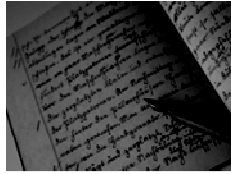


# Westwood Senior News

Co-sponsored by the Friends of Westwood Council on Aging

February 2010

## FROM THE DIRECTOR'S DESK



The month of February is a very short month, so don't forget to register for your appointment to have your income tax return completed. Our AARP Income Tax Assistance Volunteer will prepare your return free of charge. You may also be eligible for the State Circuit Breaker Tax Credit even if you don't file income tax returns. Please take advantage of our services. Call the Senior Center and make your appointment today.

Happy Valentine's Day!

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.

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

Reminders are NOT being mailed out. Be sure to check the renewal date on your license.

## THANK YOU WESTWOOD EDUCATIONAL FOUNDATION

The Council on Aging Board and staff would like to sincerely "Thank" the Westwood Educational Foundation for the grant award to purchase Low Vision Magnification equipment for our computer in the activity room. This new equipment will assist seniors who can no longer use a regular computer. The equipment will be ready this month, so please feel free to stop in and use this new Low Vision Magnification feature.

## RHODE ISLAND FLOWER SHOW

Thursday, Feb. 18 9am \*\$17.00

Please join us on a trip to the Rhode Island Flower Show. We will leave the COA at 9 AM. Cost of \$17.00 **does not** include lunch, which will be on our own. Get a sneak peek at spring.

Seating is limited so please register by calling the Senior Center.

## WINTER WEATHER REMINDERS

If the Westwood Public Schools are closed, there will be no programs or transportation through the Westwood Senior Center. "No School" announcements are on TV channels 4, 5 and 7. Even if schools are open, if the COA determines that the weather is hazardous for you and our drivers, we may cancel programs and transportation. If your pathway is unsafe for you or our drivers, we may not be able to pick you up for an activity or medical appointment. HESSCO makes its own decisions regarding the home-delivered meals. The meal site is closed if the Senior Center is closed. Their cancellation notices are on TV channels 5 & 7. If you have any questions call HESSCO directly at 781-784-4944. Be prepared for winter: We recommend that you stock up on essentials – extra food (especially ready-to-eat foods) and water, special diet foods, medications, flashlights, portable radios, batteries, etc. Try to arrange to have a friend or neighbor check up on you and vice versa.



## BRAIN FOOD

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

### Computer for Beginners

Tuesdays, February 2, 9, 16, 23 10:00am-11:45am

Westwood residents \$10.00-non-residents \$15.00

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

### Intermediate Computer

Thursdays February 4, 11, 18, 25 10:00am-11:45am

Westwood residents \$10.00/non-residents \$15.00

Review and learn additional formatting, editing skills; create a table, card and labels 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 your own laptop. A variety of days and times are available! Call 781-329-8799 to reserve your one-on-one session.

### Writing Group

**FREE**

Wednesday, February 24 2:30pm  
Share your thoughts and meet new friends.

### Book Club

**Wednesday, February 17 2:15pm**

**FREE**

Book discussion is listed below.

*I Do Not Come to You by Chance* *Adaobi Tricia Nwaubani*

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



## TO YOUR HEALTH

Please remember to register for all events. To register, or for information, call (781)329-8799

### Bowling League

Mondays, February 1, 8, 22 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.

### Low Impact Exercise

**\$2.00/session Mondays, February 1, 8, 22**

**and**

**Wednesdays February 3, 10, 17, 24**

**1:00pm**

**Low impact exercise class.**

### Indoor Walking at Westwood High

Mondays, February 1, 8, 22 and Thursday, February 4, 11, 25 3:15-4:00pm

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.

### Tai Chi

**\$3.00/class**

Tuesdays, February 2, 9, 16, 23 1:00pm

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

### REIKI and FULL SPECTRUM HEALING

Thursday, February 4 1<sup>st</sup> session is **FREE** then \$25.00/session

Melissa Hed, Usui Reiki Master, will offer 1:1 sessions of 45 minutes on Thursday, February 4, 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 **only** is free.

## TO YOUR HEALTH



Please remember to register for all events.  
To register, or for information, call (781)329-8799

**WALK-FIT- CARDIO-STRENGTH TRAINING****\$3.00/CLASS**

Tuesdays, February 2, 9, 16, 23 and  
Fridays, February 5, 12, 19, 26 1:30-2:30pm  
Join Eileen for this strength training class. Good for  
balance and posture to help increase your strength and  
well being.  
Please bring water and 1 or 2 lb weight.

**"The New Day" Bereavement Group****FREE**

Wednesday, February 3, 10,17,24 10:00-11:30am

All are welcome to attend a caring and open  
Bereavement Group led by Facilitators Dorothy Ruggiero  
and Mary Sethna, from St. Margaret Mary Parish.

**Blood Pressure Clinic****FREE**

Wednesday, February 17 9:00 –  
11:30am

**Chair Yoga**

Tuesdays, February 2, 9, 16, 23 9:00am  
\$2.00/session

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

**NUTRITION TALK**

***Thursday, February 18 11 am***  
***FREE***

*A dietitian from the Ellis Nursing Center will present an  
informational program on nutrition at the Senior Center.  
Refreshments will be provided.*

## TO YOUR HEALTH (continued)

**KIDNEY DISEASE TALK**

**Wednesday, February 24 10:30 am**  
**FREE**

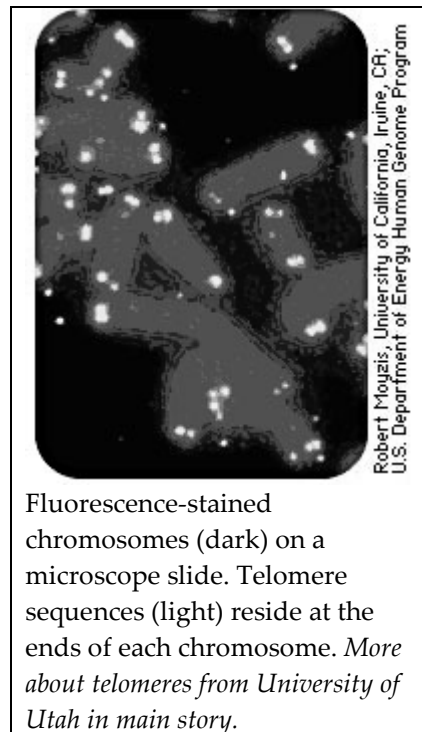
*A representative from the Medford Dialysis Center will come  
and discuss current information relating to Kidney Disease.*

**Exercise & Fitness for Senior Citizens***(from Senior Journal)*

Physical Activity Has Anti-Aging Effect on  
Cardiovascular System: German Study

Utah scientist reports on emerging importance of  
telomeres in aging, cancer and maybe immortality;  
seniors with short telomeres most likely to die – *see below  
story*





Dec. 1, 2009 –  
People who  
engage in regular  
physical activity  
are gaining an  
anti-aging weapon  
that will help them  
live longer lives.  
New research finds  
intensive exercise  
prevents aging of  
the cardiovascular  
system by  
preventing  
shortening of  
telomeres – the  
DNA that  
bookends



Robert Moyzis, University of California, Irvine, CA;  
U.S. Department of Energy Human Genome Program

Fluorescence-stained  
chromosomes (dark) on a  
microscope slide. Telomere  
sequences (light) reside at the  
ends of each chromosome. *More  
about telomeres from University of  
Utah in main story.*

*Continued on page 6*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
9:30 Bowling League 10:00 Ladies Craft Grp. 1:00 Exercise Class 1:00 Painting 1:00 Whist Group 3:15 Indoor Walking	9:00 Chair Yoga 9:30 Emerald Square Mall 10:00 Begin Computer 10:00 Quilting. 11:45 Writing Group 1:00 Tai Chi 1:30 Walk Fit 2:00 Movie	10:00 Bereavement Group <b>10:00 Woman's Club</b> 11:30 Dup. Bridge at Foxboro 1:00 Exercise Class 	9:00 Reiki Healing 9:30 Wii Games 10:00 Inter. Computer 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet 3:15 Indoor Walking 	9:30 Roche Bros 10:00 Coffee Hour 11:30 Rubber Bridge 1:30 Walk-Fit
8	9	10	11	12
<b>9:00 Tax Assistance</b> 9:30 Bowling League 10:00 Ladies Craft Grp. 1:00 Exercise Class 1:00 Painting 1:00 Whist Group 3:15 Indoor Walking	<b>8:30 Day of Beauty</b> 9:00 Chair Yoga 9:30 Braintree Mall 10:00 Begin Computer 10:00 Quilting. 11:45 Writing Group 1:00 Tai Chi 1:30 Walk-Fit 2:00 Movie	10:00 Bereavement Grp. 10:00 Legal Talk 11:30 Dup. Bridge at Foxboro 1:00 Exercise Class	9:30 Wii Games 10:00 Inter. Computer 1:00 Cribbage <b>1:00 John Root</b> 1:15 BINGO 1:30 Knitting & Crocheting 3:15 Indoor Walking	9:30 Shaw's Mkt. 10:00 Coffee Hour 11:30 Rubber Bridge 1:30 Walk-Fit 
15	16	17	18	19
<b>SENIOR CENTER CLOSED</b>  <b>PRESIDENTS' DAY</b>	9:00 Chair Yoga 9:30 Walpole Mall 10:00 Begin Computer 10:00 Quilting 11:45 Writing Group 1:00 Tai Chi 1:30 Walk-Fit 2:00 Movie	9:00 Blood Pressure 10:00 Bereavement Group <b>10:00 Woman's Club</b> 11:30 Dup. Bridge. at Foxboro 1:00 Exercise Class 2:15 Book Group	9:00 <i>Rhode Island Flower Show</i> 9:30 Wii Games 10:00 Inter. Computer <b>11:00 Nutrition Talk</b> 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet	9:30 Hannaford's Mkt. 10:00 Coffee Hour 11:30 Rubber Bridge 1:30 Walk-Fit
22	23	24	25	26
<b>9:00 Taxes</b> 9:30 Bowling League 1:00 Exercise Class 1:00 Painting 1:00 Whist Group 3:15 Indoor Walking	9:00 Chair Yoga 9:30 Braintree Mall 10:00 Begin Computer 10:00 Quilting 11:45 Writing Group 1:00 Tai Chi 1:30 Walk-Fit 2:00 Movie	10:00 Bereavement Grp. <b>10:30 Kidney Talk</b> 11:30 Dup. Bridge at Foxboro 1:00 Exercise Class	9:30 Wii Games 10:00 Inter. Computer 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet 3:15 Indoor Walking	9:30 Roche Bros 10:00 Coffee Hour 11:30 Rubber Bridge 1:30 Walk-Fit

Daly Foot Care no longer comes to the Senior Center. Please Call 781-329-7716 for an appointment.  
BLOOD PRESSURE CLINIC-Town Public Health Nurse - 781-251-2576

\*\*\*FOR YOUR INFORMATION\*\*\*



**PLEASE REMEMBER TO REGISTER FOR ALL EVENTS.  
CALL (781) 329-8799**

**FREE ONE-ON-ONE LEGAL ADVICE**

Wednesday, **MARCH 3<sup>RD</sup>** 9:00- 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.

**INCOME TAX ASSISTANCE**

Beginning Monday February 8  
 9:00am-3:00pm **FREE**  
 Income tax assistance is now available by a representative from AARP. Appointments are limited so give us a call to schedule your time... free to Westwood seniors.

**LEGAL DISCUSSION**

Wednesday, February 10 10:00am  
 FREE

Attorney Frederick Pellegrini will visit the Senior Center to present information about estate planning issues. He will discuss topics such as: Wills & Trusts, avoiding Probate, reducing legal fees, and how to protect one's assets. There will be ample time for questions. Register by calling 781-329-8799.

**INTERGENERATIONAL PROGRAM**

Wednesdays, March 10, April 7, May 5, June 2  
 11:30 – 1:00pm with bag lunch  
 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.

**SHOWCASE CINEMA de LUX at LEGACY PLACE  
 FEBRUARY 2010 MOVIE CLASSICS**

**Silver Screen Classics are offered Mondays at 1:00 pm. Film titles and dates are** occasionally subject to change. Admission is \$2.00. Movie listings are available at the Senior Center.

ENTERTAINMENT

**Please remember to register for all events. To register, or for information, please call (781)329-8799**

**BINGO**



**FREE**

Thursdays, February 4, 11, 18, 25 1:15 – 2:45pm  
 Seniors are invited to play Bingo every Thursday afternoons. Join us and bring a friend!



**MOVIES .....FREE!**

**ALL MOVIES AT 2:00 pm**

February 2	Nights in Rodanthe	Richard Gere Diane Lane	2008
February 9	# 1 Ladies Detective Agency .. volume 2	Jill Scott	2008
February 16	Radio	Ed Harris Cuba Gooding Jr.	2003
February 23	Raising Helen	Kate Hudson	2004

**If there are any movies you would like to see, please let us know.**

**ENTERTAINER  
 JOHN ROOT**



**Thursday, February 11 1:00 pm  
 FREE**

John sings, a cappella or accompanies himself on the piano, and he also plays the flute, clarinet, and saxophone. His repertoire features the best-loved songs of recent memory. Programs often include historical lore and reflections about the songs' lyrics. Everyone is invited to sing along, and requests for favorite selections are welcome.

## Exercise & Fitness for Senior Citizens

(continued from pg 3)

the DNA that bookends the chromosomes and protects the ends from damage, a protective effect against aging.

Researchers report in *Circulation: Journal of the American Heart Association* that they measured the length of telomeres in blood samples from two groups of professional athletes and two groups who were healthy nonsmokers, but not regular exercisers.

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The telomere shortening mechanism limits cells to a fixed number of divisions and can be regarded as a “biological clock.” Gradual shortening of telomeres through cell divisions leads to aging on the cellular level and may limit lifetimes. When the telomeres become critically short the cell undergoes death. The 2009 Nobel Prize in Physiology or Medicine was awarded to researchers who discovered the nature of telomeres and how chromosomes are protected by telomeres and the enzyme telomerase.

“The most significant finding of this study is that physical exercise of the professional athletes leads to activation of the important enzyme telomerase and stabilizes the telomere,” said Ulrich Laufs, M.D., the study’s lead author and professor of clinical and experimental medicine in the department of internal medicine at Saarland University in Homburg, Germany.

“This is direct evidence of an anti-aging effect of physical exercise. Physical exercise could prevent the aging of the cardiovascular system, reflecting this molecular principle.”

**Essentially, the longer telomere of athletes is an efficient telomere.**

The body’s cells are constantly growing and dividing and eventually dying off, a process controlled by the chromosomes within each cell. These chromosomal “end caps” — which have been likened to the tips of shoelaces, preventing them from fraying — become shorter with each cell division, and when they’re gone, the cell dies. Short telomeres limit the number of cell divisions, Laufs said.

In addition, the animal studies of Laufs and colleagues show that the regulation of telomere stabilizing proteins by exercise exerts important cellular functions beyond the regulation of telomere length itself by protecting

from cellular deterioration and programmed cell death.

In the clinical study, researchers analyzed 32 professional runners, average age 20, from the German National Team of Track and Field. Their average running distance was about 73 kilometers (km), a little over 45 miles, per week.

Researchers compared the young professional athletes with middle-aged athletes with a history of continuous endurance exercise since their youth. Their average age was 51 and their average distance was about 80 km, or almost 50 miles, per week.

The two groups were evaluated against untrained athletes who were healthy nonsmokers, but who did not exercise regularly. They were matched for age with the professional athletes.

The fitness level of the athletes was superior to the untrained individuals. The athletes had a slower resting heart rate, lower blood pressure and body mass index, and a more favorable cholesterol profile, researchers said.

Long-term exercise training activates telomerase and reduces telomere shortening in human leukocytes. The age-dependent telomere loss was lower in the master athletes who had performed endurance exercising for several decades.

“Our data improves the molecular understanding of the protective effects of exercise on the vessel wall and underlines the potency of physical training in reducing the impact of age-related disease,” Laufs said.

The German Research Association and the University of Saarland funded the study.

Co-authors are: Christian Werner, M.D.; Tobias Furster, medical student; Thomas Widmann, M.D.; Janine Pöss, M.D.; Christiana Roggia, Ph. D.; Milad Hanhoun, M.D.; Jürgen Scharhag, M.D.; Nicole Buchner, Ph. D.; Tim Meyer, M.D.; Willfried Kindermann, M.D.; Judith Haendeler, Ph. D. and Michael Böhm, M.D.

Additional Resources:

- The American Heart Association’s Start! initiative encourages all Americans to participate in regular physical activity. Start! includes personalized walking plans for people at any fitness level. Visit [www.startwalkingnow.org](http://www.startwalkingnow.org) to download the Start! Walking Plans and locate Start! Walking Paths near you.

### UPCOMING COA TRIPS

### UPCOMING COA TRIPS (cont)

**Registration required for all activities. Register at the Senior Center or call 781-329-8799**

**FOUR CELTIC VOICES at Venus de Milo, Swansea, MA**

**Thursday, March 18**

Spellbinding journey in song including traditional Celtic harmonium, flute and harp. Meal choice: Corned Beef & Cabbage or Baked Haddock minestrone soup, vegetable, bread, dessert, coffee/tea.

**\$65.00pp**  
Includes transportation and luncheon.



**Comedian GLEN ANTHONY At Lantana, Randolph**

**\$40.00pp**  
Includes luncheon, **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. **You must provide your own transportation.**

**"B" is for BRUNCH \$65.00pp includes transportation and more!**

**Sunday, May 2,**

Buffet Brunch, Swan Chocolates tour, and Brewery Tour of Anheuser-Bush with a sample! Transportation included, as well as \$65.00 step on guide, brunch and tours.

A wonderful way to spend a Sunday!!!

**One hour SCENIC CRUISE**

**\$85.00pp**  
all inclusive



Tuesday, July 13

#### **LAKE WINNIPESAUKEE & LAKES REGION**

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. What a way to spend a wonderful summer day!

**SPIRIT OF BOSTON CRUISE**



**\$75.00pp**

Includes luncheon and Broadway quality show!

**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.

**TROPICAL ISLAND HEAT** Luciano's

**\$40.00pp**

**On Lake  
Pearl**

**Wrentham**

**Transportation NOT  
included**



**SCARBOROUGH,  
MAINE**

**\$75.00**

### **LOBSTERBAKE**

Wednesday, May 12 **ARRIVE** at 11:30am

Enjoy the tropical steel band music and hits of Harry Belafonte along with mambos and chachas. . Enjoy a wonderful "summer to come" show.

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

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. \$75.00 pp includes luncheon, city tour and transportation.

Meal choice: whole boiled lobster & clams or baked stuffed chicken, clam chowder, baked potato, Caesar salad, rolls/butter, beverage and dessert.

**RAIL and SAIL SCENIC  
NEW HAMPSHIRE  
ALL ABOARD!!!**

**\$85.00pp  
includes  
all!**

Thursday, September 16.

Board the Winnepesaukee Railroad for a 1.5 hour excursion...then come on board the M/S Mount Washington for a beautiful scenic cruise on the Lake. On board luncheon buffet and live entertainment: "Rock, Roll & Remember".


Buffet includes: Carved Prime Rib, Haddock, roasted potatoes, vegetables, salad, assorted dessert tray transportation.

***Upcoming trips continued on page 9***



## HESSCO ELDER SERVICE-FEBRUARY 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
1	2	3	4	5
Creole Pork Chop Scalloped Potato Winter Blend Veg >Whole Wheat Bread #Pudding	Corn Chowder Roast Beef California Blend Dinner Roll Apple	Macaroni & Cheese Escalloped Tomato >Whole Wheat Roll Fruit Cup	Roast Turkey/Gravy Cranberry Sauce Mashed Potato Peas & Onions Wheat Bread #Hermit	Americ an Chop Suey Chuck Wagon Corn >Multigrain Roll Pears
Calories-435 Sodium-437	Calories- Sodium-	Calories-500 Sodium-670	Calories-371 Sodium-214	Calories-236 Sodium-292
8	9	10	11	12
Chicken Stew Whipped Potato >Whole Wheat Roll Peaches	Fish Sandwich on a Hamburg Roll Tartar Sauce Hot German Slaw Black Beans & Rice Fresh Orange	Honey Glazed Chicken Dirty Rice Broccoli >Whole Wheat Bread Brownie	Beef Stroganoff Buttered Noodles Peas >Multigrain Roll Mandarin Oranges	BBQ Beef Patty O'Brien Potato Roman Blend White Bread #Pudding
Calories-442 Sodium-237	Calories-619 Sodium-652	Calories-229 Sodium-396	Calories-651 Sodium-267	Calories-433 Sodium-333
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>PRESIDENTS' DAY</b>  <i>Washington</i> <b>SENIOR CENTER CLOSED</b>	*Sausage Sub with Onions & Peppers Hash Browns Zucchini & Tomato Sub Roll Peaches	*Seafood Salad with Pasta Salad Three Bean Salad Pita Bread Orange	Meatloaf with Gravy Parmesan Mashed Potato Winter Squash >Whole Wheat Bread Almond Cookie	Stuffed Shells Italian Blend >Multigrain Roll #Pudding
	Calories-439 Sodium-735	Calories-317 Sodium-1035	Calories-503 Sodium-331	Calories-328 Sodium-746
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Pizza Salad Fresh Apple	*Deli Sliced Ham Potato Salad Tossed Salad with Dressing White Bread Fruit Cup	<b>HAPPY BIRTHDAY</b> Salsa Chicken Spanish Rice Tuscany Blend Veg >Whole Wheat Bread *Birthday Cake	Minestrone Soup Cheese Omelet Hash Brown Potato >Multigrain Roll #Pudding	Lemon Butter Scallop Casserole Parsley Whipped Pot. Green Beans >Whole Wheat Bread Pineapple
Calories- Sodium-	Calories-292 Sodium-1446	Calories-358 Sodium-284	Calories-471 Sodium-573	Calories-273 Sodium-308



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.

SYMBOLS: >High Fiber, \*Added Salt, # Added Sugar, Modified Desserts are available

**CONFIDENTIAL DONATION IS \$2.50 PER MEAL.**

### SENIOR CENTER ACTIVITIES

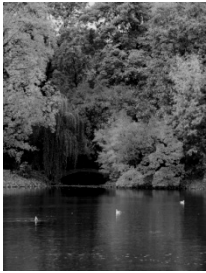
Alzheimer's Partnership  
 Artist's Group  
 Bereavement Group  
 Bingo  
 Blood Pressure Clinic  
 Book Group  
 Bowling  
 Bridge  
 Caregiver's Group  
 Coffee Hour  
 Community Outreach

Computer Classes  
 Craft Classes  
 Craft Fair Group  
 Cribbage  
 Day & Overnight Trips  
 Exercise Classes  
 Financial Planning  
 Fuel Assistance  
 Hearing Screening  
 Income Tax Preparation  
 Information/Referrals

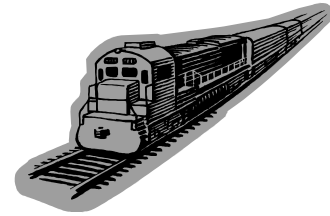
Internet  
 Knitting and Crocheting  
 Legal Referrals  
 Library: Books & Videos  
 Lunch Served Daily  
 Manicures  
 Meals on Wheels  
 Medical Presentations  
 Movies  
 Quilting Class

SHINE Counseling  
 Tai Chi  
 Television  
 Transportation  
 TRIAD  
 Volunteer Opportunities  
 Walkers' Group  
 Whist  
 Writing Class

### COA TRIPS (continued from page 7)



**FALL FOLIAGE TRAIN RIDE**  
 through  
**NEW HAMPSHIRE'S MOUNTAINS and LAKE**  
**REGIONS**  
**\$95.00pp includes all**



Friday, October 1.

Join us for a beautiful four 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.

**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
	2	Emerald Square Mall	9:30am	\$2.00
	5	Roche Bros.	9:30am	\$2.00
	9	Day of Beauty	8:30 am	\$20.00
	9	Braintree Mall	9:30am	\$2.00
	12	Shaw's Market	9:30am	\$2.00
	16	Walpole Mall	9:30am	\$2.00
	19	Hannaford's Mkt	9:30am	\$2.00
	23	Braintree Mall	9:30am	\$2.00
	26	Roche Bros	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 volunteers available for local calls, but very limited service.

**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.

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