

# 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

## MARCH 2013

### **NOTE FROM THE COA DIRECTOR**

#### **Director's Report:**

The month of March is for new life. The bulbs are just waiting to pop through the ground to say "Welcome to Spring". This month the Westwood Fire Department has graciously offered to put on a *Spring Continental Breakfast* for our Seniors. It will take place on Wednesday, March 20<sup>th</sup> from 9:00am-10:30am. The fire fighters will be present to answer questions and get acquainted with our Seniors. Seats are limited. Registration begins on March 1<sup>st</sup>. We are fortunate to have such fine Town employees caring for our elders.

Enjoy your month!

Sincerely,

*Pat Carty-Larkin*

Director, Westwood COA

### **Yellow Dot Sign-Up**

Norfolk County Sheriff's Office will be bringing Yellow Dot Program to the COA. Participants will receive a Yellow Dot Decal; it is placed on the rear window of their car to alert responders to the critical information packet in the glove compartment. Sign up on Friday, March 8 from 10:00-12:00 noon.

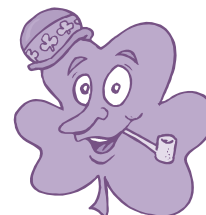
### **REMINDERS**

**An Evening with Frost** will be presented on Wednesday, March 7 at 10:00 am. Come join us for a unique, interactive performance on the life and poetry of Robert Frost.

**Financial Preservation Workshop** will be held on Monday, March 18 at 10:30 am. Join us to find out more about Part D Medicare, Long Term Care Insurance, how to protect your assets from probate and answers to your most important financial concerns. *Refreshments will be served.*

**Friends of Westwood COA** will be meeting on Thursday, March 21 to celebrate the coming of Spring. Come for a short business meeting and refreshments at 10:30 am.

April 15<sup>th</sup> Tax Day is fast approaching. We have AARP trained volunteers that will provide free **Income Tax Preparation**. Appointments are available on Mondays from 9:00 am-2:00 pm. Call for an appointment.



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**HESSCO lunch served daily:**  
Please call Rita at: 781-329-6514

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**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**  
 Mondays Mar 4,11,18,25 9:00 am  
 Wednesdays Mar 6,13,20,27 9:00am  
 Fridays March 9:00am  
 1,8,15,22,29

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

**Tai Chi** **\$3.00/session**  
 Tuesdays Mar 5,12,19,26 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 Mar 5,12,19,26 9:30 am

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

## CLASSES and EXERCISE

(continued)

**Knit and Crochet** **Free**  
 Tuesdays March 1:00pm  
 5,12,19,26

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

**Ladies Craft Group** **Free**  
 Mondays March 4,11 10:00am

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

**Low Impact Exercise** **\$3.00/session**  
 Mondays Mar 4,11,18,25 1:00pm  
 Wednesdays Mar 6,13,20,27 1:00pm  
 Keep fit, stay healthy!

**Painting** **\$40.00 plus supplies**  
 Mondays March 1:00pm  
 4,11,18,25

8-week session watercolor painting class.

**Quilting** **\$1.00**  
 Tuesdays Mar 5,12,19,26 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)

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**Bereavement Group** Free  
Wednesday March 13, 27 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 March 20 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 Fall 2013 10:00am

**Great Decisions** Free  
(Woman's Club members only)  
Wednesday March 13,27 10:00am  
8 sessions

**How many snow flakes  
(approximately) fell during  
last month's Snow Storm  
Nemo?**

See page 6 for answer.

**Legal Advice (by appointment only)**

Free  
Tuesday March 5 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.



**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. All rides are shared, so 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.





# **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.

## **TRIPS**

### ***Penn Dutch Country & Philadelphia 3 Days/2 Nights***

May 7-9      \$389 pp Double, \$489 Single  
Includes: 2 Nights Lodging, 4 meals, ticket to  
"Noah" and Touring  
\*\*\*\*\*

### ***Rocky Mountain High – A Tribute to John Denver by Ted Vigil at Mohegan Sun***

May 14<sup>th</sup>      \$79 pp includes: Show, Casino  
Package\* and Transportation^  
\*Casino Package includes: free bets and  
one food credit  
\*\*\*\*\*

### ***Remembering The Fabulous Fifties with The Drifters at Danversport Yacht Club***

June 11<sup>th</sup>      \$79 pp includes:  
Transportation^, Luncheon and Show  
\*\*\*\*\*

### ***The Spirit of Boston Cruise and Fanueil Hall***

July 23<sup>rd</sup>      \$79 pp includes:  
Transportation^, Cruise, Luncheon,  
Entertainment and Dancing  
\*\*\*\*\*

### ***Broadway and the Feast at Foster's Downeast Clambake Restaurant in York Maine***

August 15<sup>th</sup>      \$85 pp includes:  
Transportation^, Lobster Luncheon, and  
Show

^Ten people needed to provide  
transportation from Westwood COA

### **Mondays, March – April 9:00am-2:00pm Income Tax Preparation**

The AARP Income Tax Assistance Program will begin in February. Also, you may qualify for cash or credit from the State if you pay rent or property taxes. Appointments are required.

### **Wednesday, March 7 at 10:00 am An Evening with Frost by Stephen Collins**

A unique, interactive performance that begins with a short biographical introduction into the poet's life. Robert Frost is greatly misunderstood. As part of the performance, an open discussion of the following poems will include: "A Tuft of Flowers", "Mending Wall", "Birches", "After Apple Picking", "Acquainted with the Night" and "Desert Place". Stephen is hoping that people will read these poems and come willing to discuss them. The performance closes with a dramatic reading of Frost's masterful use of blank prose in the hauntingly memorable "The Death of the Hired Man".

### **Wednesday, March 13 at 11:45 am Intergenerational Program**

The fourth graders from Deerfield School and Seniors will be enjoying each other's company again this year. The first three meetings will be held at the Deerfield School from 11:45 – 1:00 on Wednesdays March 13, April 3, and May 1. The fourth meeting will be held at COA from 11:45-1:00 on Wednesday, June 5. There will be a pizza lunch followed by entertainment. Come join this jovial group from which all benefit. For details call Mary Hunt at 781-326-9361 or [hunt4781@comcast.net](mailto:hunt4781@comcast.net)

### **Monday, March 18 at 10:30 am Financial Preservation Workshop**

During this workshop the following topics will be discussed: the new Part D of Medicare as well as the most up to date Medicare information and recent changes, Medicare Supplement Insurance vs. HMO's, Long term Care and Home Health Care Insurance, how to help protect your assets from nursing home costs and unexpected illness, how to earn interest linked to the stock market, how to maximize interest on your Social Security income, how to help protect your assets from probate, and answer your most important retirement concerns.

**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**

**Tuesday, March 19 10:00-11:00 am Westwood Sings**

This Intergenerational Music Program is offered to seniors and families with young children. Students from Westwood High School will perform for this event.

**Wednesday, March 20 9:00-10:30 am Spring Breakfast with Westwood Firefighters**

Come join members of the Fire Department for a continental breakfast.

**Thursday, March 21 10:30 am Friends of Westwood COA Spring Celebration** Join us for a short business meeting, refreshments and celebrate Spring.

**Monday, March 25 at 9:30 am VNA Care Network presents Pre-Diabetes Program Talk**. During this program you will find out the 5 signs that put you at risk for diabetes. Get the facts and take charge of yourself! **Pre-Diabetes Screening**: Individual counseling by VNA nurse by appointment from 10:00-12:00.

## **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 is:

**Q.** What are the advantages and disadvantages of purchasing our next home in our sons' names so that it will avoid probate at our death?

## **ASK A LAWYER** (from previous column)

**A.** While avoiding probate is a desirable goal when doing estate planning, it is usually not a good idea to own property jointly with someone other than your spouse, or to have your assets titled in someone else's name. This is because if someone else's name is on your property, whether it's real estate or a bank account, that person is legally an owner of the asset. That means that he will have the same access to the asset as you do. While you may not be concerned that either of your sons would do anything to intentionally jeopardize the security of your property, you do need to be concerned about events beyond their control that could put that property at risk.

For example, if a child is in a car accident and a judgement is entered against him, the creditor may seek to enforce that judgement against your home if your home if you son is an owner. Similarly, if you're your child has money problems and defaults on a loan, runs up credit card debt he can't pay, has tax trouble, or file bankruptcy, your home is at risk if your son is an owner. Other events which could put your property at risk include a child's divorce, his disability, liabilities arising out of a business owned by your child, or your child's death.

Using a trust to hold title to property can be an excellent way to have property avoid probate and keep it free from the risks that joint ownership brings. However, everyone's situation is different. Determining how to take title to real estate is a decision which should be thoughtfully made based on the totality of the situation after consultation with your attorney.

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.ssbllld.com](http://www.ssbllld.com) or call 781/461-1020

**Answer:** An estimated 46 quadrillion snow flakes fell on Boston during Nemo.

**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**

**March 5 The Blind Side**

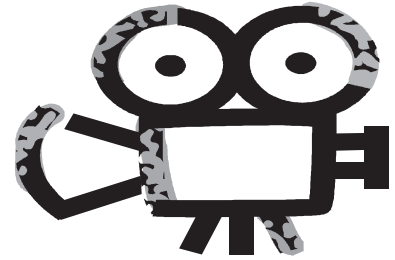
2009 PG-13 126 minutes

In this sports drama based on a true story, affluent couple Leigh Anne and Sean Tuohy take in Michael, a homeless teenager. Leigh Anne helps him catch up academically and nurtures his growth into a football powerhouse. Cast: Sandra Bullock, Quinton Aaron, Tim McGraw and Kathy Bates.

**March 12 An Unfinished Life**

2005 PG-13 108 minutes

When her husband dies, grieving widow Jean moves with her daughter into the Wyoming home of her estranged father-in-law, steely rancher Einar, even though they don't get along. Over time, the two learn to move on through the power of forgiveness. Cast: Jennifer Lopez, Robert Redford, Morgan Freeman, and Camryn Manheim.



**March 19 Dream Girls**

2006 PG-13 130 minutes

This big-screen adaptation of the hit Broadway musical follows the rise of 1960s girl group the Dreams. Tensions arise when manager Curtis demotes the talented Effie from lead singer to backup, replacing her with the more marketable Deena. Cast: Beyonce Knowles, Jamie Foxx, Danny Glover, Eddie Murphy and Jennifer Hudson.

**March 26 Sarah's Key**

2010 PG-13 111 minutes

Paris, 1942: To protect her brother from the police arresting Jewish families, a young girl hides him away, promising to come back for him. Sixty-seven years later, her story intertwines with that of an American journalist investigating the roundup. Cast includes: Kristin Scott Thomas, Aidan Quinn, Dominique Frot.

**ACROSS**

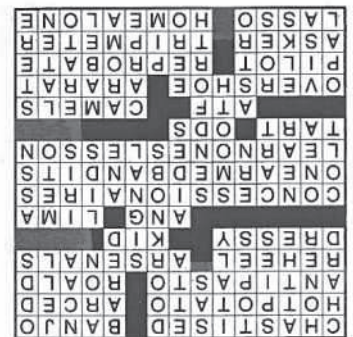
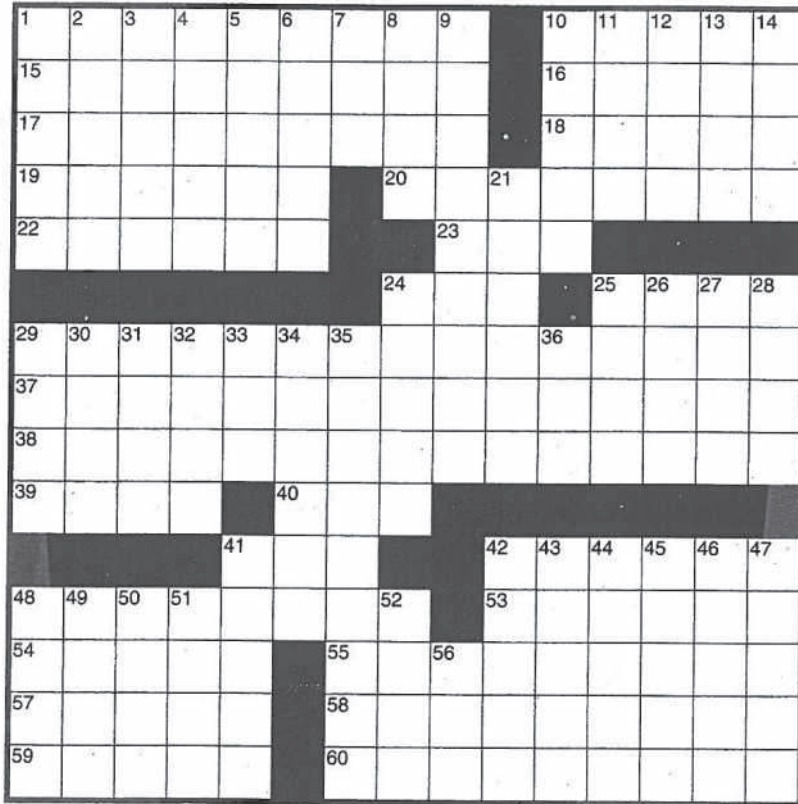
- 1 Disciplined
- 10 "... with a \_\_\_ on my knee"
- 15 Tricky situation
- 16 Followed a curved path, as a ball
- 17 Italian appetizer
- 18 Author Dahl
- 19 Do a cobbler's job over
- 20 Weapons houses
- 22 In fancy clothing
- 23 Tease
- 24 "Crouching Tiger, Hidden Dragon" director Lee
- 25 Peru's capital
- 29 Refreshment vendors
- 37 Slots

- 38 Take something away from a mistake
- 39 Sour
- 40 Takes too much, in a way
- 41 Fed. law enforcement org.
- 42 Dromedaries, e.g.
- 48 Protective footwear
- 53 Noah's park?
- 54 Delta employee
- 55 Miscreant
- 57 Question popper
- 58 Dashboard counter
- 59 Cow catcher
- 60 Macaulay Culkin comedy of 1990
- 4 Undercover agents
- 5 Imbibes
- 6 Milan's place
- 7 Carrier out of Stockholm
- 8 Kett of comics
- 9 Openers?
- 10 Denuded
- 11 Elvis \_\_\_ Presley
- 12 Final Four org.
- 13 Congeal
- 14 Track figures
- 21 Indicate
- 24 Assistants
- 25 The eyes have them
- 26 Author Murdoch
- 27 "What do you want \_\_\_ do about it?"
- 28 Part of ADA
- 29 Young male horse
- 30 Draft status
- 31 Close by

**DOWN**

- 1 Swiss \_\_\_ (vegetable)
- 2 Whetstone user
- 3 "A Night \_\_\_ Opera"

- 32 Small vehicle
- 33 West ender
- 34 Unwrinkled
- 35 Dispatch out
- 36 Hydrocarbon suffix
- 41 Houston athlete
- 42 \_\_\_ diem (seize the day)
- 43 Smell
- 44 "Pirates of Penzance" lady
- 45 Lyric poetry muse
- 46 Get closer to bedtime
- 47 Cubic meter
- 48 October birthstone
- 49 Passport endorsement
- 50 BPOE members
- 51 Anonymous Richard et al.
- 52 Architect Saarinen
- 56 A.A. Milne's "Mr. \_\_\_ Passes By"





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>DONATION IS \$2.50 PER MEAL MEAL TO CANCEL MEALS CALL 781-329-6514</b>				<b>1</b> MACARONI & CHEESE ESCALLOPED TOMATOES >FRUIT MUFFIN #CHOCOLATE PUDDING
				CALORIES 425 SODIUM 438
<b>4</b> CHICKEN STEW W/VEGETABLES WHIPPED POTATO >WHOLE WHEAT ROLL PEACHES	<b>5</b> ITALIAN STYLE PASTA W/MEAT SAUCE CUT GREEN BEANS WHEAT BREAD #BROWNIE	<b>6</b> MINESTRONE SOUP CHICKEN L'ORANGE WHIPPED POTATO >MULTIGRAIN ROLL FRESH FRUIT	<b>7</b> BEEF BURGUNDY BUTTERED NOODLES CARROT COINS >WHOLE WHEAT BREAD MANDARIN ORANGES	<b>8</b> CRUNCHY LITE FISH *TARTAR SAUCE AU GRATIN COUNTRY BLEND VEGETABLES WHEAT BREAD PINEAPPLE CHUNKS
CALORIES 434 SODIUM 386	CALORIES 400 SODIUM 196	CALORIES 439 SODIUM 571	CALORIES 530 SODIUM 628	CALORIES 368 SODIUM 590
<b>11</b> VEAL PARMESAN W/SAUCE ITALIAN SPAGHETTI GENOVA BLEND VEG >WHOLE WHEAT BREAD #VANILLA PUDDING	<b>12</b> LEMON CHICKEN BREAST LYONNAISE POTATO WINTER BLEND VEG. >FRUIT MUFFIN MIXED FRUIT	<b>13</b> ROAST TURKEY & GRAVY #CRANBERRY SAUCE WHIPPED POTATO WINTER SQUASH WHEAT BREAD PEACHES	<b>14</b> *CORNED BEEF HASH *KETCHUP PACKET BOILED POTATO CABBAGE & CARROT BLEND RAISIN BREAD #LEPRECHAUN CAKE	<b>15</b> CHEESE TORTELLINI WITH ALFREDO SAUCE PEAS W/MUSHROOMS >WHOLE WHEAT ROLL FRESH FRUIT
CALORIES 367 SODIUM 517	CALORIES 259 SODIUM 542	CALORIES 433 SODIUM 687	CALORIES 297 SODIUM 1234	CALORIES 356 SODIUM 568
<b>18</b> SHEPHERD'S PIE GLAZED CARROTS >MULTIGRAIN ROLL #COOKIE	<b>19</b> HAM & CHEESE ON ROLL POTATO SALAD ROLLS DESSERT OF DAY	<b>20</b> CHICKEN VEG. SOUP BBQ CHICKEN O'BRIEN POTATO FINGER ROLL FRESH FRUIT	<b>21</b> MEATLOAF W/ONION GRAVY GARLIC MASH POTATO MIXED VEGETABLES >WHOLE WHEAT BREAD PEACHES	<b>22</b> SALMON BOAT W/DILL SAUCE WHIPPED POTATO CUT GREEN BEANS WHEAT BREAD MIXED FRUIT
CALORIES 481 SODIUM 364	CALORIES 341 SODIUM 336	CALORIES 462 SODIUM 721	CALORIES 442 SODIUM 397	CALORIES 351 SODIUM 387
<b>25</b> CHICKEN STIR FRY W/O RIENTAL VEGETABLE WHITE RICE >WHOLE WHEAT ROLL MANDARIN ORANGES	<b>26</b> ZITI W/ MEAT SAUCE ITALIAN STYLE VEG. >MULTIGRAIN ROLL PEACHES	<b>27</b> <u>HAPPY BIRTHDAY</u> ROAST PORK W/GRAVY PARSLEY WHIPPED POT PEAS & CARROTS WHEAT BREAD #BIRTHDAY CAKE	<b>28</b> CHICKEN SALAD GERMAN POTATO SALAD THREE BEAN SALAD PITA BREAD FRUITED JELLO	<b>29</b> MACARONI & CHEESE ZUCCHINI & TOMATO >FRUIT MUFFIN FRESH FRUIT
CALORIES 284 SODIUM 275	CALORIES 388 SODIUM 219	CALORIES 499 SODIUM 280	CALORIES 355 SODIUM 369	CALORIES 425 SODIUM 438

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## **ACTIVITIES MARCH 2013**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
				8:30 Waxing 9:00 Fun Fit 9:30 Roche Bros. 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
9:00 AARP Tax Service 9:00 Fun Fit 9:30 Bowling 10:00 Ladies Craft Grp. 10:00 Music w/Ms.Tina 1:00 Exercise Class 1:00 Painting	8:30 Free Legal Help 9:00 SHINE 9:30 YOGA 9:30 Women's Club Bd. Of Directors 10:00 Quilting 10:00 Computer Hour 1:00 Knitting & Crocheting 1:00 Whist Group 1:00 Tai Chi 2:00 Movie	9:00 Fun Fit 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 2:00 Pat Johnson Book Club	9:30 Wii Games 10:00 Sr. Men's Club Exec. Board 10:00 Evening w/Frost 12:30 MAH JONGG 1:15 BINGO	9:00 Fun Fit 9:30 Shaw's Mkt. 10:00 Coffee Hour 10:00 Yellow Dot Program 11:15 Rub. Bridge Gr.
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
9:00 AARP Tax Service 9:00 Fun Fit 9:30 Bowling 10:00 Ladies Craft Grp. 1:00 Exercise Class 1:00 Painting	9:30 YOGA 9:30 Braintree Mall 10:00 Quilting 10:00 Computer Hour 1:00 Knitting & Crocheting 1:00 Whist Group 1:00 Tai Chi 2:00 Movie	9:00 Fun Fit 10:00 Great Decisions 10:00 Bereavement w/Nina 11:30 Dup. Bridge Gr. At Foxboro 11:45 Intergen. Prgm. 1:00 Exercise Class 1:00 Alice Barkin	9:30 Wii Games 10:00 Sr. Men's Club Board Mtg. 12:30 MAH JONGG 1:15 BINGO	9:00 Fun Fit 9:30 Hannaford's 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
9:00 AARP Tax Service 9:00 Fun Fit 9:30 Bowling 10:30 Fin. Preservation Workshop 1:00 Exercise Class 1:00 Painting	9:30 YOGA 9:30 Xmas Tree/Foxb. 10:00 Westwood Sings 10:00 Quilting 10:00 Computer Hour 1:00 Knitting & Crocheting 1:00 Tai Chi 1:00 Whist Group 2:00 Movie	9:00 Blood Pressure 9:30 Fire Fighters Breakfast 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class	9:30 Wii Games 10:30 Friends Meeting 12:30 MAH JONGG 1:15 BINGO	9:00 Fun Fit 9:30 Stop & Shop 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
9:00 AARP Tax Service 9:00 Fun Fit 9:30 Bowling 9:30 PreDiabetes Program 1:00 Exercise Class 1:00 Painting	9:30 YOGA 9:30 Walmart 10:00 Quilting 10:00 Computer Hour 1:00 Knitting & Crocheting 1:00 Whist Group 1:00 Tai Chi 2:00 Movie	9:00 Fun Fit 10:00 Bereavement w/Nina 10:00 Great Decisions 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class	9:30 Wii Games 12:30 MAH JONGG 1:15 BINGO 1:30 Garden Club Mtg.	9:00 Fun Fit 9:30 Roche Bros. 10:00 Coffee Hour  <b>SENIOR CENTER CLOSED AT 12:30 GOOD FRIDAY</b>

### **BLOOD PRESSURE CLINIC**

Senior Center

**MARCH 20**

9:00 AM – 11:30 AM



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### T & R Home Care, Inc. 781 780 2545

Free Home Assessment Visit

QUALITY HOME CARE  
SKILLED, CERTIFIED & CARING PEOPLE



Visit our office: 4 Arlington Road Needham MA 02494

License #7488 **Irish Owned and Operated** Fully Insured

**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
	1	Roche Bros.	9:30am	\$2.00
	8	Shaw's Mkt.	9:30am	\$2.00
	12	Braintree Mall	9:30am	\$2.00
	15	Hannaford's Mkt.	9:30am	\$2.00
	19	Xmas Tree/Foxb.	9:30am	\$2.00
	22	Stop & Shop	9:30am	\$2.00
	26	Walmart	9:30am	\$2.00
	29	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 3<sup>rd</sup> 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.

**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.

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**Friends of Westwood Council on Aging**  
60 Nahatan Street  
WESTWOOD, MA 02090

**NONPROFIT ORGANIZATION**  
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