

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
<http://www.townhall.westwood.ma.us>

Director, Pat Larkin
Editor, Trish Tucke

FEBRUARY 2014

NOTE FROM THE COA DIRECTOR

Director's Corner

February means we are two months closer to Springtime and we hope warmer weather, budding flowers, and chirping birds. I, for one, am ready!

We celebrate Valentine's Day in February but also President's Day, which was formerly the celebration of George Washington's Birthday; and of course, Groundhog Day. As the story goes, the groundhog pokes his head to determine how many more days of winter we have. I don't believe there is a groundhog that can do that but it is a fun tradition and folklore.

Don't let the winter doldrums get you down, come to the Senior Center and enjoy a program, have lunch or just enjoy a cup of coffee and some conversation.

Sincerely,

Pat Carty-Larkin

Director, Westwood COA

Don't miss Ronan Tynan! He will be performing at The Venus de Milo in Swansea, MA on

Tuesday, March 11th. 

Laugh Yoga – Thursday, February 13th and 27th at 10:00 AM. Join Mary Beechinor for an hour of laughter to help fight those winter blues. After working up an appetite in Laugh Yoga join us for **Out to Lunch Thursday**. We will be heading to Conrad's in Norwood.

Calling All Whist Players – Come enjoy Whist at the COA on Tuesdays at 1:00 PM



VNA Pre-Diabetes Testing – Tuesday, February 18th 9:00 AM

**Rhode Island Spring Flower & Garden Show
Thursday, February 20,
2014**

**REGISTRATION REQUIRED FOR
MOST EVENTS.**

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

CLASSES and EXERCISE

Low Impact Exercise \$3.00/session

Mondays February 1:00pm
 3,10,24

Wednesdays February 1:00pm
 5,12,19,26

Keep fit, stay healthy!

Fun Fit Exercise \$3.00/session

Mondays February 9:00am
 3,10,24

Wednesdays February 9:00am
 5,12,19,26

Fridays February 9:00am
 7,14,21,28

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

Tai Chi \$3.00/session

Tuesdays February 1:00pm
 4,11,18,25

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

Yoga \$3.00/session

Tuesdays February 9:30 am
 4,11,18,25

Experience the wonderful benefits of balance
and strength from yoga.

Registration required

Quilting \$1.00

Tuesdays February 10:00am
 4,11,18,25

CLASSES and EXERCISE

(continued)

Knit and Crochet		Free
Tuesdays	February 4,11,18,25	1:00pm

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

Laugh Yoga		Free
Thursdays	February 13,27	10:00am

Led by Mary Beechinor our Public Health Nurse. Anyone can do Laughter Yoga there is NO contortion of limbs or any strenuous activity. Laughter Yoga includes clapping, deep breathing, relaxing, singing, meditation, making friends, being silly, and of course laughing. Wear comfortable shoes and clothes.

I recently picked a new primary care doctor. After two visits and exhaustive lab tests...he said I was doing 'fairly well' for my age.

A little concerned about that comment, I couldn't resist asking him, 'Do you think I'll live to be 80?' He asked, 'Do you smoke tobacco, or drink beer or wine?' 'Oh no,' I replied. 'I'm not doing drugs, either!'

Then he asked 'Do you eat rib-eye steaks and barbecued ribs?' I said, 'No, my former doctor said that all red meat is unhealthy!'

Do you spend a lot of time in the sun, like playing golf, sailing, hiking, or bicycling?'

'No, I don't,' I said.

He asked, 'Do you gamble, or drive fast cars?'

'No,' I said. He looked at me and said...

'Then why do you even care?'

**REGISTRATION REQUIRED FOR
MOST 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 February 5,19 10:00am

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

Waxing **Appointments required**

Friday February 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.

Only in This World:

...do drugstores make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front door

...do we leave cars worth thousands of dollars in the driveway and put useless junk in the garage

...do we buy hot dogs in packages of ten and buns in packages of eight.

Legal Advice **Free**

Tuesday February 11 8:30-10:00am

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 half hour intervals.



SHINE

(Serving Health Information Needs of Elders)

Tuesday February 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.

Blood Pressure Clinic **Free**

Wednesday February 19 9:00am

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

AARP Tax Prep **Free**

Monday February 3,10,24 9:00am

AARP Trained Tax Preparers will be here to do your taxes with you. Call for an appointment.

**REGISTRATION REQUIRED FOR
MOST EVENTS.**

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

SPECIAL EVENTS

Westwood High School Technology Students are offering Computer Classes and One-on-One Assistance

-- WHS students will be offering free one-on-one classes afternoons on days to be determined. Please call to sign up and we will get back to you to arrange a time.



GAMES & SPORTS

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

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

Bridge **Free**
Fridays February 11:00am
7,14,21,28

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

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

Mah Jongg is a game that originated in China, commonly played by four players. Similar to the card game rummy, Mah Jongg is game of skill, strategy and calculation and involves a certain degree of chance.

Whist **Free**
Tuesdays February 1:00pm
4,11,18,25

We are trying to build our Whist Group back up. If you enjoy playing Whist please come and join us.



Errand Day **\$2.00**
1st and 3rd **WEDNESDAY**** of Each Month

Everyone has errands they need to get done. Whether it's getting your hair cut, banking, drug store, or post office call the COA and take the van. Our driver will either wait for you or come back and pick you up. Destination needs to be within a 5 mile radius of Senior Center. **Please Note Change of Day**

Mall/Shopping **\$2.00**
2nd and 4th **WEDNESDAY**** of Each Month

Trips to the Mall and Department Stores will now be on the **2nd and 4th Wednesday** of the month. The trip to Braintree Mall will include *Target which is located in the back of the Mall.* Target has just about everything you need including food.

Senior Men's Club **Free**
Thursday February 20 9:00am

Come join the Senior Men for refreshments, conversation and always interesting speakers. All are welcome.

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

SPECIAL EVENTS (cont.)

Great Decisions

Wednesday February 5,19 10:00am

This interesting and informative group is open to Woman's Club Members only.

VNA Pre- Diabetes Screening

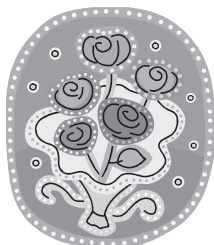
Tuesday February 18 9:00 - 11:30AM

VNA Nurse Bobbi Converse will be here to provide Pre-Diabetes Screening. Call for an appointment or drop by for this important test. It's quick and easy.

Rhode Island Spring Flower & Garden Show \$21.00

Thursday February 20 9:00 - 3:00PM

Vintage autos will be the centers for the gardens. Some of the most talented landscapers of the Northeast will create their own unique gardens at the Rhode Island Convention Center, Providence, Rhode Island. Limited to 8.



“Out to Lunch” Thursdays

Thursday February 13,27 11:30am
Conrad's in Norwood on February 13th
Bamboo in Dedham on February 27th

Join us for a lunch trip. The van can take up to 8 people. Make some new friends or catch up with old friends. Lunch is pay on your own. Call to reserve your seat on the van.



Intergenerational Program – 2014

Again we are looking for seniors who enjoy sharing an hour or so with interesting fourth graders from the Deerfield School. It is a very exciting program in which we share meeting each and bag lunches for the first three meetings and then a pizza party at the COA in June. This meeting is when the seniors show off their “playground”.

Dates are scheduled for 11:45 at the Deerfield School on the following Wednesdays:

- March 12* – Get acquainted with your new pal
- April 9* – Baseball rally honoring The World Series Champion – The Boston Red Sox!
- May 14* – Concert
- June 11* – Pizza party at COA

For more information and/or confirmation of your participation, call the Senior Center at (781) 329-8799 or Senior Coordinator Mary Hunt at (781) 326-9361.

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ASK A LAWYER

The attorneys at the Dedham law firm of Samuel, Sayward & Baler LLC will answer a question each month related to estate planning or elder law issues such as wills, trusts, probate, estates, Medicaid, or veteran's benefits.

This month's question is:

Q. I need to apply for MassHealth benefits for my husband who is in a nursing home. The nursing home says they will prepare the application for me for no charge. Is there a reason why I should have a lawyer prepare the application rather than the nursing home?

A. The short answer to your question is yes. Many nursing homes will offer to prepare MassHealth/Medicaid applications free of charge or for a fee that is far less than an attorney would charge to prepare the application. However, in most cases the applicant would be better served by having an experienced elder law attorney prepare the MassHealth application for them.

An attorney will represent and be an advocate for your husband during the MassHealth application process. This means preparing the application properly and completely in a manner that will allow your husband to be approved for benefits quickly, and to advocate for him with MassHealth if any questions arise during the application process. A MassHealth application is complicated and asks extensive questions about income, assets, transfers of assets that have occurred in the past, etc. It is crucial that these questions be answered properly, and that any explanation that may be required be provided and presented in a clear manner to maximize the chances that your husband's application will be approved.

Further, there may be actions that you could take prior to filing the MassHealth application that allow you to retain additional assets for yourself and protect the assets for your family. Such actions may include changing the way you hold title to your home, revising your Will, and changing the types of investments you own. An attorney whose sole focus is to protect *your* interests, not the nursing home's interest, is the best person to represent you in this complex and complicated process.

Attorney Maria C. Baler is a partner with the Dedham firm of Samuel, Sayward & Baler LLD. For more information 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.

TRIPS

Tuesday, March 11, 2014 Ronan Tynan at The Venus de Milo, Swansea, MA

Ronan Tynan from Kilkenny, Ireland won the hearts of audiences as a member of the original Irish Tenors sharing the vocal and storytelling talents that have brought him world-wide fame. Meal Choices: Corned Beef and Cabbage or Baked Haddock. Also included: Venus DeMilo's famous Minestrone soup, vegetables, Breads, Dessert, Coffee/Tea.

Tickets are \$79 which includes transportation (minimum 10 needed for bus).

Register early this event will sell out!

Tuesday, April 15, 2014 Debbie Reynolds at Mohegan Sun

Debbie Reynolds a leading lady of the 50s and 60s, began her career with MGM studios when she was just 16 years old. Ever since then, this multi-talented, perky wholesome woman has starred in numerous movies, singing and dancing her way into the hearts of millions. She still loves the fine art of show business. Don't miss this chance to see this living legend live in concert!

Tickets are \$79/pp includes: Show Ticket, Transportation (10 person minimum), & \$30 Casino Gaming Package (\$20 free slot play/or free bet & \$10 meal voucher good at any eating facility at Mohegan Sun)

FREE MOVIES

Tuesdays at 2:00 PM

February 4

Groundhog Day

1993 101 minutes

Sent to cover the annual appearance of world-famous groundhog Punxsutawney Phil, a self-centered TV weatherman unleashes his bitterness -- and soon realizes he's doomed to repeat Groundhog Day until he learns that his actions can affect the outcome. Cast: Bill Murray, Andie MacDowell, Chris Elliott, Brian Doyle-Murray

February 11

Big Fish

2003 125 minutes

In this disarming fantasy told largely through flashbacks, young reporter William Bloom attempts to learn more about his dying father by finding the truth behind a lifetime of his fanciful tall tales and legends of epic proportions. Cast: Ewan McGregor, Albert Finney, Billy Crudup, Jessica Lange and Helena Bonham Carter.

February 18

The Illusionist

2006 110 minutes

With his eye on a beautiful aristocrat, a gifted illusionist uses his powers to win her away from her betrothed, a cruel prince. But the magician's scheme soon creates tumult within the monarchy and stirs the suspicion of a dogged inspector. Cast: Edward Norton, Paul Giamatti, Jessica Biel, and Rufus Sewell.

February 25

Notting Hill

1999 124 minutes

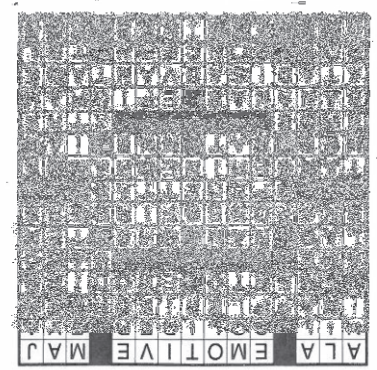
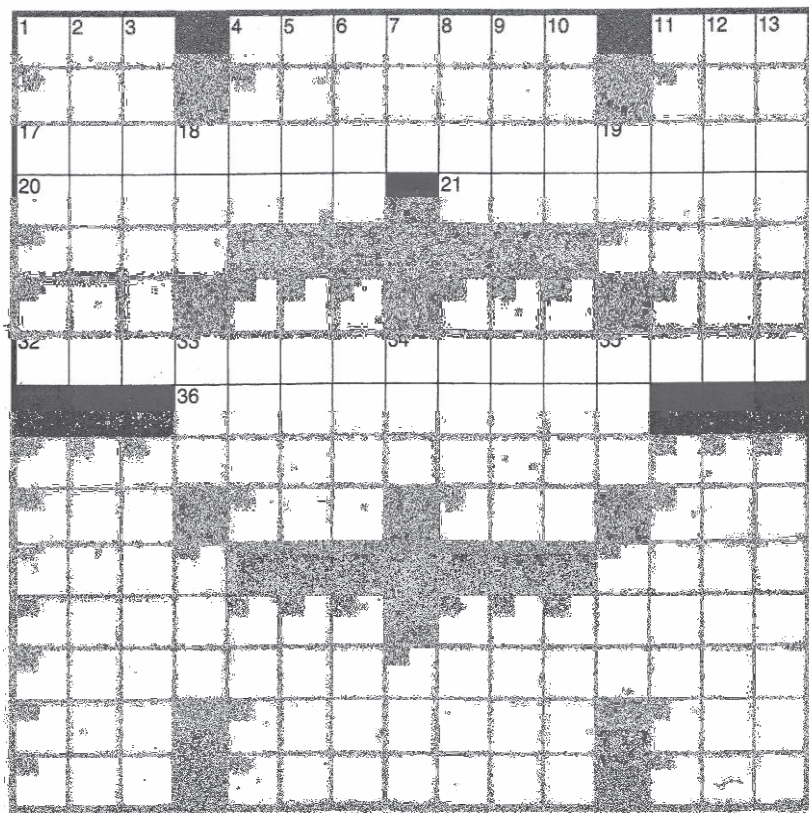
A chance encounter brings together reserved bookstore owner William Thacker (Hugh Grant) and Hollywood icon Anna Scott (Julia Roberts), who forge an improbable romance until Anna's megastardom begins whittling away at their relationship. Can their love overcome all pretenses -- and the flash of the paparazzi? Rhys Ifans co-stars in a scene-stealing turn as Spike, William's dim-bulb, bedraggled flatmate. Cast: Julia Roberts, Hugh Grant, Hugh Bonneville, and Gina McKee.

- 1 In the style of
- 4 Tear-jerking
- 13 *Assey* words: Abbr.
- 14 *Handy*
- 15 *Lower* talk
- 16 Ms. Gabor
- 17 Neat
- 20 *Sowenir*
- 21 Wearing away
- 22 Sunday assist
- 23 Powdery starch
- 24 Striping
- 25 *His* *craft* *structure*
- 26 *Unusual* *emotion*
- 27 *Handed*
- 28 *Unpleasant* *to* *be*
- 36 Gilbert and Sullivan works


- 37 Christmas fruit
- 43 "___ Haw"
- 44 John in Scotland
- 47 Son of Aphrodite
- 48 *Recent* *based*
- 49 *Spelling* *reference*
- 50 *Using* *ending*
- 57 Handicapped
- 59 "Nonsense!"
- 60 *Wazy*
- 61 ___ *Avie*
- 62 *Rap's* *Dr.*
- 63 Truck drivers?
- 64 Pluralizing letter
- 65 *Unpleasant*
- 66 *Handed* *emotion*
- 67 *Unpleasant* *to* *be*
- 68 Channel with lots of games

- 5 Shed feathers
- 6 Prefix with *resin* or *resinoid*
- 7 *Epics*
- 8 "Each Dawn ___" (1939 movie)
- 9 *Swarm*
- 10 *Unpleasant* *emotion*
- 11 Settle a dispute
- 12 Retaliator
- 13 *Specialized* *vocabulary*
- 14 *Sword* *vanquisher*
- 15 Map abbreviations
- 25 Strong cords
- 26 *The* *most* *common*
- 27 *Unpleasant*
- 28 *Unpleasant*
- 29 *Unpleasant*
- 30 *Unpleasant*
- 33 Collectible juice cap
- 34 Washington pol.

- 35 Juliette Gordon Low's org.
- 36 *Unpleasant*
- 38 Ventilator, of a sort
- 39 Maternity ward *swirl*
- 40 *Unpleasant* *emotion*
- 41 Carports
- 42 Tooth coatings
- 43 *Unpleasant* *emotion*
- 44 *Hand* or *Smart*: *Abbr.*
- 51 Courteous
- 52 *Unpleasant* *emotion*
- 53 *Unpleasant*
- 54 *Unpleasant*
- 55 *Unpleasant*
- 56 Taverns
- 58 601, to Ovid



FEBRUARY 2014 ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Fun Fit 9:00 AARP Tax Prep 9:00 Crafts 10:00 Lo Impact Exercise 1:00 Painting 1:00	4 SHINE 9:00 YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	5 Errands 8:30-2:30 Fun Fit 9:00 Bereavement 10:00 Great Decisions 10:00 Lo Impact Exercise 1:00	6 Wii Games 9:30 Sr. Men's Club Board Mtg. 10:00 Mah Jongg 12:30 BINGO 1:15	7 Waxing 8:30 Fun Fit 9:00 Roche Bros. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00
10 Fun Fit 9:00 AARP Tax Prep 9:00 Lo Impact Exercise 1:00 Painting 1:00	11 Legal Asst. 8:30 YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	12 Fun Fit 9:00 Walmart 9:30 Lo Impact Exercise 1:00	13 Sr. Men's Club Bd. 9:30 Wii Games 9:30 Laugh Yoga 10:00 Out to Lunch/Conrads 11:30 Mah Jongg 12:30 BINGO 1:15	14 Fun Fit 9:00 Shaws/Norwood 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00 
17 CLOSED PRESIDENT'S DAY	18 Prediabetes Screening 9:00 YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	19 Errands 8:30-2:30 Fun Fit 9:00 Blood Pressure 9:00 Bereavement 10:00 Great Decisions 10:00 Lo Impact Exercise 1:00	20 RI Flower Show 9:00 Sr. Men's Club 9:00 Wii Games 9:30 Mah Jongg 12:30 BINGO 1:15	21 Fun Fit 9:00 Hannafords 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00
24 Fun Fit 9:00 AARP Tax Prep Lo Impact Exercise 1:00 Painting 1:00	25 YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	26 Fun Fit 9:00 Target and Braintree Mall 9:30 Lo Impact Exercise 1:00	27 Wii Games 9:30 Laugh Yoga 10:00 Out to Lunch/Bamboo 11:30 Mah Jongg 12:30 BINGO 1:15	28 Fun Fit 9:00 Roche Bros. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00

BLOOD PRESSURE CLINIC

Senior Center

FEBRUARY 19

9:00 AM – 11:30 AM



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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.

Feb	DATE	DESTINATION	FEE
	5	Errands	\$2.00
	7	Roche Bros.	\$2.00
	12	Walmart	\$2.00
	14	Shaws/Norwood	\$2.00
	19	Errands	\$2.00
	21	Hannaford's	\$2.00
	26	Target/Braintree Mall	\$2.00
	28	Roche Bros.	\$2.00

The COA will make 2 trips for food shopping at 9:30 and 10:30am. The 9:30 trip will be picked up at store at 11:00 and the 10:30 trip will be picked up at 12:00 for return trip 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. Suggested donation for this service is \$2.00. Local residents will be picked up at their homes.

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 and is available Monday to Friday between 8:30am and 2:30pm. Reservations must be made 48 hours in advance, and a donation of \$2.00 is suggested. Call the Senior Center at 781 329-8799.

Westfare Taxi Vouchers are available to **eligible** seniors. A purchase of \$12.00 will buy \$48.00 worth of transportation. For more information, call (781) 329-8799.

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