

# 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

## MARCH 2014

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

#### Director's Corner

The good news is that Spring is here...well almost, the vernal equinox actually begins at 7:02 AM on March 20<sup>th</sup>. The word equinox is derived from the Latin words meaning "equal night." Days and nights are approximately equal. But, before spring starts Daylight Savings begins on March 9<sup>th</sup>. Remember to Spring Forward by setting your clocks ahead one hour. This is also a really good time to replace the batteries in your smoke detectors. The Westwood Fire Department will be at the COA in April and May presenting Fire Prevention Safety. They will be available to replace smoke detectors and check your home for hazards. Watch for the dates.

Stay safe and warm!

Sincerely,

*Pat Carty-Larkin*

Director, Westwood COA

Spring Begins Thursday,  
March 20<sup>th</sup>



**AARP Tax Services – The AARP volunteer tax preparers are available every Monday until April 14<sup>th</sup> from 9:00-1:30. Call 781-329-8799 to make your appointment. The following documents are necessary for your appointment:**

- Wage and earning statement(s)
- Interest and dividend statements
- Copy of last year's federal and state returns
- Water & Sewer Bills
- Excise Taxes Paid
- Property Taxes Paid
- Proof of bank account numbers and account numbers for direct deposit, such as blank check

**Friends of Westwood COA  
Spring Gathering  
Thursday, March 20<sup>th</sup>  
10:00 AM  
All Welcome!  
Homemade Goodies!**

**CLASSES and EXERCISE**

(continued)

**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      March                      1:00pm  
                          3,10,17,24,31  
 Wednesdays      March                      1:00pm  
                          5,12,19,26  
 Keep fit, stay healthy!

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

Mondays      March                      9:00am  
                          3,10,17,24,31  
 Wednesdays      March                      9:00am  
                          5,12,19,26  
 Fridays      March                      9:00am  
                          7,14,21,28

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

**Tai Chi**                                      **\$3.00/session**

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

Experience the wonderful benefits of balance and strength from yoga.

**Registration required**

**Quilting**                                      **\$1.00**

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

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

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

**Laugh Yoga**                                      **Free**  
 Thursday      March 13                      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.



**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)

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**Crafts Group Free**

Monday March 3 10:00

Come join our Craft Group led by Lorraine. Crafts made will be sold to raise funds for the Friends of Westwood Council on Aging. Limited to 8 participants.

**Legal Advice Free**

Tuesday March 4 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 March 4 9:00-11:00am

Lori Howell, SHINE representative, is Available, BY APPOINTMENT, on the first Tuesday of each month to help you deal with issues or questions you may have regarding your health insurance.

**Waxing**

**Appointments required**

Friday March 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.

**Bereavement Group**

**Free**

Wednesday March 12, 26 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 19 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 March 1:15pm  
6,13,20,27

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

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

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

**Mah Jongg** **Free**  
Thursdays March 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 March 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.



## SPECIAL EVENTS

**Errand Day** **\$2.00**  
1st and 3<sup>rd</sup> **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.

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

Trips to the Mall and Department Stores will now be on the **2<sup>nd</sup> and 4<sup>th</sup> 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.

**BJs** **\$20**  
**Memberships**  
Monday March 3 11:00am

Sign up for your BJ's Membership here at the COA.

**COA Book Club** **Free**  
Thursday March 6 10:00am

Join us for a review and discussion of Kim Edward's first novel, The Memory Keeper's Daughter.

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

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

## Intergenerational Program – 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.



### 10 Delicious Facts about Chocolate

1. Hershey's produces over 80 million chocolate Kisses—every day
2. The English chocolate company Cadbury made the first chocolate bar in the world in 1842!
3. In the film *Psycho* Alfred Hitchcock used Bosco chocolate syrup for the blood in the famous shower scene
4. People who feel depressed eat about 55% more chocolate than their peers
5. Americans eat 2.8 billion pounds of candy each year, half of this is chocolate
6. In Latin, cacao trees are *Theobroma Cacao*, or "food of the gods"
7. The first machine-made chocolate was produced in Barcelona, Spain in 1780
8. One chocolate chip can give enough energy to walk 150 feet
9. 40% of almonds produced in the world are for chocolate products
10. Cacao trees can live to be 200 years old, but they produce marketable cocoa beans for 25 years.

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 other 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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### **Canned Foods**

Canned foods are a convenient and inexpensive way to keep your pantry stocked, but often times they contain excess sodium or sugar.

Understanding the label can help you make an informed, healthy decision.

- Fruit canned in syrup: syrup types range from very light (contains the least amount of added sugar) to heavy syrup (contains the most added sugar). Choose fruit canned in light syrup or fruit that is packed in its own juice.
- Canned vegetables and beans: Look for cans that state "no added salt" or "low sodium" or check to see if salt is listed in ingredients. Alternatively you could rinse vegetables or beans in colander to get off excess salt
- Canned soup: Choose "low sodium" options or compare the sodium content of a few different soups.

## 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 worried about death taxes that my family will have to pay at my death. How much is typically owed?

**A.** Good question. The estate tax, sometimes referred to as 'the death tax,' is a tax imposed on the value of the assets that you pass on at death. There is both a federal estate tax and a state estate tax for those who die domiciled in Massachusetts or who own Massachusetts real estate. The good news is that as of January 1, 2014, federal estate tax is only due on estates in excess of \$5,340,000. That means 99% of estates, there is no *federal* estate tax payable. Massachusetts is not quite so generous. – Massachusetts taxes estates in excess of \$1 million.

Here are some examples of the Massachusetts estate tax liability:

\$1 million taxable estate	\$0 Mass. Estate Tax
\$1.2 million taxable estate	\$45,200 Mass Estate Tax
\$1.6 million taxable estate	\$70,800 Mass Estate Tax
\$2 million taxable estate	\$99,600 Mass Estate Tax

Attorney Suzanne R. Saylward is certified as an Elder Law Attorney by the National Elder Law Foundation and an accredited attorney with the Veterans Administration. She is a partner with the Dedham firm of Samuel, Sayward & Baler LLC. For more information visit [www.ssbllc.com](http://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, 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 in Concert at Venus De Milo in Swansea, MA**

The Temptations are known for their choreography, distinct harmonies, and flashy wardrobe. The group has been very influential to R&B. This group lead by Glenn Leonard had a long and illustrious career as the First Tenor and Lead Singer from 1975 to 1983. Today, his Glenn Leonard's Temptations Revue, thrills crowds with great music that will last forever.

Tickets are \$74/pp includes: Show Ticket, Transportation on COA Van, Luncheon with choice of Chicken Parmesan or Baked Haddock

*Call COA at 781-329-8799 to register.*

## FREE MOVIES

### **Tuesdays at 2:00 PM**

#### **March 4**

##### **Miss Pettigrew Lives for a Day**

2008 92 minutes

When her gruff demeanor costs her yet another nanny position, desperate Guinevere Pettigrew lands a job as the assistant of an aspiring American actress and soon gets swept up in a dizzying world of glamour and high society. Starring: Frances McDormand, Amy Adams, Lee Pace, and Tom Payne.

#### **March 11**

##### **Jane Eyre**

1996 116 minutes

Jane Eyre is an orphan forced to endure life at a harsh boarding school. As Jane grows into an independent, strong-willed woman, she takes a governess job at Thornton Hall and falls in love with the estate's brooding owner, Mr. Rochester. Starring: William Hurt, Anna Paquin, Joan Plowright.

#### **March 18**

##### **Bird on a Wire**

1990 110 minutes

Attorney Marianne Graves (Goldie Hawn) is shocked to learn that former fiancé Rick Jarmin (Mel Gibson), assumed dead for 15 years, has actually been in the Witness Protection Program since ratting out drug runners. And now, the recently freed thugs are catching up to him. When Marianne

blows Rick's cover, the bickering duo is forced to flee together, staying just one jump ahead of their deadly stalkers in this comedic action-adventure film.

Starring: Mel Gibson, Goldie Hawn, David Carradine.

#### **March 25**

##### **Next**

2007 96 minutes

Las Vegas magician Cris Johnson (Nicolas Cage) can see a few minutes into the future, a talent he uses to enhance his shows -- and to win at blackjack. But when an FBI agent (Julianne Moore) wants his help thwarting a nuclear attack, Cris finds his psychic skills put to the test. Jessica Biel, Peter Falk and Thomas Kretschmann also star in this sci-fi thriller based on Philip K. Dick's short story "The Golden Man."

#### **March 31**

##### **August Rush**

2007 112 minutes

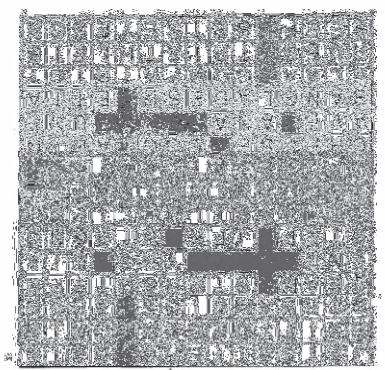
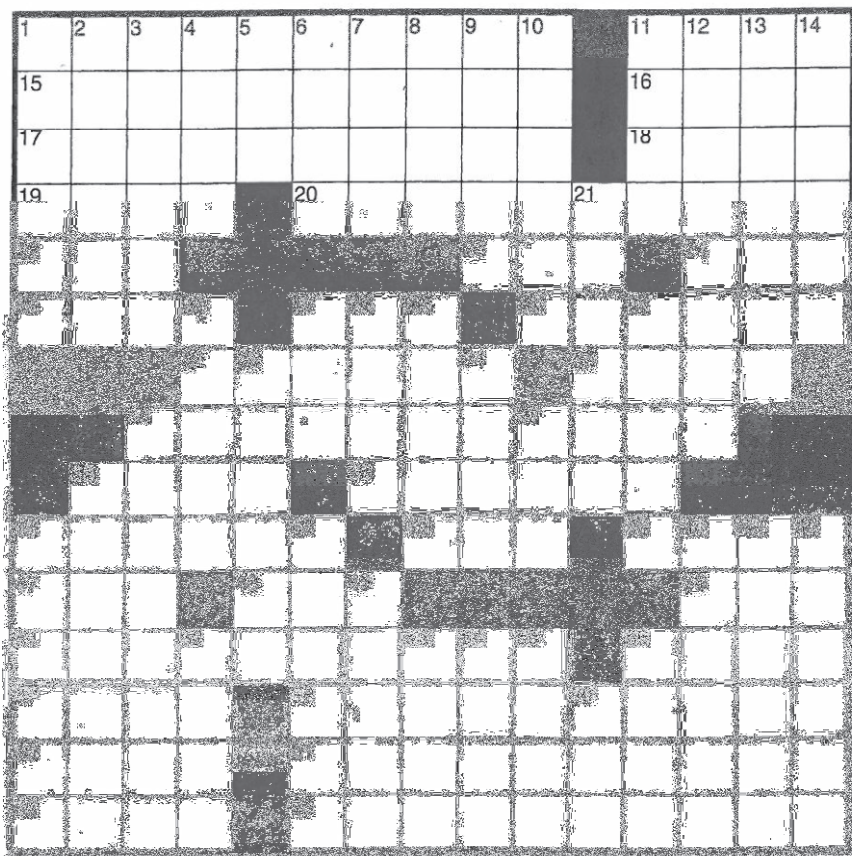
After cellist Lyla (Keri Russell) and guitarist Louis (Jonathan Rhys Meyers) share an enchanted night together, circumstances rip them apart, and the child (Freddie Highmore) produced by the union is raised by an opportunistic stranger (Robin Williams) who nurtures the boy's musical talent. Determined to find his parents, the boy -- known as August Rush -- relies on music to draw his mother and father to him. Terrence Howard co-stars. Starring: Keri Russell, Robin Williams, Terrence Howard.

- 1 Fashionable travelers
- 11 Fence opening
- 15 O'Donnell/Aykroyd comedy of 1994
- 16 Clothing \_\_\_\_\_ years ago
- 17 Mirror back
- 18 Yemeni city
- 19 Line of fashion?
- 20 Stupidest conspiracy
- 21 Health
- 22 1992 Olympic athlete
- 23 Theatrical NYC
- 24 Trend
- 27 NYC airport
- 28 \_\_\_\_\_
- 29 \_\_\_\_\_

- 35 Kissers
- 36 Sudden large increase
- 37 \_\_\_\_\_
- 38 \_\_\_\_\_
- 40 Rarebit ingredient
- 42 Duck-to-be
- 43 Possible score after deuce
- 47 Medicine, for over 100 yrs
- 48 \_\_\_\_\_ California
- 50 French article
- 51 India neighbor
- 54 Grammy winner James Taylor
- 57 Napoleonic island
- 58 \_\_\_\_\_
- 59 \_\_\_\_\_
- 60 Summer Olympics competitor
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- DOWN**
- 1 Helms and Owens \_\_\_\_\_
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  - 5 Great vowel
  - 6 Male variety
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  - 8 Adams or Radford
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  - 10 moisture from
  - 11 Villains' expressions
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- 29 Fonda/Sutherland movie of 1971
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- 34 Self-satisfied
- 36 Hive royalty
- 37 Fall behind
- 38 Acidity indicator
- 39 \_\_\_\_\_
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- 44 Assigned tasks
- 45 Counting everything
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# HESCO

MARCH

2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WHEEL CORN</b>	<b>SPINACH SOUP</b>	<b>MASHED POTATO</b>	<b>WINTER RALENDI</b>	<b>SWISS STEAK</b>
<b>MEATBALL</b>	<b>WINTER RALENDI</b>	<b>STEVEN TOMATO</b>	<b>VEGETABLE CHICKEN</b>	<b>CORNFISH</b>
<b>FLORENTINE</b>	<b>APPLE RICE</b>	<b>FLORENTINE</b>	<b>WHIPPED POTATO</b>	<b>VEG. BAKED BEANS</b>
<b>#PISTACHIO FLUFF</b>	<b>MIXED FRUIT</b>	<b>WHOLE WHEAT ROLL</b>	<b>SNOWFLAKE ROLL</b>	<b>MUFFINS &amp; TOMATO</b>
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<b>CALORIES 284</b>	<b>CALORIES 325</b>	<b>CALORIES 346</b>	<b>CALORIES 399</b>	<b>CALORIES 427</b>
<b>SODIUM 122</b>	<b>SODIUM 151</b>	<b>SODIUM 126</b>	<b>SODIUM 151</b>	<b>SODIUM 235</b>

B WEEK 17 18 19 20 21

<b>ST. PATRICK'S DAY</b>	<b>CHICKEN ALA KING</b>	<b>BEEF STEW</b>	<b>POTATO PARMESAN</b>	<b>SALMON WHONEY</b>
<b>RAISIN BREAD</b>	<b>FLUFFY RICE</b>	<b>WHOLE WHEAT ROLL</b>	<b>SOLID</b>	<b>LIME SAUCE</b>
<b>#PISTACHIO FLUFF</b>	<b>MIXED FRUIT</b>	<b>APPLESAUCE</b>	<b>SNOWFLAKE ROLL</b>	<b>&gt;WHOLE WHEAT BREAD</b>
			<b>FRESH FRUIT</b>	<b>WAFFLE GRAHAMS</b>

<b>MIXED FRUIT</b>		<b>#BIRTHDAY CAKE</b>		
<b>CALORIES 425</b>	<b>CALORIES 419</b>	<b>CALORIES 506</b>	<b>CALORIES 514</b>	<b>CALORIES 416</b>
<b>SODIUM 707</b>	<b>SODIUM 588</b>	<b>SODIUM 397</b>	<b>SODIUM 296</b>	<b>SODIUM 524</b>

B WEEK 31

- CHICKEN VEG SOUP
- BREADED CHICKEN
- RICE FLORENTINE
- >MULTIGRAIN ROLL
- STRAWBERRY CUP



VOLUNTARY DONATION IS \$3.00 PER MEAL TO CANCEL MEALS CALL 1781-329-6514

MENU SUBJECT TO CHANGE WITHOUT NOTICE

ALL OVER 60 YEARS OF AGE ARE WELCOME AT THE MEAL STILES FOR LUNCH AND SOCIABILITATION.  
 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.

# MARCH 2014 ACTIVITIES


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Fun Fit 9:00 <b>AARP Tax Prep 9:00</b> Crafts 10:00 <b>BJs 11:00</b> Lo Impact Exercise 1:00 Painting 1:00	<b>4</b> <b>Legal Asst. 8:30</b> <b>SHINE 9:00</b> YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	<b>5</b> <b>Errands 8:30-2:30</b> Fun Fit 9:00 Lo Impact Exercise 1:00 <b>Woman's Club Board 1:00</b>	<b>6</b> Wii Games 9:30 <b>Book Club 10:00</b> Mah Jongg 12:30 BINGO 1:15	<b>7</b> Waxing 8:30 Fun Fit 9:00 <b>Roche Bros. 9:30</b> Coffee Hour 10:00 Rub. Bridge Gr. 11:00
<b>10</b> Fun Fit 9:00 <b>AARP Tax Prep 9:00</b> Lo Impact Exercise 1:00 Painting 1:00	<b>11</b> YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 <b>Garden Club Board 1:00</b> Movie 2:00	<b>12</b> Fun Fit 9:00 <b>Walmart 9:30</b> <b>Great Decisions 10:00</b> <b>Bereavement 10:00</b> <b>Intergenerational/Deerfield 11:45</b> Lo Impact Exercise 1:00	<b>13</b> Sr. Men's Club Bd. 9:30 Wii Games 9:30 <b>Laugh Yoga 10:00</b> Mah Jongg 12:30 BINGO 1:15	<b>14</b> Fun Fit 9:00 <b>Shaws/Norwood 9:30</b> Coffee Hour 10:00 Rub. Bridge Gr. 11:00
<b>17</b> Fun Fit 9:00 <b>AARP Tax Prep 9:00</b> Lo Impact Exercise 1:00 Painting 1:00	<b>18</b> YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	<b>19</b> <b>Errands 8:30-2:30</b> Fun Fit 9:00 Blood Pressure 9:00 Lo Impact Exercise 1:00	<b>20</b> <b>Sr. Men's Club 9:00</b> Wii Games 9:30 <b>Friends Mtg 10:00</b> Mah Jongg 12:30 <b>Woman's Club 1:00</b> BINGO 1:15	<b>21</b> Fun Fit 9:00 <b>Hannafords 9:30</b> Coffee Hour 10:00 Rub. Bridge Gr. 11:00
<b>24</b> Fun Fit 9:00 <b>AARP Tax Prep 9:00</b> Lo Impact Exercise 1:00 Painting 1:00	<b>25</b> YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	<b>26</b> Fun Fit 9:00 <b>Target and Braintree Mall 9:30</b> <b>Bereavement 10:00</b> <b>Great Decisions 10:00</b> Lo Impact Exercise 1:00	<b>27</b> Wii Games 9:30 Mah Jongg 12:30 <b>Garden Club 1:00</b> BINGO 1:15	<b>28</b> Fun Fit 9:00 <b>Roche Bros. 9:30</b> Coffee Hour 10:00 Rub. Bridge Gr. 11:00
<b>31</b> Fun Fit 9:00 <b>AARP Tax Prep 9:00</b> Lo Impact Exercise 1:00 Painting 1:00				

## BLOOD PRESSURE CLINIC

Senior Center

**MARCH 19**

9:00 AM – 11:30 AM



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**SENIOR TRANSPORTATION SERVICES**

**Shoppers’ Bus** for Westwood residents is available on most Wednesdays to local Shopping Malls, and on most Fridays for food shopping. Participants are restricted to **4 shopping bags** per person.

Mar	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 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.

**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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