

WESTWOOD SENIOR NEWSLETTER



Co-sponsored by the Friends of Westwood Council on Aging

60 Nahatan Street, Westwood, MA 02090
(781) 329-8799

Director, Pat Larkin

FEBRUARY 2012

FROM THE COA DIRECTOR

February is a quick month. With a little bit of luck, we can get through the entire month without too much snow. We are starting to plan new programs. Our annual Nutrition Series will be starting in March, as well as a history series with Gary Hylander.

AARP Income Tax Assistance is now in full swing and the Woman's Club is continuing their series of Great Decisions. Please stop in to participate in some of our programs. Have a wonderful month.

Sincerely,
Pat Carty-Larkin
Director, Westwood COA

SPECIAL NOTICE/REQUEST

The COA is in need of a piano. Our present piano is not fixable. If you are moving or simply not using your piano, would you please consider giving it to the COA? You will make many seniors very happy.

RHODE ISLAND FLOWER SHOW **\$16.00**

Join us for a van trip to the Rhode Island Flower Show in Providence. Don't miss this first sign of spring! We leave at 9:00am on Thursday, February 23rd. Tickets are limited, so call the Senior Center and sign up soon; you'll be glad you did!

FREE INCOME TAX PREPARATION

Starting February 6th, the AARP Income Tax Assistance Program will again be available to help seniors with their Income Tax preparation. Please collect all of your relevant data, including last year's tax return! Appointments are required and can be made on Mondays in February and March between 9 AM – 2 PM. Please call the senior center to schedule your appointment.

REASSURANCE LINE

Would you like a friendly daily telephone call? Would you like to **make** a friendly telephone call? Our Reassurance Line links seniors with people who call each morning 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.

INTERGENERATIONAL PROGRAM

Another exciting year is about to begin with 4th graders from the Deerfield School and our Intergenerational Program! The kids love the program and the number of participants increases each year. **SENIORS ARE VERY MUCH NEEDED!** *Please see page 5 for details.*

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

Book Club **Free**
 Wednesday February 29 2:00pm
Excellent Women Barbara Pym
 Share your thoughts and meet new friends.

Computer for Beginners **\$10.00**
 Residents-\$10.00 non-residents \$15.00
 Tuesdays Feb. 7, 14, 21, 28 10:00am
 Learn formatting and editing. Create a simple table and a card using Microsoft Word. Sample the Internet.

Indoor Walking **Free**
 Mondays Feb.6, 13, 27 3:15pm
 Thursdays Feb. 2, 9, 16
 We walk the indoor corridors at Westwood High School. Come and join us and keep moving this winter!!!

Fun Fit Exercise **\$3.00/session**
 Wednesdays Feb. 1, 8, 15, 22, 29 9:00am
 Fridays Feb. 3, 10, 17, 24 9:00am
 This class is led by Fitness Instructor, Stephanie.
 Keep fit; stay healthy!

CLASSES and EXERCISE (continued)

Knit and Crochet **Free**
 Tuesdays Feb. 7, 14, 21, 28 1:00pm
 This class is led by Louise. Bring your projects and enjoy relaxing afternoons with friends.

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

Low Impact Exercise **\$3.00/session**
 Mondays Feb.6, 13, 27 1:00pm
 Wednesdays Feb. 1,8, 15, 22, 29 1:00pm
 Keep fit; stay healthy!

Quilting **\$1.00**
 Tuesdays Feb. 7, 14, 21, 28 10:00am
 Join our group and enjoy quilting.

Surf the Internet (private session) **Free**
 An introduction to using the internet and searching the WEB. Call to reserve your one-on-one session.

Tai Chi **\$3.00/session**
 Tuesdays Feb. 7, 14, 21, 28 1:00pm
 Practice the ancient art of Tai Chi, a gentle physical, stretching exercise that reduces stress and improves flexibility.

Watercolor Painting **\$40.00 plus supplies**
 Mondays Feb. 6, 13, 27 1:00pm
 The 8-session watercolor painting class continues.

BEGINNER'S WATERCOLOR PAINTING \$40.00+

Thursdays Feb. 2,9,16 1:00 pm

Our 8-week Beginner's class continues.

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 (cont. from page 2)

Yoga **\$3.00**
Tuesdays Feb. 7, 14, 21, 28 9:30am

Yoga **\$3.00**
Tuesdays Feb. 7, 14, 21, 28 10:45am
Experience the wonderful benefits of balance and strength from yoga. These sessions continue through early April. **Registration required.**

Writing Class **\$50.00 for 7 sessions**
Thursdays February 2,9,16 2:00pm
Writing class, led by Anna Simon, continues. Fees are payable at registration prior to the first class.

ONGOING ACTIVITIES

Bereavement Group **Free**
Wednesday February 8 10:00am
Led by LICSW Nina Johnston, this group usually meets the third Wednesday of each month.

Blood Pressure Clinic **Free**
Wednesday February 15 9:00am
Westwood's Board of Health nurse is available to check your blood pressure the third Wednesday of every month.

ONGOING ACTIVITIES (continued)

Legal Advice (by appointment only) **Free**
Tuesday February 7 8:30am
Mary J Roque, Attorney, specializing in Elder Law and Estate Planning, will provide free legal guidance to seniors on the first Tuesday of each month. Appointments are scheduled at about half-hour intervals, between the hours of 8:30am to 10:00am.

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

Medical Appointment Transportation to Boston
suggested \$25.00 donation
Mondays & 9:30am-1:30pm
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 Mondays and Wednesdays ONLY between 9:30am and 1:30pm. Rides are shared, so all consumers go into Boston together for the earliest appointment and return home together following the completion of the last appointment.

(continued page 4)

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)

Medical Transportation to Boston

(continued from page 3)

Referrals should be made directly to Community Care-A-Vans at 508-223-1672.

Wheelchair transportation is available.

Consumers of this program need to be at least 60 years of age and reside in HESSCO's service area. There is a suggested donation of \$25.00.

Music with Miss Tina **Free**
 Monday February 6 10:00am
 Miss Tina Music Program for seniors and pre-schoolers.

New Day Bereavement Group
 Wednesdays Feb. 1, 8 10:00am
 Under the guidance of Dorothy Ruggiero, this friendly group meets and all are most welcome.

SHINE
 (Serving Health Information Needs of Elders)
 Tuesday February 7 9:00am – 1:00pm
 Lori Howell, SHINE representative, is available the first Tuesday of each month to help you deal with issues or questions you may have regarding your health insurance.

SPECIAL NOTICE/REQUEST

The COA is in need of a piano. Our present piano is not fixable. If you are moving or simply not using your piano, would you please consider giving it to the COA? You will make many seniors very happy.

ONGOING ACTIVITIES (continued)

Waxing **Appointments required**
 Friday February 3 8:30 – 11:00 am
 Licensed Aesthetician Lisa will offer waxing services to seniors at the center on 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.

GAMES & SPORTS

Bingo **Free**
 Thursdays Feb. 2, 9, 16, 23 1:15-2:45
 Seniors are invited to play Bingo every Thursday afternoon. Join us and bring a friend!

Bowling League
 Mondays Feb. 6, 13, 27 9:30am
 Bowling continues.

Bridge **Free**
 Fridays Feb. 3, 10, 17, 24 11:15am
 Join us for Rubber Bridge. Bring a partner or come alone.

Duplicate Bridge **Free**
 Wednesdays Feb. 1, 8, 15, 22, 29 11:30am
 We play in Foxboro on Wednesdays, and all duplicate bridge players are welcome!

Indoor Walking **Free**
 Join us walking the halls at Westwood High School on Mondays and Thursday 3:15 – 4pm.

Mahjong **Free**
 Thursdays Feb. 2, 9, 16, 23 12:30pm
 Bring your game and cards, and come and play!

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 (continued)

GAMES & SPORTS (continued from page 5)

Wii Games **Free**

Thursdays Feb. 2, 9, 16, 23 9:30am

Sign up and join us Thursday mornings to play Wii Games. You'll have so much fun you won't even know you're exercising!

SPECIAL EVENTS

Intergenerational Program

Wednesdays 11:30am-1:00pm

Another exciting year is about to begin with fourth graders from the Deerfield School and our Intergenerational Program! The kids love the program and the number of participants increases each year. SENIORS ARE VERY MUCH NEEDED. We meet once each month from March to June. A bag lunch is needed, although the PTA provides beverage and dessert. The dates and programs are:

March 28	Deerfield School – Getting acquainted
April 4	Deerfield School – The courage and hard times of coming to America, 1845
May 16	Deerfield School – Kids concert
June 13	Council on Aging – Pizza party & planting

With the exception of June 13th, all programs take place at the Deerfield School.

Intergenerational Program (continued)

If you are interested in joining us, please contact Mary Hunt at 781-326-9361 or the Westwood COA at 781-329-8799. Your participation will be greatly appreciated and you will have a wonderful experience!

Westwood Garden Club Meeting

Thursday February 23 1:30pm

Westwood Senior Men's Club

Thursday February 9 10:00am
Executive Board Meeting in December

Westwood Woman's Club

Wednesdays Feb. 1, 15, 29 10:00am
Great Decisions

HESSCO HOT LUNCH

The Council on Aging serves a nutritious hot lunch Monday through Friday. This program is provided through H.E.S.S.C.O. Transportation is available, but please call Rita at least 48 hours in advance to place your reservation. You can reach Rita at (781) 329-6514. A donation of \$2.50 per person is suggested

FREE INCOME TAX PREPARATION

Starting February 6th, the AARP Income Tax Assistance Program will again be available to help seniors with their Income Tax preparation. Please collect all your relevant data, including last year's tax return! **Appointments are required** and can be made on Mondays in February and March between 9 AM – 2 PM. Please call the senior center to schedule your appointment.

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MOVIES

FREE

TUESDAYS at 2:00pm

February 7

Midnight in Paris

Owen Wilson, Rachel McAdams, Kathy Bates
In this bittersweet dramatic comedy, legendary director Woody Allen focuses his lens on a young engaged couple (Owen Wilson and Rachel McAdams) whose experiences traveling together in Paris make them begin to question the kind of life they want to live as a couple.

February 14

Gigi

Leslie Caron, Maurice Chevalier
Leslie Caron stars as Gigi, an avant-garde French waif being groomed as the *fille de joie* of affluent and handsome Gaston (Louis Jourda). Soon Gigi metamorphoses into a stunning beauty, and the head-over-heels Gaston asks for her hand. But Gigi's courtesan grandmother is aghast: No one in the family has ever considered something as plebeian as matrimony! This 1958 gem won Oscars for Best Picture and Best Director (Vincente Minnelli).

February 21

The Help

Emma Stone, Cicely Tyson, Sissy Spacek
In 1960s Jackson, Miss., aspiring writer Eugenia Phelan crosses taboo racial lines by conversing with Aibileen Clark about her life as a housekeeper, and their ensuing friendship upsets the fragile dynamic between the haves and the have-nots. When other long-silent black servants begin opening up to Eugenia, the disapproving conservative Southern town soon gets swept up in the turbulence of changing times.

MOVIES (continued)

February 28

I Don't Know How She Does It

2011 **PG-13** 95 minutes

In this affable yuppie comedy, Kate Reddy is a successful executive, wife and mom whose personal and professional lives hang in precarious balance. When Kate takes on a new job challenge, she and her brood have some serious prioritizing to do. [Sarah Jessica Parker](#), [Pierce Brosnan](#).

**SNOW DAYS and CANCELLATIONS
at the
WESTWOOD SENIOR CENTER**

Please remember that if the Westwood public schools are closed due to inclement weather, the Senior Center will also be closed. If the schools have a delayed opening, the senior center will also have the delay. If you have any questions, please call the Senior Center at 781-329-8799. Watch channels 4, 5 or 7 for an announcement of cancellation of Meals on Wheels.

DAY TRIPS

MARDI GRAS DAY

at Lantana's Randolph

Tuesday February 21 \$43.00pp

TRANSPORTATION NOT PROVIDED

**Featuring the New Orleans Inspired Band
"Made in the Shade"**

A New Orleans born and bred vocalist and actor, Henri Smith has long been a radio personality in the city. After Hurricane Katrina, he was displaced and ended up here in New England. This velvet throated singer will share the rich musical and cultural heritage of New Orleans during this multi faceted show

Baked Stuffed Chicken Breast

or

Blackened Pork Loin

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

This month’s question is:

Q: My neighbor put her house in a trust. Should I put my house in a trust?

A: Whether or not your house should be held in a trust depends on your unique circumstances and goals. Owning your home in a trust means that it will avoid probate at your death. Certain types of trusts can also be used preserve your home for your family in the event you need long-term care. That type of trust is an irrevocable trust. Although an irrevocable trust can provide asset protection, it also means that you give up unfettered access and control over your home. For some people, the adverse consequences of putting their home into an irrevocable trust outweigh the benefits.

Whether transferring your home into a revocable or irrevocable trust is right for you

(continued next column)

ASK A LAWYER (from previous column)

can only be determined after you review the advantages and disadvantages of such a transfer with your attorney in light of your particular circumstances and goals.

Attorney Suzanne R. Sayward is an estate planning attorney and a partner with the Dedham firm Samuel, Sayward & Baler LLC. For more information and to read more about health care decision-making visit www.ssbllc.com or call 781/461-1020.

CROSSWORD SOLUTION

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COA NEWSLETTER SUBSCRIPTION FOR 2012

Be the FIRST in your neighborhood to know what’s going on at the Westwood Council on Aging!!! Renew your subscription by making your \$ 4.00 check payable to: the Friends of Westwood COA, 60 Nahatan Street, Westwood, MA 02090. Thank you for your support!

NAME

TELEPHONE #

ADDRESS:

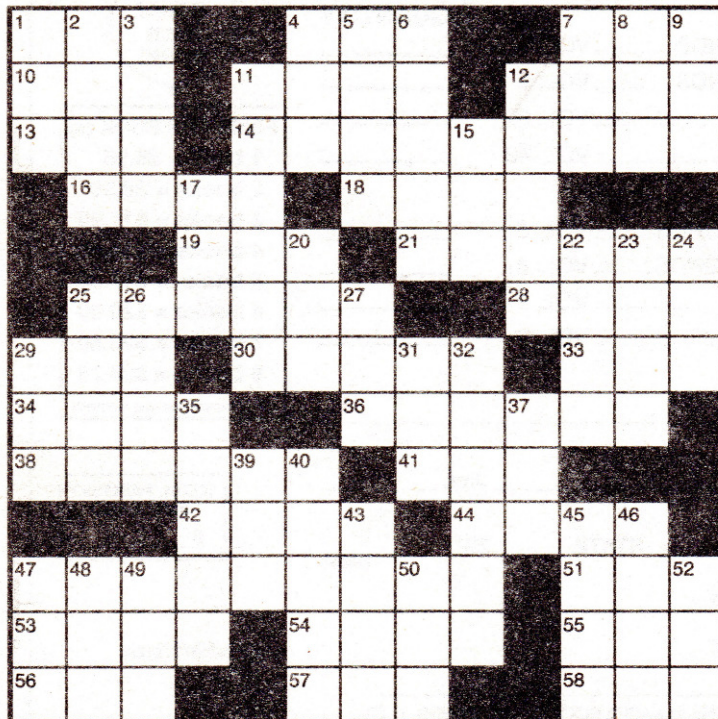
- ACROSS**
1. Military mail abbr.
 4. Mine extract
 7. Football flagger
 10. Peat source
 11. Grain cover
 12. Fax
 13. Scale note
 14. One with a deed
 16. Half (prefix)
 18. Richard of "Pretty Woman"
 19. Co. abbr.
 21. Has great trepidation
 25. Tear dabber
 28. Innocent, e.g.

29. Barbie's ex
30. ___ Claus
33. Artist Yoko
34. G-men
36. Aladdin's helper and others
38. Ascends
41. FBI employee (abbr.)
42. Fleming and Hunter
44. Be in front
47. Reason to go to the dentist
51. Balsam ___
53. Creeping plant
54. Steals from
55. Pierre's friend
56. Height (abbr.)
57. DDE's military

- arena
58. Early brand of car

- DOWN**
1. Stomach muscles, briefly
 2. Piglet's pal
 3. Stare
 4. "...man ___ mouse?" (2 wds.)
 5. Pealed
 6. Done
 7. "___ and Stimpy"
 8. Wind dir.
 9. HST's preceder
 11. Moistens the eye
 12. Clean up crumbs

15. Hockey's Bobby
17. More than a sec.
20. Spy org.
22. Sunburn-soothing plant
23. Snug retreats
24. ___ Paulo
25. Shoe part
26. "___ Love Her" (2 wds.)
27. Liverpool's locale (abbr.)
29. Col. Sanders's outfit
31. Steeped beverage
32. Geometry calculations
35. Strike, Bible-style
37. Native of (suffix)
39. What Scrooge shouted
40. Kind of drum
43. Native of Glasgow
45. Worship from ___
46. 10-cent coin
47. Federal power inits.
48. Garage floor residue
49. Canadian prov.
50. Cable option (abbr.)
52. River, in Mexico



COME AND TAKE A TRIP WITH US!!!

March 14, 2012

Wednesday, "FOREVER IRISH"

\$69.00pp

Celtic Nights ... A Celebration of Irish Music with Andy Cooney and Friends.

Location: Venus De Milo in Swansea, MA

Andy Cooney has thrilled audiences around the world with his exceptional talent. He has achieved phenomenal success as a recording artist; his numerous recordings have been hits on both sides of the Atlantic. Additional acts are Liam O'Connor and The Irish Sopranos. What a wonderful way to celebrate all that is Irish! Price includes luncheon and show AND transportation.

Meal Choice: Corned Beef and Cabbage or Baked Haddock

April 17, 2012

Tuesday

MOHEGAN SUN

\$75.00pp

The DUTTONS Country Music Show

Leave behind the gray days of winter and join in the excitement of this country show!

*Featuring a wide array of musical genres, the Duttons combine beautiful vocal harmonies, high-energy dancing, and warm comedy. **Each traveler will receive a \$30.00 Casino Gaming Package; PLUS One Food Credit.** The food credit may be used at the Buffet or at most restaurants at Mohegan Sun. THEN we head to the Garde Arts Theatre in New London, CT, for this wonderful Concert!*

May 16, 2012

Wednesday, BROADWAY Tonite

\$43.00pp Without

Transportation

Location: Luciano's on Lake Pearl, Wrentham, MA

Meal Choice: Stuffed Breast of Chicken or Baked Haddock

BROADWAY SHOW STOPPERS from Oklahoma!, Anything Goes, West Side Story, A Chorus Line, Phantom of the Opera, Rent, Wicked, Pajama Game and many more!

Price includes Luncheon and Show... Drive on your own to this wonderful local show.

May 20, 2012

SUNDAY BRUNCH ADVENTURE

\$69.00pp

*Indulge yourself in a one-of-a-kind special day trip to: Buffet Brunch at **Giorgio's** Restaurant ...**Swan Chocolates** AND **Brewery Tour of Anheuser-Busch**. Come along on this multi-stop adventure!*

HESSCO ELDER SERVICES - FEBRUARY MENU

All over 60 years of age are welcome at the meal sites for lunch and socialization. Reservations must be made at least 2 days in advance. Call Rita at (781) 329-6514. Envelopes for your 'home-delivered meals' confidential donations (\$2.50 per meal) will be distributed on Monday and collected on Friday.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		PORK TETRAZZINI PEAS & CARROTS DINNER ROLL FRESH FRUIT	ROAST TURKEY W/GRAVY CRANBERRY SAUCE POTATO & SQUASH WHITE BREAD *BROWNIE	SPAGHETTI W/MEATBALLS ITALIAN BLEND VEG >WHOLE WHEAT BREAD PEACH CUP
CALORIES: SODIUM:	CALORIES:234 SODIUM:632	CALORIES: 400 SODIUM:227	CALORIES: 329 SODIUM: 595	CALORIES: 472 SODIUM: 535
6	7	8	9	10
TOMATO FLORENTINE SOUP ROAST CHICKEN W/BROWN GRAVY RICE PILAF >WHOLE WHEAT ROLL *CUTIE PIE	SHEPHERDS PIE CUT GREEN BEANS WHEAT BREAD PEARS	CHICKEN SALAD PASTA SALAD TOSS SALAD W/DRESSING PITA BREAD *FRUITED JELL-O	BEEF BURGUNDY WHIPPED POTATO CARROT COINS WHITE BREAD *PUDDING	TUNA NOODLE CASSEROLE CALIFORNIA BLEND VEGETABLE >MULTIGRAIN ROLL FRESH FRUIT
CALORIES: 410 SODIUM: 420	CALORIES: 475 SODIUM: 328	CALORIES: 519 SODIUM: 447	CALORIES: 341 SODIUM 232	CALORIES: 331 SODIUM: 315
13	14	15	16	17
CHEESE RAVIOLI TOMATO VEG SAUCE WINTER BLEND VEG WHOLE GRAIN BREAD CHILLED FRUIT	VALENTINE'S DAY CHICKEN MARSALA RICE MEDLEY SLICED BEETS >WHOLE WHEAT BREAD *JELL-O-CAKE	MEATLOAF W/GRAVY WHIPPED POTATO COUNTRY BLEND VEG MUFFIN *ARCTIC ICE	TURKEY DIVAN W/BROCCOLI HASH BROWN POTATO >MULTIGRAIN ROLL CHILLED FRUIT	AMERICAN CHOP SUEY GREEN & WAX BEANS >WHOLE WHEAT ROLL FRESH FRUIT
CALORIES: 209 SODIUM: 561	CALORIES: 298 SODIUM: 553	CALORIES: 467 SODIUM: 290	CALORIES: 363 SODIUM: 501	CALORIES: 214 SODIUM: 293
20	21	22	23	24
PRESIDENTS' DAY Senior Center Closed	SWEET & SAVORY MEATBALLS AUGRATIN POTATO ORIENTAL BLEND VEG SLICED BREAD CHILLED FRUIT	MACARONI & CHEESE ESCALLOPED TOMATO >WHOLE WHEAT ROLL FRESH FRUIT	CHICKEN STEW W/VEGETABLES BOILED POTATO MUFFIN CHILLED FRUIT	BAKED FISH W/DILL SAUCE WHIPPED POTATO ZUCCHINI & TOMATO WHEAT BREAD *CUTIE PIE
CALORIES: SODIUM:	CALORIES: 453 SODIUM: 408	CALORIES: 510 SODIUM: 680	CALORIES: 427 SODIUM:	CALORIES: SODIUM:
27	28	29		
LENTIL SOUP PINEAPPLE GINGER CHICKEN TAHITIAN BLEND VEG MULTIGRAIN ROLL PEACH CUP	BEEF CHILI SPANISH RICE DINNER ROLL CHILLED FRUIT	HAPPY BIRTHDAY ROAST PORK W/APPLE GRAVY RED BLISS POTATO MIXED VEG WHEAT BREAD *BIRTHDAY CAKE		
CALORIES: SODIUM:	CALORIES: SODIUM:	CALORIES: SODIUM:		

SYMBOLS: >High Fiber, *Added Salt, #Added Sugar, Sodium and calories listed above are for entrees only. Modified Desserts are available.

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	PICK-UP	FEE
	3	Roche Bros.	9:30am	\$2.00
	10	Shaw's Mkt	9:30am	\$2.00
	14	Braintree Mall	9:30am	\$2.00
	17	Hannaford's Mkt	9:30am	\$2.00
	24	Stop & Shop	9:30am	\$2.00
	28	Xmas Store-Fox.	9:30am	\$2.00

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

PLEASE NOTE: All reservations must be made at least 48 hours in advance. We will 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 made available through Community Care-A-Vans at 508-223-1672. Please call them directly for appointments Mondays and Wednesdays, 10am – noon. 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
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Mary Gens
Irene MacEachern
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**Friends of Westwood
Council on Aging
60 Nahatan Street
WESTWOOD, MA 02090**

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