

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

NOVEMBER 2012

NOTE FROM THE COA DIRECTOR

Director's Report:

Well, November is certainly a busy month at the Senior Center. Election day and two holidays will keep everyone hopping! The Westwood Policy Association is sponsoring a special Thanksgiving Dinner for Westwood Seniors on Saturday, November 17th at 12:00 noon. Reservations are limited to 50 Seniors. Please come to the Senior Center after November 1st to make your reservation and pick up your ticket. The COA would like to thank the Westwood Police Association for this wonderful dinner. Enjoy your month.

Sincerely,

Pat Carty-Larkin

Director, Westwood COA

A Special **Thank You** to Ms. Cathy Dudley. Cathy, a Westwood resident has very graciously donated a beautiful piano to the COA.



AARP DRIVING COURSE

The Westwood COA is hosting an AARP Driver Safety course on Monday, December 3rd. AARP Driver Safety is the nation's first, and now largest, course designed for drivers over 50. The class will begin at 10:00 and end at 2:45 PM. All participants will be able to order lunch from HESSCO here at the COA. The fee is \$12.00 for AARP members and \$14 for non-members.



PLEASE REGISTER BY CALLING THE COA

The COA will be closed the following dates in November:

November 6 – Voting Day
November 12 – Veteran's Day
November 22 & 23 – Thanksgiving

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

**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**
 Wednesdays Nov 7,14,21,28 9:00am
 Fridays Nov 2,9,16,30 9:00am

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

Tai Chi **\$3.00/session**
 Tuesdays Nov 13,20,27 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 Nov 13,20,27 9:30 am

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

CLASSES and EXERCISE

(continued)

Knit and Crochet **Free**
 Tuesdays Nov 13,20,27 1:00pm

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

Ladies Craft Group **Free**
 Mondays Not meeting 10:00am
 Until January

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

Low Impact Exercise **\$3.00/session**
 Mondays Nov 5,19,26 1:00pm
 Wednesdays Nov 7,14,28 1:00pm
 Keep fit, stay healthy!

Painting **\$40.00 plus supplies**
 Mondays Nov 5,19,26 1:00pm

8-week session watercolor painting class.

Quilting **\$1.00**
 Tuesdays Nov 13,20,27 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)

ONGOING ACTIVITIES

Bereavement Group Free
Wednesday 7,21 10:00am

Led by LICSW Nina Johnston, this friendly and supportive group usually meets every other Wednesday during each month. She will resume this group in the Fall.

Blood Pressure Clinic Free
Wednesday Nov 21 9:00am

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

St. Margaret Mary's Support Group Free
Wednesday Nov. 7,21,28 10:00am

Pat Johnson's Book Club Free
Wednesday Nov. 7 2:00pm

Legal Advice (by appointment only) Free
Tuesday Nov 13 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.

Book Club with Beverly Lowery Free
Wednesday Dec 12 1:00pm
Join Beverly for a book discussion on the book *Plain Truth* by Jodi Picoult.

Medical Appointment Transportation to Boston \$25.00 donation
Mondays and 9:00am-
Wednesdays 11:00am

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. Rides are shared, so all 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.



GAMES & SPORTS

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 from page 3)

SHINE

(Serving Health Information Needs of Elders)

Wednesday Nov 7 9:00-11:00am

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

The following additional dates are being offered to assist with **Medicare Open Enrollment**. Please call to register.

Wednesday Nov 14,21,28 9:00-11:00am

Waxing Appointments required

Friday Dec 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.

Bingo Free
Thursdays Nov 1,8,15,29 1:15pm

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

Bowling League
Mondays Nov 5,19,26 9:30am

Bridge Free
Fridays Nov 2,9,16,30 11:15am

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

Cribbage Free
Wednesdays Nov 7,14,28 1:00pm

Duplicate Bridge Free
Wednesdays Nov 7,14,28 11:30am

We play in Foxboro on Wednesdays, and all duplicate bridge players are welcome!

Mah Jongg Free
Thursdays Nov 1,8,15,29 12:30pm

Bring your game and cards, and come and play!

Whist Free
Mondays Nov 5,19,26 1:00PM

Wii Games Free
Thursdays Nov 1,9,15,29 9:30am

You'll have so much fun playing Wii Games, you won't even know you're exercising!

**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

Thursday December 6th \$44.95 pp
Lantana's in Randolph

An Irish Christmas with John MacNally

John is one of the best known and internationally acclaimed Irish tenors of our time. John has recorded more than 30 albums, including 2 Platinum and 4 Gold records. He has sold out audiences at Carnegie Hall and Lincoln Center for the Arts to mention a few. A holiday Roast Turkey Dinner will be served. Transportation is not included.

Monday December 31st \$54.00 pp
Sheraton 4 Points in Norwood

Aaron Caruso has created a truly entertaining show that will take us on a romantic journey to Italy with such favorites as "Volare" and "Mamma". Aaron will also take you to Broadway with The Phantom of the Opera, and even sings the up-tempo songs of Tom Jones. Plus dancing to the Tom LaMark Orchestra. Dance your way into the New Year with this exceptional orchestra! Or if you prefer simply watch, listen and enjoy the wonderful music. Meal choice: Prime Rib or Baked Scrod Plus: Salad, Vegetable, Potato, Dessert, Coffee or Tea. Spaces are very limited!!

A 50 year old mother of 2 girls, ages 11 and 13 is looking to live with an older adult in Westwood. She is willing to assist with meals, yard work, household chores, shopping, etc. Can also provide personal fitness training. Willing to discuss options and compatibility. Please contact Trish Tucke or Pat Larkin at COA.

EXPLORING THE RAIN FOREST

Thursday, November 1st at 10:00 am
Victoria Haven Rehabilitation & Skilled Nursing Center will sponsor world traveler Dana Zaiser of Norton. He will present "Exploring the Amazon Rainforest" with pictures and descriptions of his recent cultural and ecological cruise up the Rio Negro, one of the largest tributaries of the Amazon River. Please join us for this exciting presentation.

Monday, November 5th at 10:30 am
AARP United Healthcare Medicare Advantage plan for Norfolk County residents. This plan has just become available to residents of Norfolk County. Benefit information will be provided in this seminar. Call to register.

Monday, November 5th at 10:00 am
Music with Miss Tina

Saturday, November 17th at 12 noon
Westwood Police Association sponsored Thanksgiving Dinner.

Monday, November 19th at 11:00 am
Celebrate Financial Planning Week by attending a free community service event sponsored by the non-profit Financial Planning Association. Learn about basic estate planning tools and how estate planning is an essential part of financial planning.

Newsletter renewal for 2013 is ongoing. Please submit cash or check (made out to Friends of Westwood COA) in the amount of \$4.00. Include name, address and telephone number

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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.

SPECIAL EVENTS

REASSURANCE LINE

Would you like to receive a friendly daily telephone call? Our Reassurance Line links seniors with people who call each morning at about 9am as a reminder to take medications or just as a “check in” to see how you are doing. Please call Outreach Worker Jean Stahl at: 781-329-8799 to join this beneficial program.

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:

Q: I am a widow living in my own home. I am comfortable with this arrangement right now but I realize there may come a time when I cannot manage on my own. What are some of my housing options?

A: You are smart to begin considering new options now, rather than waiting until there is a crisis. Advance planning means you are more likely to control your housing choice rather than have it decided for you. Here are some options to consider:

ASK A LAWYER (from previous column)

- **Remain in your current home.** This plan may require physical modifications to your home such as moving the bedroom to the first floor and renovating the bathroom. You must also be willing to accept help from home health aides or others as needed.
- **Cohabitate with family members.** Move in with an adult child or have a family member move in with you to provide care.
- **Independent living.** Independent living is right for individuals who are able to live on their own but want the convenience of ready transportation, the opportunity for socialization, and the comfort of knowing support is nearby if needed.
- **Assisted Living.** Assisted living combines housing with personal service and is for people who need support with day to day activities such as meals, bathing and dressing.

For more information and to read more about elder law and the services provided by elder law attorneys please visit www.ssbllc.com or call 781/461-1020. This article is not intended to provide legal advice or create or imply an attorney-client relationship. No information contained herein is a substitute for a personal consultation with an attorney.

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EVENTS**

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MOVIES FREE

Tuesdays 2:00pm

Nov 13 From Here to Eternity

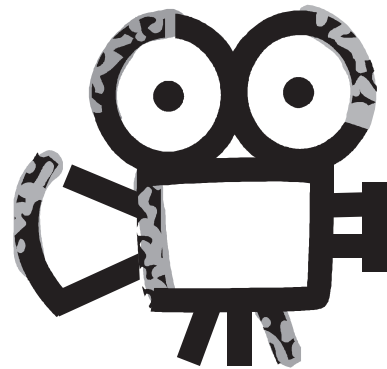
1953 **NR** 118 Minutes

This gripping adaptation of James Jones' novel about Army life in Hawaii in the idyllic days just before Dec. 7, 1941, boasts one of the hottest love scenes in screen history: Burt Lancaster and Deborah Kerr rolling around in the sandy surf. All told, the film won eight Oscars, including awards for Best Picture, Best Screenplay, Best Supporting Actress (Donna Reed) and Best Supporting Actor (Frank Sinatra).

**Nov 20 The Best Exotic
Marigold Hotel**

2011 **PG-13** 124 Minutes

To make the most of their meager retirement savings, a group of British seniors moves to India to live out their golden years at the Marigold Hotel. But upon arrival, they discover the once-lavish resort has wilted considerably. Starring Judi Dench, Maggie Smith, Billy Nighy.



Nov 27 Mrs. Brown

1997 **PG** 105 minutes

Grieving widow Queen Victoria (Oscar nominee Judi Dench) withdraws into sadness for years until plainspoken manservant John Brown (Billy Connolly) disrupts her mourning. But as their friendship grows, it results in personal and political ramifications for both of them. Exquisitely filmed and fueled by sparkling performances, director John Madden's period drama brilliantly portrays the woman behind an empire and the man who helped her live again. Starring Judi Dench, Billy Connolly, Gerard Butler.

1

ACROSS

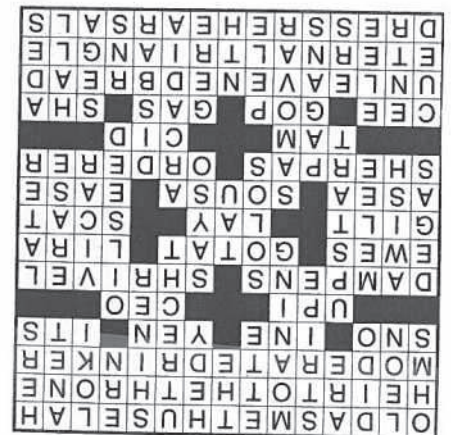
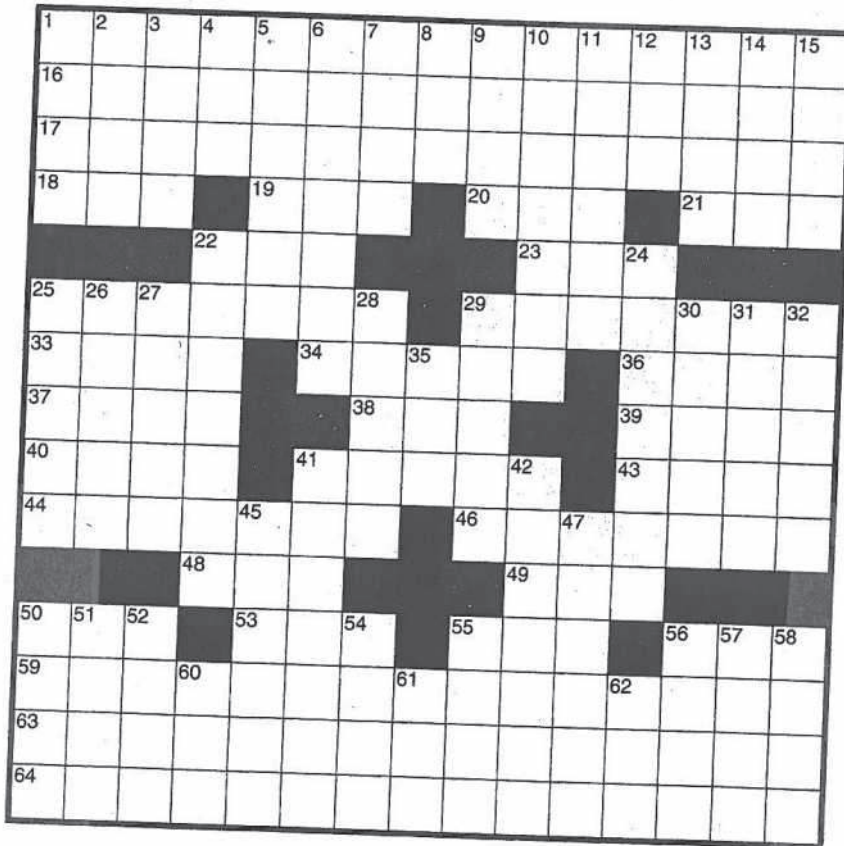
- 1 Very, very ancient
- 16 Crown prince, e.g.
- 17 Average imbiber
- 18 ___-Cat (winter vehicle)
- 19 Suffix with serpent
- 20 Hankering
- 21 "___ a sin to tell a lie"
- 22 Reuters rival
- 23 Corporate VIP
- 25 Moisturizes
- 29 Wither
- 33 Lambs' mothers
- 34 Implied
- 36 Former Italian currency
- 37 Gold coating
- 38 Rest

- 39 Sing like Ella
- 40 On the briny
- 41 Composer of "The Liberty Bell"
- 43 Facilitate
- 44 Himalayan guides
- 46 Arranger
- 48 Highland hat
- 49 El ___ (Spanish hero)
- 50 So-so grade
- 53 Republican's letters
- 55 Balloon fill
- 56 TV's "___ Na Na"
- 59 Passover food
- 63 Literary figure?
- 64 Dry runs
- 5 Band
- 6 Complainer's activity
- 7 Suffix with cigar
- 8 English article
- 9 Actress Lamarr
- 10 Central Netherlands city
- 11 Black eye
- 12 It may follow directions
- 13 Norse deity
- 14 Work without ___ (take risks)
- 15 Towel word
- 22 Presumptuous person
- 24 Castor bean, for one
- 25 "L'Absinthe" painter Edgar
- 26 "Make ___!" (birthday request)
- 27 Riotous fight
- 28 Flies alone

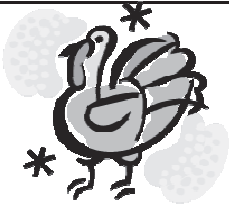

- 29 Authority
- 30 Reverend
- 31 Rub out
- 32 Afterwards
- 35 Sigma follower
- 41 Urn
- 42 Region of Greece
- 45 Heathens
- 47 Expel from practice, as a lawyer
- 50 Prompted
- 51 ___'acte
- 52 Gen. Robt. ___
- 54 Brazilian soccer legend
- 55 "American Gigolo" actor Richard
- 56 Nintendo competitor
- 57 Lobby
- 58 Fruit drinks
- 60 Sounds of uncertainty
- 61 Ultimate degree
- 62 Hosp. workers

DOWN

- 1 Resistance units
- 2 Ponce de ___
- 3 Queen of Carthage
- 4 "We ___ the World"



November 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DONATION IS \$2.50 PER MEAL MEAL TO CANCEL MEALS CALL 781-329-6514			1 BEEF STEW W/VEGETABLES BOILED POTATO DINNER ROLL STRAWBERRY CUP	2 CRUNCHY LITE FISH AU GRATIN POTATO CUT GREEN BEANS >WHOLE WHEAT BREAD FRESH FRUIT
			<i>CALORIES 448</i> <i>SODIUM 384</i>	<i>CALORIES 331</i> <i>SODIUM 395</i>
5	6	7	8	9
TORTELLINI W/TOMATO BASIL SAUCE ITALIAN BLEND VEG >MULTIGRAIN ROLL #PUDDING	MINSTRONE SOUP CHICKEN PICCATA RICE FLORENTINE WHEAT BREAD FRESH FRUIT	SWEDISH MEATBALLS NOODLES MIXED VEGETABLES >WHOLE WHEAT BREAD APRICOTS	MEATLOAF W/MUSHROOM GRAVY WHIPPED POTATO PEAS & CARROTS WHEAT BREAD #CHERRY TURNOVER	*LOW SALT HOT DOG *MUSTARD *BAKED BEANS HOT GERMAN SLAW HOT DOG ROLL STRAWBERRY CUP
<i>CALORIES 251</i> <i>SODIUM 455</i>	<i>CALORIES 461</i> <i>SODIUM 677</i>	<i>CALORIES 497</i> <i>SODIUM 225</i>	<i>CALORIES 505</i> <i>SODIUM 451</i>	<i>CALORIES 425</i> <i>SODIUM 727</i>
12	13	14	<u>THANKSGIVING FEAST</u>	16
VETERANS DAY NO MEALS SERVED OFFICE CLOSED	MAC & CHEESE ESCALOPED TOMATO WHOLE WHEAT ROLL #PUDDING	CHICKEN STEW WITH VEGETABLES WHIPPED POTATO MUFFIN PEARS	RST. TURKEY W/GRAVY CRANBERRY SAUCE WHIPPED POTATO WINTER SQUASH >WHOLE WHEAT BREAD #APPLE PIE	SALMON BOAT W/LEMON DILL SAUCE FLUFFY WHITE RICE TUSCAN BLEND VEG >WHOLE WHEAT BREAD FRESH FRUIT
<i>CALORIES 251</i> <i>SODIUM 455</i>	<i>CALORIES 443</i> <i>SODIUM 542</i>	<i>CALORIES 434</i> <i>SODIUM 386</i>	<i>CALORIES 344</i> <i>SODIUM 533</i>	<i>CALORIES 281</i> <i>SODIUM 413</i>
19	20	21	22	23
AMERICAN CHOP SUEY WAX & GREEN BEANS >MULTIGRAIN ROLL #APPLE TURNOVER	<u>COLD PLATE</u> CHICKEN SALAD PASTA SALAD BEEF SALAD PITA BREAD FRUITED JELLO	BEEF CHILI CONFETTI RICE WHOLE WHEAT ROLL STRAWBERRY CUP	THANKSGIVING DAY NO MEALS SERVED OFFICE CLOSED	VEGGIE OMELET HASH BROWN POTATO FRUIT MUFFIN FRESH FRUIT
<i>CALORIES 293</i> <i>SODIUM 210</i>	<i>CALORIES 435</i> <i>SODIUM 514</i>	<i>CALORIES 301</i> <i>SODIUM 411</i>	<i>CALORIES 344</i> <i>SODIUM 533</i>	<i>CALORIES 341</i> <i>SODIUM 485</i>
26	27	28	29	30
MEATBALL SUB ITALIAN SPAGHETTI COUNTRY BLEND VEG SUB ROLL STRAWBERRY CUP	BEEF BURGUNDY RED BLISS POTATO RIVIERA BLEND VEG >WHOLE WHEAT ROLL #*PUDDING	<u>HAPPY BIRTHDAY</u> ROAST PORK WITH APPLESAUCE GRAVY WHIPPED POTATO PEAS W/RED PEPPERS WHEAT BREAD #BIRTHDAY CAKE	POTATO PARM SOUP BBQ CHICKEN GENOA BLEND VEG >MULTIGRAIN ROLL FRESH FRUIT	Seafood Salad Potato Salad Cole Slaw Dessert >Milk
<i>CALORIES 263</i> <i>SODIUM 545</i>	<i>CALORIES 386</i> <i>SODIUM 297</i>	<i>CALORIES 511</i> <i>SODIUM 239</i>	<i>CALORIES 447</i> <i>SODIUM 484</i>	<i>CALORIES 350</i> <i>SODIUM 373</i>

ALL OVER 60 YEARS OF AGE ARE WELCOME AT THE MEAL SITES FOR LUNCH AND SOCIALIZATION.

Please call Rita at 781-329-6514 at least 2 days in advance to make reservations. Envelopes for home delivered meals confidential donation will be distributed on Monday and collected on Friday.

ACTIVITIES NOVEMBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			9:30 Wii Games 10:00 Rainforest Talk 12:30 MAH JONGG 1:15 BINGO	9:00 Fun Fit 9:30 Roche Bros. 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
5	6	7	8	9
9:30 Bowling 10:00 Music w/Tina 10:30 AARP United Healthcare 1:00 Exercise Class 1:00 Whist Group 1:00 Painting	CLOSED FOR VOTING	9:00 Fun Fit 9:00 SHINE 9:30 Woman's Club Board Mtg. 10:00 St. M/M Support 10:00 Bereavement w/Nina 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 1:00 Cribbage 2:00 Book Club w/ Pat Johnson	9:30 Wii Games 10:00 Men's Club Exec. Board 12:30 MAH JONGG 1:15 BINGO 1:30 Garden Club Mtg.	9:00 Fun Fit 9:30 Shaw's Mkt. 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
12	13	14	15	16
CLOSED FOR VETERAN'S DAY HOLIDAY	8:30 Free Legal Help 9:30 YOGA 9:30 Target 10:00 Quilting 10:00 Computer Hour 1:00 Knitting & Crocheting 1:00 Tai Chi 2:00 Movie	9:00 Blood Pressure 9:00 SHINE 9:00 Fun Fit 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 1:00 Cribbage	9:30 Wii Games 12:30 MAH JONGG 1:15 BINGO	9:00 Fun Fit 9:30 Hannaford's 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
19	20	21	22	23
9:30 Bowling 11:00 Estate Planning 1:00 Exercise Class 1:00 Whist Group 1:00 Painting	9:30 YOGA 9:30 Xmas Tree/Foxb. 10:00 Computer Hour 10:00 Quilting 1:00 Knitting & Crocheting 1:00 Tai Chi 2:00 Movie	9:00 Fun Fit 9:00 SHINE 9:30 Stop & Shop 10:00 Bereavement w/Nina 10:00 St. M/M Support CENTER CLOSSES AT 12:30	CLOSED FOR THANKSGIVING HOLIDAY	CLOSED FOR THANKSGIVING HOLIDAY
26	27	28	29	30
9:30 Bowling 1:00 Exercise Class 1:00 Whist Group 1:00 Painting	9:30 YOGA 9:30 Braintree Mall 10:00 Computer Hour 10:00 Quilting 1:00 Knitting & Crocheting 1:00 Tai Chi 2:00 Movie	9:00 Fun Fit 9:00 SHINE 10:00 St. M/M Support 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 1:00 Cribbage	9:30 Wii Games 10:30 Garden Club Workshop 12:30 MAH JONGG 1:15 BINGO	9:00 Fun Fit 9:30 Roche Bros. 10:00 Coffee Hour 11:15 Rub. Bridge Gr.

BLOOD PRESSURE CLINIC

Senior Center

November 21st 9:00 AM – 11:30 AM



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SENIOR TRANSPORTATION SERVICES

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

Nov	DATE	DESTINATION	PICK-UP	FEE
	2	Roche Bros.	9:30am	\$2.00
	6	Election Day	9:30am	\$2.00
	9	Shaw's Mkt.	9:30am	\$2.00
	13	Target/Braintree	9:30am	\$2.00
	16	Hannaford's Mkt	9:30am	\$2.00
	20	Xmas/Foxboro	9:30am	\$2.00
	21	Stop&Shop	9:30am	\$2.00
	27	Braintree Mall	9:30am	\$2.00
	30	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 3rd Wednesday of each month. Please call the Center at (781)329-8799 to arrange for transportation.

FISH volunteers are also available for some assistance to medical appointments.

Medical Transportation for Westwood residents to medical appointments within a 10-mile radius, is available Monday to Friday between 9:30am and 1:30pm. 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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Council on Aging

60 Nahatan Street

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