPLE TURNOVER	BEEF STEW W/VEGETABLES BOILED POTATO >FRUIT MUFFIN STRAWBERRY CUP	KRUNCHY FISH STICKS *TARTIER SAUCE AUGRATIN POTATO ZUCCHINI & TOMATO WHEAT BREAD FRESH FRUIT
CALORIES 424 SODIUM 273	CALORIES 318 SODIUM 338	CALORIES 477 SODIUM 654	CALORIES 448 SODIUM 384	CALORIES 412 SODIUM 420
17	18	19 HOLIDAY PARTY	20	21
TORTIELLINI W/ TOMATO FLORENTINE ITALIAN BLEND VEG. >WHOLE WHEAT ROLL PEARS	CHICKEN SALAD TOSS SALAD W/ DRESSING PASTA SALAD PITA BREAD STRAWBERRY CUP	ROAST PORK W/APPLE SAUCE GRAVY RED BLISS POTATOES HOLIDAY VEG BLEND >WHOLE WHEAT BREAD #BROWNIE	TURKEY DIVAN W/BROCCOLI NOODLES >MULTIGRAIN ROLL PEACHES	MEAT LOAF W/GRAVY WHIPPED POTATO BEETS WHEAT BREAD FRESH FRUIT
CALORIES 254 SODIUM 455	CALORIES 462 SODIUM 536	CALORIES 398 SODIUM 205	CALORIES 457 SODIUM 320	CALORIES 551 SODIUM 462
24	25	26 HAPPY BIRTHDAY	27	28
AMERICAN CHOP SUEY WAX & GREEN BEANS >FRUIT MUFFIN PEACHES	CHRISTMAS DAY NO MEAL SERVED 	MINESTRONE SOUP HONEY MUSTARD CHICKEN GARLIC MASHED POT >WHOLE WHEAT ROLL #BIRTHDAY CAKE	Roast Beef Sandwich Potato Salad Cole Slaw Dessert	SALMON BOAT W/LEMON DILL SAUCE O'BRIEN POTATO GLAZED CARROTS WHEAT BREAD STRAWBERRY CUP
CALORIES 293 SODIUM 210		CALORIES 527 SODIUM 653	CALORIES 322 SODIUM 235	CALORIES 552 SODIUM 431
31				DONATION IS \$2.50 PER MEAL MEAL TO CANCEL MEALS CALL 781-329-6514
CHICKEN ALA KING WHIPPED POTATO PEAS >WHOLE WHEAT BREAD #CUTIE PIE				
CALORIES 352 SODIUM 288				

ALL OVER 60 YEARS OF AGE ARE WELCOME AT THE MEAL SITES FOR LUNCH AND SOCIALIZATION.
 Please call Rita at 781-329-6514 at least 2 days in advance to make reservations.
 Envelopes for home delivered meals confidential donation will be distributed on Monday and collected on Friday.

ACTIVITIES DECEMBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
9:30 Bowling 10:00 AARP Driving Course 1:00 Exercise Class 1:00 Whist Group 1:00 Painting	8:30 Free Legal Help 9:00 SHINE 9:30 YOGA 9:30 Woman's Club Board Mtg. 10:00 Quilting 10:00 Computer Hour 1:00 Knitting & Crocheting 1:00 Tai Chi 2:00 Movie	9:00 Fun Fit 10:00 St. M/M Support 10:00 Bereavement w/Nina 11:00 Estate Planning 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 1:00 Cribbage	9:30 Wii Games 12:30 MAH JONGG 1:15 BINGO 1:30 Garden Club Mtg.	8:30 Waxing 9:00 Fun Fit 9:30 Roche Bros. 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
10	11	12	13	14
9:30 Bowling 1:00 Exercise Class 1:00 Whist Group 1:00 Painting	9:30 YOGA 9:30 Braintree Mall 10:00 Quilting 10:00 Computer Hour 1:00 Knitting & Crocheting 1:00 Tai Chi 2:00 Movie	9:00 Fun Fit 10:00 St. M/M Support 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 1:00 Cribbage 1:00 Book Club w/B. Lowery	9:30 Wii Games 10:00 Sr. Men's Club Exec. Board 10:00 Friend's Mtg. Holiday Party 12:30 MAH JONGG 1:15 BINGO	9:00 Fun Fit 9:30 Shaw's Mkt. 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
17	18	19	20	21
9:30 Bowling 10:00 <i>I Remember</i> 10:00 Westwood Sings 1:00 Exercise Class 1:00 Whist Group 1:00 Painting	9:30 YOGA 9:30 Xmas Tree-Avon 10:00 Quilting 10:00 Computer Hour 1:00 Knitting & Crocheting 1:00 Tai Chi 2:00 Movie	9:00 Blood Pressure 9:00 Fun Fit 10:00 Bereavement w/Nina 10:00 St. M/M Support 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 1:00 Cribbage	9:30 Wii Games 12:30 MAH JONGG 1:15 BINGO 1:30 Women's Club Mtg.	9:00 Fun Fit 9:30 Hannaford's 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
24	25	26	27	28
9:30 Bowling 9:30 Stop&Shop COA WILL CLOSE AT 12:30	CLOSED FOR CHRISTMAS HOLIDAY	9:00 Fun Fit 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 1:00 Cribbage	9:30 Wii Games 12:30 MAH JONGG 1:15 BINGO	9:00 Fun Fit 9:30 Roche Bros. 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
31				
9:30 Bowling COA WILL CLOSE AT 12:30				

BLOOD PRESSURE CLINIC

Senior Center

December 19th

9:00 AM – 11:30 AM

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.

Nov	DATE	DESTINATION	PICK-UP	FEE
	7	Roche Bros.	9:30am	\$2.00
	11	Braintree Mall	9:30am	\$2.00
	14	Shaw's Mkt.	9:30am	\$2.00
	18	Xmas Tree-Avon	9:30am	\$2.00
	21	Hannaford's Mkt	9:30am	\$2.00
	24	Stop&Shop	9:30am	\$2.00
	28	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

Pat Carty-Larkin

Friends of Westwood

Council on Aging

60 Nahatan Street

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