

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

JANUARY 2014

NOTE FROM THE COA DIRECTOR

Director's Corner

Happy New Year! January is the perfect month to put things in order. Do you have a Health Care Proxy and your Homestead Declaration? If not, come in and pick one up at the Senior Center. Karen Segreve, our Outreach Counselor is most willing to assist you. Don't forget about scheduling your Income Tax Assistance appointment at the Senior Center. You might be eligible for the Circuit Breaker Tax Credit. We have placed a flier on the Circuit Breaker in this newsletter. We will be taking appointments starting February 3rd, 2014.

Enjoy your month.

Sincerely,

Pat Carty-Larkin

Director, Westwood COA

Thank you to Mr. Al Wisialko for providing the brunch goodies for the Friends of The Westwood Council on Aging Holiday Party.

Errand Day has Changed!

Errand Day is now on the 1st and 3rd **Wednesday** of each month. Would you like to go to Costco, Kohl's, or Ocean State Job Lot? Our driver will either wait for you or come back to pick you up. Destinations need to be within a 5 mile radius of the Senior Center.

COA Book Club – Thursday, January 9th at 10:00 AM

Laugh Yoga – Thursday, January 9th and 23rd at 10:00 AM

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

Registry of Motor Vehicles Speaker – Friday, January 17th at 10:00 AM

On The Path to Better Health; Through Home Exercises for Seniors – Wednesday, January 22nd at 10:15 AM

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 January 6,13,27 1:00pm
 Wednesdays January 8,15,22,29 1:00pm
 Keep fit, stay healthy!

Fun Fit Exercise **\$3.00/session**

Mondays January 6,13,27 9:00am
 Wednesdays January 8,15,22,29 9:00am
 Fridays January 3,10,17,24,31 9:00am
 This class is led by Fitness Instructor, Stephanie. Keep fit, stay healthy!

Tai Chi **\$3.00/session**

Tuesdays January 7,14,21,28 1:00pm

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 January 7,14,21,28 9:30 am

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

Quilting **\$1.00**

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

CLASSES and EXERCISE

(continued)

Knit and Crochet **Free**

Tuesdays January 7,14,21,28 1:00pm

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

Laugh Yoga **Free**

Thursdays January 9,23 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.



Please remember that if Westwood Public Schools are closed or delayed because of bad weather, the Senior Center will also be closed or delayed.

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 January 8, 22 10:00am

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

Waxing **Appointments required**

Friday January 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 services \$15.00
- All 3 services \$20.00

Please call the senior center to schedule your appointment.

Manicures **\$10.00**

Monday January 13 9:00am

Lauren, the manicurist will be here to make your nails look beautiful! APPOINTMENTS are required. Call for an appointment.



Legal Advice

Free

Tuesday January 7 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 January 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.

Blood Pressure Clinic

Free

Wednesday January 15 9:00am

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



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.

GAMES & SPORTS

Bingo **Free**
 Thursdays January 1:15pm
 2,9,16,23,30

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

Bridge **Free**
 Fridays January 11:00am
 3,10,17,24,31

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

Mah Jongg **Free**
 Thursdays January 12:30pm
 2,9,16,23,30

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

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



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.



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 January 16 9:30am

The ever-popular T.P. Elliot will be featured at the meeting. Non-denominational; open to all retired men.

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.)

Museum of Fine Arts **\$25.00**
Wednesday January 15 9:00am

The MFA is one of the most comprehensive art museums in the world; the collection encompasses nearly 450,000 works of art. More than one million visitors each year experience art from ancient Egyptian to contemporary, special exhibitions, and innovative educational programs. The John Singer Sargent Exhibit is currently on display at the MFA. Limited to 7.

“Out to Lunch” Thursdays

Thursday January 9, 23 11:30am
Conrad’s in Norwood on January 9th
Fridays in Dedham on January 23rd

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.

Great Decisions

Wednesday January 29 10:00am

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

BJs Membership

Tuesday January 28 9:00am

A Representative from BJs in Dedham will be here offering memberships at discounted rates.

**New Friends
A Social Bereavement Group**

New Friends is a new social bereavement Group which meets on the second Sunday each month from 1:00-4:00 PM at the Westwood Council on Aging.

New Friends is open to anyone who has lost a loved one for any reason. New Friends is not a therapy group, nor is it a dating service. Rather, it is an opportunity for people who have suffered a loss to get together in a social setting. Various games and playing cards will be available for those who are interested, and you are free simple to be sociable. Lights refreshments will be available.
The cost is \$5.00 per person.

Our upcoming meetings dates are: January 12, February 9, March 9, and April 13.

Please check our website for updates, directions, and more information:

<http://www.newfriendsforbereaved.org> or send email to: newfriendsforbereaved@gmail.com

Renew your subscription to the Westwood Council on Aging Newsletter. Cost is \$4.00 to cover postage for the year. Make checks payable to: Friends of Westwood COA, 60 Nahatan Street, Westwood, MA 02090

Name

Address

Phone No.

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 am a widow and I would like the option of moving to an assisted living facility but it is very expensive. Someone told me that I may be able to get money from the Veterans Administration because my late husband was a veteran. Is this true?

A. Yes. There is a benefit available to veterans and to surviving spouses of veterans called Aid and Attendance, or improved pension. As a surviving spouse, you could receive as much as \$1,113 (benefit amount as of November 2013) per month toward the cost of your medical expenses, including assisted living costs. In order to be eligible, you must meet the income and asset tests imposed by the VA. Even though the income limitations for eligibility seems quite low, the VA will subtract the cost of your medical expenses, including some or all of the cost of assisted living, from your income to determine your eligibility.

Your late husband must have served 90 consecutive days of active duty with at least one day having been served during a period of war, and been honorably or medically discharged from the service.

An experienced elder law attorney can help you evaluate your housing options and advise you about financing options that might be available to you.

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)

Thursday, June 12, 2014 The Temptations at The Venus de Milo, Swansea, MA

Watch future newsletters for more details and information.

FREE MOVIES

Tuesdays at 2:00 PM

January 7

Breakfast at Tiffany's

1961 114 minutes

Fortune hunter Holly Golightly finds herself captivated by aspiring writer Paul Varjak, who moves into her building on a wealthy woman's dime. As romance blooms between Paul and Holly, Doc Golightly shows up on the scene, revealing Holly's past. Starring: Audrey Hepburn, George Peppard, Patricia Neal and Mickey Rooney.

January 14

Lost Boys of Sudan

2003 87 minutes

As orphans living in the midst of civil war, Peter and Santino dealt with dangers like lion attacks and gunfire from militia. But even more daunting are the challenges they face in suburbia after they're chosen to start a new life in America. Megan Mylan and Jon Shenk direct this award-winning documentary that follows two Sudanese refugees throughout their intense journey from their native Africa to the United States. Starring: Santino Majok Chuor, Peter Kon Dut.

January 21

The Odd Life of Timothy Green

2012 104 minutes

When Cindy and Jim Green are told they can't have a baby, they bury a box filled with wishes for their dream child. That night, a mysterious young boy appears who brings magic to their lives -- and to the entire town of Stanleyville. Starring: Jennifer Garner, Joel Edgerton, CJ Adams and Odeya Rush.

January 28

Resting Place

1986 100 minutes

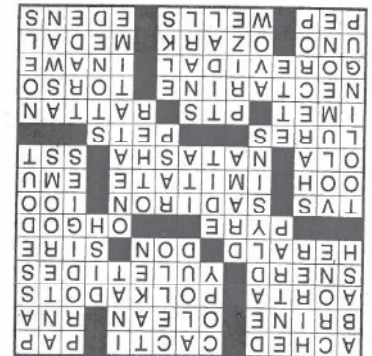
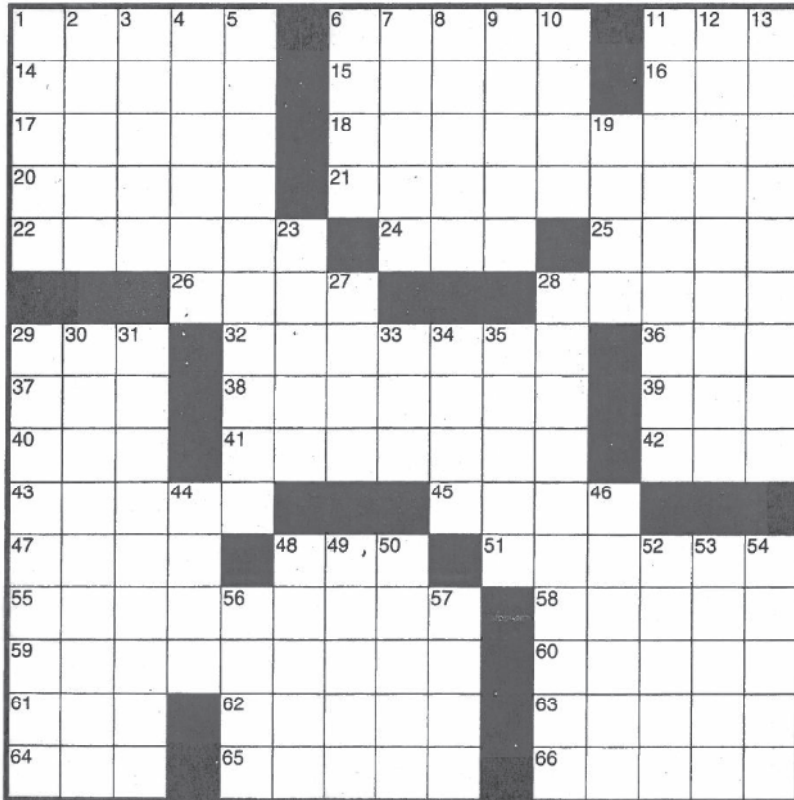
Heroism comes in many guises. For Maj. Kendall Laird (John Lithgow), it means determining why a black lieutenant (Richard Brooks) killed in Vietnam isn't allowed to be buried in his hometown's cemetery. Racism, apparently, is at the heart of it, a sad excuse made more unjust by the fact that the deceased veteran was nominated for a Silver Star. Moved to investigate further, Laird takes up the cause, which leads him to a horrifying conclusion. Starring: Richard Bradford, Morgan Freeman, John Lithgow and CCH Pounder.

- ACROSS**
- 1 Rued the workout
 - 6 Prickly plants
 - 11 Soft food for infants
 - 14 Saltwater
 - 15 New York city
 - 16 Cell material
 - 17 It comes from the heart
 - 18 Spotted pattern
 - 20 Puppet Mortimer
 - 21 Christmas seasons
 - 22 "Hark! the ___ ..."
 - 24 Cheadle of "Ocean's Twelve"
 - 25 Father
 - 26 Combustible heap
 - 28 Cry of dismay
 - 29 Idiot boxes

- 32 Old-fashioned clothes presser
- 36 Fever reading
- 37 "___-la-la!"
- 38 Ape
- 39 Ostrich relative
- 40 Suffix with pay
- 41 Cartoon partner of Boris
- 42 Concorde, e.g.
- 43 Enticements
- 45 Teachers' favorites
- 47 "... ___ a man with seven ..."
- 48 Score units: Abbr.
- 51 Cane material
- 55 Peach relative
- 58 Body of art?
- 59 "Myra Breckinridge" author
- 60 Filled with wonder
- 61 Numero ___
- 62 ___ Mountains (Arkansas hills)
- 63 Soldier's decoration
- 64 Ginger
- 65 Water sources
- 66 Blissful places

- 23 Play
- 27 Fix copy
- 28 Individually
- 29 Installing machinery
- 30 Encyclopedia opener
- 31 Work as a tenant farmer
- 33 "Make ___ double!"
- 34 Coarse file
- 35 Extra
- 44 Suffix with major
- 46 Threw rocks at
- 48 Value highly
- 49 Type of bore or basin
- 50 Tangle
- 52 Barter
- 53 Nile dam
- 54 Playwright Coward et al.
- 56 Swear
- 57 Part of BPOE


- DOWN**
- 1 Embarrass
 - 2 Hag
 - 3 Boss, at times
 - 4 Catch in a snare
 - 5 Sloth and avarice, e.g.
 - 6 Reproduction
 - 7 Vocally
 - 8 Viola's big brother
 - 9 Swiped
 - 10 ___ the kill
 - 11 Child stars
 - 12 Reception areas
 - 13 Lost consciousness
 - 19 Spoon's companion



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VOLUNTARY DONATION IS \$3.00 PER MEAL TO CANCEL MEALS CALL 781-329-6514	MENU SUBJECT TO CHANGE WITHOUT NOTICE		2	3
			MINISTRONE SOUP HONEY GLAZED CHICK WHIPPED POTATO MULTIGRAIN ROLL STRAWBERRY CUP	LOW SALT HOT DOG HOT DOG ROLL *MUSTARD PACK BAKED BEANS HOT GERMAN SLAW GRAHAM COOKIE
CALORIES SODIUM	CALORIES SODIUM	CALORIES SODIUM	CALORIES 461 SODIUM 571	CALORIES 425 SODIUM 707
B WEEK 6	7	8	9	10
VEGETARIAN CHILI DIRTY RICE >WHOLE WHEAT ROLL MIXED FRUIT	MEATLOAF W/ONION GRAVY WHIPPED POTATO WITH CHIVES PEAS WHEAT BREAD PEARS	TERIYAKI CHICKEN BREAST NOODLES TAHITIAN VEGGIES >MULTIGRAIN ROLL #APPLE CRISP	TURKEY HAM W/RAISIN SAUCE DELMONICO POTATO BEETS MUFFIN STRAWBERRY CUP	POTATO CRUNCH FISH *TARTAR SAUCE LYONNAIS POTATO MIXED VEG WHEAT BREAD FRESH FRUIT
CALORIES 341 SODIUM 336	CALORIES 537 SODIUM 381	CALORIES 391 SODIUM 502	CALORIES 385 SODIUM 1132	CALORIES 346 SODIUM 350
A WEEK 13	14	15	16	17
CREAM OF BROCCOLI SOUP BREADED CHICKEN RICE PILAF DINNER ROLL ALMOND COOKIE	AMERICAN CHOP SUEY GREEN & WAX BEANS >WHOLE WHEAT ROLL FRESH FRUIT	ROAST PORK W/APPLE GRAVY OVEN RST. POTATO PEAS & CARROTS WHEAT BREAD PEARS	SWEDISH MEATBALLS GARLIC WHIPPED POT SCANDINAVIAN BLEND VEG >WHOLE WHEAT BREAD MIXED FRUIT	CHICK ALA KING FLUFFY WHITE RICE WINTER BLEND VEG >MULTIGRAIN ROLL STRAWBERRY CUP
CALORIES 365 SODIUM 607	CALORIES 293 SODIUM 210	CALORIES 351 SODIUM 205	CALORIES 455 SODIUM 435	CALORIES 353 SODIUM 286
B WEEK 20	21	22	23	24
MARTIN LUTHER KING DAY NO MEALS SERVED	HOT ROAST BEEF SANDWICH ROLL PEPPERS & ONIONS O'BRIEN POTATO CHUCK WAGON VEG PEARS	BBQ CHICKEN BST. PARSLEY WHIPPED POT TUSCAN BLEND VEG >WHOLE WHEAT BREAD FRUITED JELL-O	TUNA SALAD COLD PLATE POTATO SALAD THREE BEAN SALAD PITA BREAD STRAWBERRY CUP	ITALIAN PASTA W/MEAT SAUCE ROMAN BLEND VEG MUFFIN FRESH FRUIT
CALORIES SODIUM	CALORIES 365 SODIUM 368	CALORIES 333 SODIUM 389	CALORIES 320 SODIUM 595	CALORIES 298 SODIUM 219
A WEEK 27	28	29	30	31
PORK LOMEIN ORIENTAL VEGETABLES >WHOLE WHEAT ROLL MIXED FRUIT	LENTIL SOUP BKD CHIX W/APRICOT SAUCE COUNTRY BLEND VEG >MULTIGRAIN ROLL STRAWBERRY CUP	HAPPY BIRTHDAY MACARONI & CHEESE ESCALLOPED TOMATO WITH SPINACH WHEAT BREAD #BIRTHDAY CAKE	RST. TURKEY W/GRAVY CRANBERRY SAUCE WHIPPED POTATO WINTER SQUASH SNOWFLAKE ROLL PEARS	BEEF & CABBAGE CASSEROLE RICE PILAF >WHOLE WHEAT ROLL FRESH FRUIT
CALORIES 400 SODIUM 310	CALORIES 364 SODIUM 620	CALORIES 443 SODIUM 542	CALORIES 397 SODIUM 603	CALORIES 392 SODIUM 430

ALL OVER 60 YEARS OF AGE ARE WELCOME AT THE MEAL SITES FOR LUNCH AND SOCIALIZATION.
 SODIUM&CALORIES ARE FOR ENTRÉE AND DESSERT ONLY. MILK, BREAD&MARG ARE ADDITIONAL 300 MG SODIUM
 SYMBOLS: > HIGH FIBER, *ADDED SALT, #ADDED SUGAR, MODIFIED DESSERTS ARE AVAILABLE.

JANUARY 2014 ACTIVITIES


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		CLOSED HAPPY NEW YEAR! 	Wii Games 9:30 Mah Jongg 12:30 BINGO 1:15	Fun Fit 9:00 Waxing 8:30 Roche Bros. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00
6	7	8	9	10
Fun Fit 9:00 Lo Impact Exercise 1:00 Painting 1:00	Legal Asst. 8:30 SHINE 9:00 YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	Fun Fit 9:00 Walmart 9:30 Bereavement 10:00 Lo Impact Exercise 1:00	Wii Games 9:30 Sr. Men's Club Board Mtg. 10:00 Book Club 10:00 Laugh Yoga 10:00 Out to Lunch/Conrads 11:30 Mah Jongg 12:30 BINGO 1:15	Fun Fit 9:00 Shaw's/Norwood 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00
13	14	15	16	17
Fun Fit 9:00 Manicures 9:00 Lo Impact Exercise 1:00 Painting 1:00	YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	Errands 8:30-2:30 Fun Fit 9:00 MFA 9:00 Blood Pressure 9:00 Lo Impact Exercise 1:00	Sr. Men's Club 9:30 Wii Games 9:30 Lunch 11:30 Mah Jongg 12:30 BINGO 1:15	Fun Fit 9:00 Hannaford's Mkt. 9:30 Coffee Hour 10:00 RMV Speaker 10:00 Rub. Bridge Gr. 11:00
20	21	22	23	24
CLOSED MARTIN LUTHER KING JR. DAY	YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	Fun Fit 9:00 Target/Braintree Mall 9:30 Bereavement 10:00 Home Exercises 10:15 Lo Impact Exercise 1:00	Wii Games 9:30 Laugh Yoga 10:00 Out to Lunch/Fridays Mah Jongg 12:30 BINGO 1:15	Fun Fit 9:00 Roche Bros. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00
27	28	29	30	31
Fun Fit 9:00 Lo Impact Exercise 1:00 Painting 1:00	BJs Membership 9:30 YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	Fun Fit 9:00 Great Decisions 10:00 Lo Impact Exercise 1:00	Wii Games 9:30 Mah Jongg 12:30 BINGO 1:15	Fun Fit 9:00 Shaw's/Norwood 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00

BLOOD PRESSURE CLINIC

Senior Center

January 15

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.

Jan	DATE	DESTINATION	FEE
	3	Roche Bros.	\$2.00
	8	Walmart	\$2.00
	10	Shaws/Norwood	\$2.00
	15	Errands	\$2.00
	17	Hannaford’s	\$2.00
	22	Target/Braintree Mall	\$2.00
	24	Roche Bros.	\$2.00
	31	Shaws/Norwood	\$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.

<p align="center">Council on Aging Board Members</p> <p>Chairperson Edie McCracken</p> <p>Vice-Chairperson Robert Folsom</p> <p>Members Betty Connors Margaret Dullea Carolyn Ganim Mary Gens Irene MacEachern Colleen Messing</p> <p>Director Pat Carty-Larkin</p>	<p align="center">Friends of Westwood Council on Aging 60 Nahatan Street WESTWOOD, MA 02090</p>	<p align="center">NONPROFIT ORGANIZATION U.S. POSTAGE PAID WESTWOOD, MA 02090 PERMIT #16</p>
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