

# Westwood Senior News

## APRIL 2010

### From the Director's Desk

Now that spring is just around the corner, we should think of how we can enjoy our days. This month we are starting our Nutrition Classes every Wednesday morning, having a special lecture on Elder Hostel on April 8<sup>th</sup> showing the many benefits one can derive from traveling, Gary Hylander is speaking on Paul Revere's Ride, the Westwood Senior Center is hosting a Dental Screening sponsored through HESSCO on April 10<sup>th</sup>, and the Friends of Westwood COA will be having their quarterly meeting on April 15<sup>th</sup>. The Town Elections are on April 27<sup>th</sup>. Don't forget to vote. Transportation is available by calling 781-329-8799 to schedule your ride. The Senior Center is here to serve seniors and everyone is most welcome at anytime. I hope you find time to register for some of our programs. Have a lovely month.

Sincerely,  
*Pat Carty-Larkin*  
Director, Westwood COA

### HESSCO HOT LUNCH Served Monday to Friday

The Council on Aging serves a nutritious hot lunch Monday through Friday. This program is provided through H.E.S.S.C.O. A donation of \$2.50 per person is suggested. 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.

### TELEPHONE REASSURANCE LINE

Would you like to receive a friendly telephone call every morning, Monday to Sunday, around 9:00am? If so, please call the Senior Center and leave your name and phone number. Someone will call you every morning for a brief chat.

### CHECK THE EXPIRATION DATE ON YOUR DRIVER'S LICENSE

Reminders to renew your license are NO LONGER being mailed. Be sure to check the renewal date on your license.

### CLASSES

**Registration required for all events. To register, or for more information on any of these activities, please call (781) 329-8799**

**Computer for Beginners** Westwood residents \$10.00  
non-residents \$15.00  
Tuesdays April 6, 13, 20 10:00am-11:45am

Learn formatting, editing, create a simple table and a card using Microsoft Word; sample the Internet.

### Surf the Internet FREE

This introduction to the many facets of searching the WEB is available to seniors who want to learn the Internet. This is a hands-on class. Use our new computers or bring in your own laptop. **A variety of days and times are available!** Call 781-329-8799 to reserve your one-on-one session.

**Book Club** **FREE**  
Wednesday April 28 2:00pm

Book discussion is listed below.

### Heart in the Right Place

Carolyn Jourdan  
Please come by to share your thoughts and meet some friends. We are always looking for people to join our group.

**Writing Group**  
**FREE**  
Wednesday April 14, 28 2:00pm  
Share your thoughts and meet new friends.

### HEALTH & EXERCISE CLASSES

**Bowling League**  
Mondays April 5, 12, 26 9:30am  
Join the Senior Bowling League, meet new friends, and have fun while exercising for your health! We meet at the Norwood Bowling Alley.

## **DATES FOR ELECTIONS and TOWN MEETINGS**

Tuesday, April 27, 2010      Town Election

Town Meeting

Monday, May 3, 2010

## **HEALTH & EXERCISE CLASSES (continued)**

### **Low Impact Exercise**

#### **\$2.00/session**

**Mondays**      April 5, 12, 26

**Wednesdays**      April 7, 14, 21, 28      1:00pm

Low impact exercise class.

### **Indoor Walking at Westwood High**

**Mondays**      April 5, 12      **3:15pm**

**Thursdays**      April 1, 8, 15

Join us walking indoors at Westwood High School. We will meet in the school lobby at the back of the Westwood High School building. Walk at your own pace and enjoy some companionship!!! Hope to see you there.

### **Outdoor walking will begin soon!**

### **Chair Yoga**

#### **\$2.00/session**

**Tuesdays**      April 13, 20      10:00am

Experience the wonderful benefits of balance and strength from yoga. Register soon, as space is limited.

### **Tai Chi**

#### **\$3.00/class**

**Tuesdays**      April 6, 13, 20      1:00pm

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

### **Walk-Fit- Cardio-Strength Training**

#### **\$3.00/class**

**No classes in April, but will resume in May**

## **HEALTHY EATING FOR SUCCESSFUL LIVING**

### **FREE**

**Wednesdays**      March 31,      9:30am-

April 7, 14, 21, 28      12:00pm

May 5

This 6-week program is sponsored by HESSCO, Westwood's Area Agency on Aging, and will present information on how to eat healthy and live better longer.

This is a very popular program; sign up early!

## **REIKI and FULL SPECTRUM HEALING**

Thursday      April 1      1<sup>st</sup> session FREE

Then      \$25.00/session

Melissa Hed, Usui Reiki Master, will offer 1:1 sessions of 45 minutes on Thursday, April 1, and ... ***continuing on the first Thursday of each month***... to assist healing and deep relaxation. Clients are fully clothed and may either sit or lie down. First session is free.

## **FREE DENTAL SCREENING (continued from next page)**

mouth, medication interactions, and other concerns. Anyone aged 60 or over from any town is welcome to attend the clinic. The screening clinic is organized by the Elder Dental Program, a project of Community VNA in Norfolk Adult Day Health Center and the Neponset Valley Community Health Coalition in partnership with the Westwood Council on Aging; Massachusetts Department of Oral Health; the Home Instead Senior Care Foundation; Massasoit Community College Dental Assistant Program; and HESSCO Elder Services.

## **Blood Pressure Clinic**

### **FREE**

**Wednesday**      April 21      9:00-11:30am

## **HEALTH PLAN OPTIONS FOR RETIREES SEMINAR**

### **FREE**

**Thursday      April 29      6:00pm**

What happens to my insurance if I retire younger than 65? What if I work past 65? What about coverage for my spouse? These are common questions that retirees have about their health insurance coverage.

The Westwood Senior Center will host a presentation called "Health Plan Options for Retirees: Building Your Bridge to Security." Offered by Blue Cross Blue Shield of MA, the presentation is intended for those considering retirement. It includes an explanation of COBRA as well as the Direct-Pay health plan options available before Medicare. It also includes an explanation of the health plan options available once a person does have Medicare. A question and answer session will follow. All are welcome regardless of your insurance coverage.

**PLEASE BE SURE TO REGISTER FOR THIS PRESENTATION.**

## **FREE DENTAL SCREENING**

Saturday April 10 9:00am-  
1:00pm

A free dental screening clinic for seniors will be held at the Westwood Council on Aging. Dentists will examine patients for problems with their teeth, gums, and dentures. Patients can ask dentists questions and discuss their concerns. Participants will also be screened for oral cancers and free denture cleaning will be provided by Massasoit Community College's Dental Assistant program. During the screening clinic, participants can apply to be part of the Elder Dental Program, which provides reduced-fee dental services to low-income seniors. Area residents age 60 and over whose annual incomes are less than \$27,000 may qualify for this program.

A nutritionist from HESSCO Elder Services will talk with participants about the role of nutrition in oral health and will give advice to those with chewing problems, dry ... ([see page 1](#))

## **Know how to Improve the Quality of Your Life?**

**FREE**

Thursday April 22 11:00am  
Dr. Wuotila will discuss how Chiropractic can help alleviate numerous conditions, improve your balance and coordination, and how it can be a safe and natural alternative to some medications and surgery!

## **MISCELLANEOUS INFORMATION**

### **INCOME TAX ASSISTANCE**

**FREE**

Monday April 5, 12 9:00am-  
3:00pm

Income tax assistance is available with a representative from AARP. Appointments are limited so give us a call to arrange for your FREE tax preparation for Westwood seniors.

## **THE MEANING OF NUTRITION LABELS**

**FREE**

Thursday April 8 10:00am  
Barbara Collins will present a talk on reading nutrition labels and what they mean. This presentation is sponsored by The Ellis Nursing Center. Please come and ask your questions about what to look for when you read food labels.

## **KIDNEY DISEASE DISCUSSION**

**FREE**

Wednesday April 14 10:00 am  
The Medford Dialysis Center will host a presentation on Kidney Disease—its origins, possible ways of prevention, prevalence in our society, and how to live better should you have this disease or know someone who does have kidney disease. Please register for this informative talk with a question and answer period to follow.

## **ENTERTAINMENT** (continued)

### **MOVIES**

**FREE**

ALL MOVIES TUESDAYS AT 2:00 pm

#### **April 6**

The Invention of Lying	Jennifer Garner Ricky Gervais	2009
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April 13 **NO MOVIE TODAY**

#### **April 20**

Number 1 Ladies Detective Agency	Jill Scott	2009
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**If there are any movies you would like to see, please let us know.**

### **THE RIDE OF PAUL REVERE**

**FREE**

Thursday April 8 11:00am  
**Gary Hylander**, renowned teacher and historian, is presenting a fascinating series of lectures during the next few months. This month he will speak about Paul Revere's Ride. Mr. Hylander is sponsored by New Pond Village.

## FREE ONE-ON-ONE LEGAL ADVICE

FREE

Wednesday April 7 9:30am-10:30am

Mary J. Roque, Attorney, specializing in Elder Law and Estate Planning, will be available to provide free legal guidance to seniors the first Wednesday of each month. She provides this service at no charge, and each meeting is BY APPOINTMENT ONLY.

## ELDERHOSTEL PRESENTS ADVENTURES IN LIFELONG LEARNING

Thursday April 8 10:30 am and repeated at 12:45pm

Join us for a very informative presentation about the wonderful opportunities for educational adventures in the United States and throughout the world. Rochelle Kruger, Exploritas Ambassador, will come to the Senior Center and talk about all the travel adventures waiting for YOU!!! ... and please bring a friend to the program too.

## INTERGENERATIONAL PROGRAM (includes bag lunch)

Wednesdays Apr 7 May 5 Jun 2 11:30am - 1:00pm

Another fun year with fourth graders at the Deerfield School is ready to go. We have programs and dates set up, and we need more seniors, as the fourth graders find it more and more interesting to be part of this GREAT group.

## ENTERTAINMENT

### BINGO

FREE

Thursdays, April 1, 8, 15, 22, 29 1:15 – 2:45pm  
Seniors are invited to play Bingo every Thursday afternoons. Join us and bring a friend!

## APRIL TRIPS and EVENTS

Comedian **GLEN ANTHONY** at \$40.00

**Lantana in Randolph** NO transportation  
Wednesday April 21 ARRIVE at 11:30 am

Glen focuses on clean comedy.....You'll laugh out loud!

Meal choice: Yankee Pot Roast or Boneless Chicken Breast, beef vegetable soup, potato, vegetable dessert, coffee/tea.

## MAY TRIPS and EVENTS

**Anheuser-Busch and Swan Chocolates Tour PLUS Brunch and Transportation!**  
\$65.00

Sunday May 2  
Step on guide also included. A wonderful way to spend a Sunday!!!

**TROPICAL ISLAND HEAT AT Luciano's on Lake Pearl in Wrentham**  
\$40.00

### NO TRANSPORTATION

Wednesday May 12  
Arrive at 11:30  
Enjoy the tropical steel band music and hits of Harry Belafonte along with mambo's and chachas. . Enjoy a wonderful "summer to come" show.

Meal choice: Stuffed breast of chicken or Haddock, vegetables, bread, dessert, coffee/tea

## AUGUST TRIPS and EVENTS

**Spirit of Boston Cruise** \$75.00  
Tuesday August 10

Come aboard and enjoy a 3-hour cruise of Boston's historic harbor. \$75.00 includes transportation, cruise, Grande Buffet luncheon, Broadway-quality show & dancing. Set sail for a wonderful day on the water.

**Scarborough, Maine Lobsterbake**  
\$75.00

Thursday August 26  
Savor a lobsterbake in Scarborough, Maine, then sit back and enjoy a bus tour of Kennebunkport's city of lovely gardens and shrines of the Franciscan Monastery. Also includes a city tour and luncheon.

## **OCTOBER TRIPS and EVENTS**

### **Fall Foliage Train Ride through New Hampshire's Mountains and Lake Regions \$95.00**

### **MAY TRIPS and EVENTS (continued)**

#### **Museum of World War II**

**\$5.00**

Transportation included

**Wednesday May 12** Leave at 10:00-  
return around 1:30

Join us on a half day trip to the Museum of World War II in Natick. The \$5.00 fee includes a donation to the museum. Light lunch/snack will be on our own before we return to the Senior Center. Seats are limited to 10 people, so please register as soon as possible. The museum has many original documents and wonderful exhibits.

**Friday**

**October 1**

Join us for a beautiful 4-hour foliage train ride and luncheon at the Common Man Inn. \$95.00 includes buffet luncheon featuring roast beef & turkey; homemade breads, salads, cheese cake, coffee/tea. All aboard for a memorable trip through New Hampshire's mountains and lakes region.

## **JULY TRIPS and EVENTS**

### **Lake Winnepessaukee and Lakes Region**

**One hour scenic cruise \$85.00**

Tuesday July 13

Enjoy a 1-hour scenic cruise out of Weirs Beach; luncheon meal at The Lakehouse, Meredith, NH; and visit Castle in the Clouds. \$85.00 pp includes transportation, cruise, lunch & Castle in the Clouds visit.

Meal choice: Baked Scrod, Chicken Breast or Pork Loin, salad, potato, vegetable, dessert, coffee/tea.

A wonderful way to spend a summer day!

**APRIL ACTIVITIES 2010**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b>	<b>2</b>
			9:00 Reiki Healing 9:30 Wii Games 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet 3:15 Indoor Walking	9:30 Roche Bros. 10:00 Coffee Hour 11:30 <b>Rubber Bridge</b> 1:30 Walk Fit
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
9:00 <b>Taxes</b> 9:30 Bowling League 10:00 Ladies Craft Grp 1:00 Exercise Class 1:00 Whist Group 1:00 Painting 3:15 Indoor Walking	9:30 Legacy Place 10:00 Computers for Beginners 10:00 Quilting 1:00 Tai Chi 1:30 Walk Fit 2:00 Movie	9:00 <b>Free Legal Advice</b> 9:30 <b>Nutrition Class</b> 11:30 <b>Intergeneration</b> 11:30 Dup. Bridge/Fox. 1:00 Exercise Class	9:30 Wii Games 10:00 <b>Meaning of Nutrition labels</b> 10:30 <b>Elder Hostel</b> 11:00 <b>Gary Hylander</b> 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet 3:15 Indoor Walking	9:30 Shaw's Market 10:00 Coffee Hour 11:30 <b>Rubber Bridge</b> 1:30 Walk Fit
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
9:00 <b>Taxes</b> 9:30 Bowling League 10:00 Ladies Craft Grp 1:00 Exercise Class 1:00 Whist Group 1:00 Painting 3:15 Indoor Walking	9:00 Chair Yoga 9:30 Braintree Mall 10:00 Computers for Beginners 10:00 Quilting 1:00 Tai Chi 1:30 Walk Fit	8:30 <b>Day of Beauty</b> 9:30 <b>Nutrition Class</b> 10:00 <b>Great Decisions</b> 10:00 <b>Kidney Talk</b> 11:30 Dup. Bridge Gr. at Foxboro 1:00 Exercise Class 2:00 Writing Group	9:30 Wii Games 1:00 Cribbage 1:00 <b>Friends of Westwood COA</b> 1:15 BINGO 1:30 Knit & Crochet 3:15 Indoor Walking	9:30 Hannaford's Mkt. 10:00 Coffee Hour 11:30 Rubber Bridge 1:30 Walk Fit
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>PATRIOTS' DAY</b>  <b>SENIOR CENTER CLOSED</b>	9:30 X-mas Tree Shop- Avon 10:00 Yoga 10:00 Computer for Beginners 10:00 Quilting 1:00 Tai Chi 1:30 Walk Fit 2:00 Movie	9:00 Blood Pressure Clinic 9:30 <b>Nutrition Class</b> 11:30 Dup. Bridge Fox 1:00 Exercise Class	9:30 Wii Games 11:00 <b>Chiropractic Talk</b> 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet	9:30 Roche Bros. 10:00 Coffee Hour 11:30 Rubber Bridge 1:30 Walk Fit
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
9:30 Bowling League 1:00 Exercise Class 1:00 Painting 1:00 Whist Group	<b>ELECTION DAY</b>    <b>SENIOR CENTER CLOSED</b>	9:30 <b>Nutrition Class</b> 10:00 <b>Great Decisions</b> 11:30 Dup. Bridge Fox 1:00 Exercise Class 2:00 Book Group 2:00 Writing Group	9:30 Wii Games 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet  <b>6:00 PM BlueCross/ Blue Shield Talk</b>	9:30 Shaw's Market 10:00 Coffee Hour 11:30 Rubber Bridge 1:30 Walk Fit

**BLOOD PRESSURE CLINIC – Town Public Health Nurse – (781) 251-2576**  
**SENIOR CENTER                      APRIL 21                      9:00am – 11:30am**

## HESSCO ELDER SERVICE - APRIL MENU

Reservations must be made at least 2 days in advance. Call **Rita at (781) 329-6514**. Envelopes for your home-delivered meals' confidential donations will be distributed on Monday and collected on Friday.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CONFIDENTIAL DONATION IS \$2.50 PER MEAL.</b>			<b>1</b>	<b>2</b>
			ROAST TURKEY W/GRAVY CRANBERRY SAUCE MASHED POTATO WINTER SQUASH >FRUIT MUFFIN #PUDDING	MAC & CHEESE ESCALLOPED TOM >MULTIGRAIN ROLL PEACHES
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>PIZZA!!! and THREE BEAN SALAD</b>	BBQ PORK PATTY CONFETTI RICE ITALIAN BLEND VEG >WHOLE WHEAT BREAD #TURNOVER	KALE SOUP APRICOT CHICKEN O'BRIEN POTATO >FRUIT MUFFIN FRESH APPLE	HOT HAM SANDWICH SCALLOPED POTATO SCANDINAVIAN BLEND PITA BREAD MANDARIN ORANGES	PIER 17 FISH TARTER SAUCE BLACK BEANS & RICE MIXED VEGETABLES >WHOLE WHEAT BREAD PINEAPPLE
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
AMERICAN CHOP SUEY GREEN BEANS >WHOLE WHEAT ROLL FRESH APPLE	ROAST PORK ROSEMARY GRAVY PARSLEY MASHED POT CALIFORNIA BLEND >FRUIT MUFFIN MIXED FRUI	BEEF & VEG CHILI FLUFFY WHITE RICE DINNER ROLL #PUDDING	ROAST CHICKEN SUPREME RED BLISS POTATO SPRING BLEND VEG SCALI BREAD #SPRING CUPCAKE	TURKEY TETRAZZINI PEAS >WHOLE WHEAT BREAD MANDARIN ORANGES
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>PATRIOTS' DAY  CENTER CLOSED</b>	GREEK MEATBALLS WHIPPED POTATO CHUCKWAGON CORN WHEAT BREAD PEACHES	<b>HAM SANDWICH HEARTY VEG SOUP</b>  FRESH APPLE	SMOKEY BEEF RIB DIRTY RICE BROCCOLI WHITE BREAD #PUDDING	FISH NUGGETS GARLIC MASHED POT TUSCANY BLEND VEG >WHOLE WHEAT BREAD PEARS
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
CREOLE PORK CHOP VEGGIE BAKED BEANS SLICED CARROTS >WHOLE WHEAT BREAD FRESH ORANGE	<b>VOTE  SENIOR CENTER CLOSED</b>	HAPPY BIRTHDAY SPINACH/CHEESE OMLET HASH BROWN POT PEAS & CARROTS >WHOLE WHEAT BREAD # BIRTHDAY CAKE	TURKEY STEW & VEG BOILED POTATO MULTIGRAIN ROLL #PUDDING	MEATLOAF MUSHROOM GRAVY MIXED VEG DINNER ROLL PEACHES

ALL OVER 60 YEARS OF AGE ARE WELCOME AT THE MEAL SITES FOR LUNCH AND SOCIALIZATION. Sodium and calories listed above are for entrees only. A donation of \$2.50 is greatly appreciated. SYMBOLS: >High Fiber, \*Added Salt, # Added Sugar, 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.

APRIL	DATE	DESTINATION	PICK-UP	FEE
	2	Roche Bros	9:30am	\$2.00
	6	Legacy Place	9:30am	\$2.00
	9	Shaw's Market	9:30am	\$2.00
	13	Braintree Mall	9:30am	\$2.00
	16	Hannaford's Mkt	9:30am	\$2.00
	20	Xmas Tree Shop-Avon	9:30am	\$2.00
	23	Roche Bros	9:30am	\$2.00
	27	Election Day	9:30am	
	30	Shaw's Market	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 only take 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. All Westwood Glen residents will be picked up at Building #2. Highland Glen residents will be picked up at the flagpole. 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. If you are in need of a home visit, or have any questions about the program, please call the Westwood Board of Health office at 781 251-2576.

**FISH volunteers** are also available for some assistance to medical appointments. We have some volunteers available for local calls, but very limited service to Boston.

**Medical Transportation** for Westwood residents to medical appointments, within a 10-mile radius, is available between 9:30am and 1:30pm, Monday through Friday. 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:** Rides are available through the Foxfield Taxi Service, 1-800-585-8294, for \$25.00. Twenty-four hours notice is required, and the rides are available only on Mondays and Wednesdays.

**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 Board Members**

Chairperson  
Edie McCracken

Vice-Chairperson  
Robert Folsom

Members  
Betty Connors  
Margaret Dullea  
William Galvin  
Mary Gens  
Irene MacEachern  
Colleen Messing  
Patricia Davies Verzino

Director  
Pat Carty-Larkin

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Council on Aging  
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