

# 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

## OCTOBER 2013

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

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

Welcome to colorful October. The colors are simply beautiful. This month we are celebrating people who are 90 years of age and older on October 17<sup>th</sup>. Due to the large group we will be celebrating at the First Baptist Church on High Street. If you have a friend who is 90 years of age or older, please consider attending our celebration with your friend. Just think about how many changes our 90 year old friends have seen in their life time.

Sincerely,

*Pat Carty-Larkin*

Director, Westwood COA



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**HESSCO Meals on Wheels Lunch  
Program is in need of Drivers.  
Please call Nina at: 781-329-6514**

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#### **Got Errands to Do?**

October 1<sup>st</sup> and 15<sup>th</sup> are the days the van is available to take you to the hair dresser, barber, post office, library, drug store, friend's house or any other local errand you would like to do. Call 781-329-8799 to sign up to get your errands done.

**The Swing Era** – A three part series that will look at the significant composers and performers of the heyday of Jazz – the Swing Era. This series will be held on Wednesday, October 2, 9, 16 at 10:00 AM.

#### **“Out to Lunch Thursdays”**

Want to do lunch? Thursdays, October 10 we will go to Blue Moon Bakery in Medfield and October 24 it's off to Bamboo Chinese Restaurant in Dedham.

**Great Decisions** – Come find out more about this informative and interesting program. Wednesday, October 23rd at 1:00.

**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 October 7,21,28 1:00pm  
 Wednesdays October 1:00pm  
 2,9,16,23,30  
 Keep fit, stay healthy!

### Fun Fit Exercise \$3.00/session

Mondays October 7,21,28 9:00am  
 Wednesdays October 9:00am  
 2,9,16,23,29  
 Fridays October 9:00am  
 4,11,18,25

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

### Tai Chi \$3.00/session

Tuesdays October 1:00pm  
 1,8,15,22,29

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

### Yoga \$3.00/session

Tuesdays October 9:30 am  
 1,8,15,22,29

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



## CLASSES and EXERCISE

(continued)

### Knit and Crochet Free

Tuesdays October 1:00pm  
 1,8,15,22,29

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

### Ladies Craft Group Free

Mondays October 7 10:00am

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

### Quilting \$1.00

Tuesdays October 10:00am  
 1,8,15,22,29

Join our group and enjoy quilting with friends.

### Laugh Yoga Free

Thursdays October 10,24 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

### Why seniors still need newspapers!!

While I was visiting my niece last night I asked if I could borrow a newspaper. "This is the 21<sup>st</sup> century," she said. "We don't waste money on newspapers. Here use my iPad."  
 Well, I can tell you this much...that fly never knew what hit him.

**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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**Bereavement Group Free**

Wednesday October 9, 23 10:00am

Led by LICSW Nina Johnston, this friendly and supportive group usually meets every other Wednesday during each month.

**Waxing Appointments required**

Friday October 4 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.

**Manicures \$10.00**

Monday October 21 9:00 AM

Lauren, the manicurist will be here to make your nails look beautiful! APPOINTMENTS are required. Call for an appointment.

**Legal Advice**

**Free**

Tuesday October 1 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 half hour intervals.

**SHINE**

*(Serving Health Information Needs of Elders)*

Tuesday October 1 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.

**Blood Pressure Clinic**

**Free**

Wednesday October 16 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.

**SPECIAL EVENTS (cont.)**

**Errand Day \$2.00**

1st and 3rd Tuesday 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.

***The Swing Era -- 3-Part Series***

Wednesday, October 2, 9, 16 at 10:00 AM.

This lecture series will look at the significant composers and performers of the heyday or Jazz – the Swing Era, where Jazz exploded upon the popular music scene. Goodman, Ellington, Basie, Miller – just a few of the Big Bands we will discuss, as well as the singers and dance styles that swept the nation.

***Fuller Village of Milton – Friday,  
October 11 at 10:00 AM***

Come find more about this Retirement Living Residence in Milton.

**Protect yourself and others from illness during the winter months and during cold and flu season. GET YOUR FLU SHOT at the annual Board of Health Flu Clinic on Saturday, October 19<sup>th</sup> at the Westwood High School gymnasium between 9:00 am and 12 noon.**

To insure that the Senior Center will be a healthy environment for everyone, please do not come to the center if you have any of the following conditions:

- Cold with fever, sneezing, cough and nasal drainage.
- Flu; if you think you have the flu, please rest, take plenty of fluids and stay home.
- Temperature greater than 100 degrees.
- Bronchitis, which can begin with hoarseness, sore throat, cough and slight temperature. Your cough may be dry and then become more productive.
- Diarrhea (watery bowel movements, which are different from usual or are more frequent). Please allow three days to pass without diarrhea before returning to the center.
- Vomiting, if vomiting is persistent and prevents you from keep down any liquids you should contact your doctor.
- Rash that has not be diagnosed by a physician. If your rash is a result of an infection, it is important to be sure you are not contagious.
- Contagious disease, if you are placed on antibiotics please allow 24 hours on the antibiotic before returning to the center.
- Feeling very sick without obvious symptoms. You may be coming down with something, rest, take fluids and please stay home.

Remember your flu shot and frequent hand washing is the best way to protect against illness. Please wash your hands before eating, handling food, after coughing or sneezing, or using the bathroom. Washing off surfaces that maybe contaminated is also good protection from illness. Hand washing protects you and others, do it often.

## **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 would like to help out my daughter and son-in-law this fall by paying my grandchild's tuition. What is the best way to do this?

**A.** The federal gift tax law provides an *unlimited* exemption for gifts for tuition or medical expenses payments if the gift is made *directly* to the institution involved. Therefore, if you are paying tuition, make sure to make the check payable *directly* to the educational institution, rather than to your grandchild or your daughter.

Also, keep in mind that this gift tax exception applies only to payments for full-time or part-time student tuition, not to payments for room and board, books, supplies or other expenses.

Making gifts to family members, including making tuition payments, is often a good idea for tax planning reasons, however gifts may impact your ability to qualify for public benefits in the future. If you have concerns about this, or other questions about gifting, you should consult your estate planning attorney.

Attorney Maria C. Baler is a partner with the Dedham firm of Samuel, Sayward & Baler LLD. 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**

### ***A Very Special Christmas Production of The American Boychoir Demetri's, Foxboro, MA***

*Tuesday, December 3<sup>rd</sup> -- \$62.95 pp includes Luncheon and Show*

The American Boychoir is regarded as the United States' premier concert boys' choir. Boys in grades 4 through 8, reflecting the ethnic, religious and cultural diversity of the United States, come from across the country and around the world to pursue a rigorous musical and academic curriculum at the school. Meal choices: Roasted Stuffed Chicken Breast or Baked Atlantic Scrod with Ritz Cracker crumbs.

This is a drive on your own event.

### ***New Year's Eve Day Trip Featuring Stan Anderson at Sheraton 4 Points, Norwood MA***

*Tuesday, December 31<sup>st</sup> -- \$59 pp includes luncheon and show*

A Boston native, Stan Jr. burst on to the New England music scene to critically acclaimed reviews. From Country to Oldies But Goodies and a touch of Gospel, Stan Jr. has it all. Plus dancing to the Tom LeMark Orchestra.

Meal choices: Prime Rib or Baked Scrod, salad, vegetable, potato, Dessert and coffee and tea.

This is a drive on your own event.

### ***Upcoming Trips in 2014***

**Tuesday, March 11, 2014 Ronan Tynan at  
The Venus de Milo, Swansea, MA**

**Tuesday, March 15, 2014 Debbie Reynolds at  
Mohegan Sun**

**Wednesday, June 12, 2014 The Temptations  
at The Venus de Milo, Swansea, MA**

Watch future newsletters for more details and information.

## FREE MOVIES

### Tuesdays at 2:00 PM

October 1

#### **Chicago**

2002 PG-13 113 minutes

Roxie hungers for stardom but ends up in the slammer, where superstar Velma is doing time for shooting her cheating husband. When Velma's lawyer makes Roxie a tabloid sensation, he sets up a musical catfight between the all-too-willing rivals. Cast: Renée Zellweger, Catherine Zeta-Jones, Richard Gere, Queen Latifah, John C. Reilly, and Christine Baranski,

October 8

#### **Young@Heart**

2007 PG 108 minutes

Coldplay, the Clash and Jimi Hendrix will never sound the same once you've heard the Young@Heart chorus, a group of Massachusetts senior citizens who thrill audiences worldwide with their unusual -- and unusually poignant -- covers of rock songs. Stephen Walker's humane and heartwarming documentary, which premiered at Sundance in 2008, follows the elderly ensemble as they prepare their latest show for public performances. Cast: Joe Benoit, Helen Boston, Louise Canady, Elaine Fligman, Jean Florio and Len Fontaine.



October 15

#### **The Bucket List**

2007 PG-13 97 minutes

When corporate mogul Edward Cole and mechanic Carter Chambers wind up in the same hospital room, the two terminally ill men bust out of the cancer ward with a plan to experience life to the fullest before they kick the bucket. Cast: Jack Nicholson, Morgan Freeman, Sean Hayes, Beverly Todd, Rob Morrow, Alfonso Freeman, Christopher Stapleton,

October 22

#### **Antwone Fisher**

2002 PG-13 120 minutes

A young sailor, Antwone Fisher (Derek Luke), is ordered to see a Navy psychiatrist (Denzel Washington) who aims to help him get a handle on debilitating anger that causes many shipboard scraps -- and that also led Fisher to a life of crime before he joined the Navy. Via therapy, Antwone seeks out the family that abandoned him as a child and experiences a catharsis that leads him to a career as a Hollywood screenwriter. Based on a true story. Cast: Derek Luke, Denzel Washington, Joy Bryant, and Salli Richardson-Whitfield.

October 29

#### **42**

2013 PG-13 128 minutes

This biopic focuses on the relationship between baseball icon Jackie Robinson and Brooklyn Dodgers general manager Branch Rickey, who signed Robinson and in 1947 made him the first black Major League Baseball player of the modern era. Cast: Chadwick Boseman, Harrison Ford.

**ACROSS**

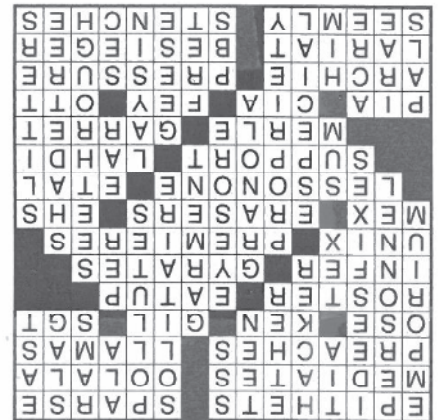
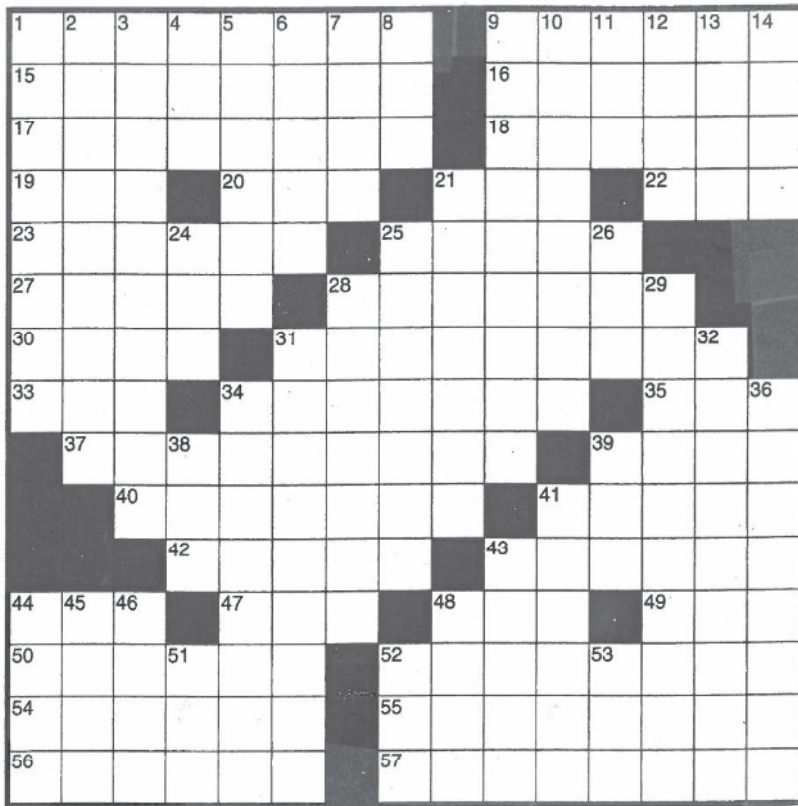
- 1 Descriptive phrases
- 9 Not dense
- 15 Liaises
- 16 "Very nice!"
- 17 Delivers a sermon
- 18 Andean animals
- 19 Sugary suffix
- 20 Barbie's former beau
- 21 "\_\_\_ Blas"
- 22 Bilko's rank: Abbr.
- 23 List of names
- 25 Polish off
- 27 Reason by deduction
- 28 Spins
- 30 PC operating system
- 31 Opening performances

- 33 USA neighbor
- 34 Blackboard adjuncts
- 35 Questioning interjections
- 37 Course opener
- 39 Etc. alternative
- 40 Underpin
- 41 "\_\_\_-dah!"
- 42 Actress Oberon
- 43 Loft
- 44 Miranda or Zadora
- 47 OSS successor
- 48 "Weekend Update" anchor Tina
- 49 Baseball's Mel
- 50 TV's Bunker
- 52 Coerce
- 54 Rope with a noose
- 55 Enemy, at times
- 56 Decent
- 57 Bad smells

**DOWN**

- 1 Department store
- 2 Employees
- 3 Delusional notions
- 4 \_\_\_ Maria (coffee liqueur)
- 5 Internet menace
- 6 Word before net or card
- 7 Adolescent
- 8 Puncture sound
- 9 Card game for one
- 10 Contaminates
- 11 Pie \_\_\_ mode
- 12 Ewes' mates
- 13 Dross
- 14 "\_\_\_ of Eden"
- 21 Article of clothing
- 24 Mr. Ritter
- 25 Not a pretty sight

- 26 Part of kph
- 28 Healthy cereal
- 29 Transparent
- 31 Correct behavior
- 32 Elm, for one
- 34 Exceptional
- 36 Envelope openers, e.g.
- 38 Total
- 39 Corn unit
- 41 Stores away for future use
- 43 Gaggle members
- 44 Good buddies
- 45 "Dies \_\_\_"
- 46 Land measure
- 48 Stew
- 51 That guy
- 52 "Masterpiece Theatre" network
- 53 Wine word





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	A 1 CHICKEN CACCIATORE BROWN RICE GREEN BEANS MULTIGRAIN ROLL PEACHES	2 BEEF RIBS MASHED POTATO PEAS & CARROTS WHEAT BREAD #APPLE CRISP	3 MINESTRONE SOUP *CRUNCHY BK. CHICK CONFETH RICE >WHOLE WHEAT ROLL FRESH FRUIT	4 FISH STICKS ESCALLOPED POTATO CALIF. BLEND VEG DINNER ROLL #CHOCOLATE PUDDING	
	CALORIES 315 SODIUM 509	CALORIES 370 SODIUM 502	CALORIES 424 SODIUM 760	CALORIES 359 SODIUM 461	
	B 7 MACARONI & CHEESE ESCALLOPED TOMATO >WHOLE WHEAT ROLL #OATMEAL COOKIE	8 HONEY & LIME GLAZE CHICKEN FILLET RICE PILAF JARDINIÈRE VEG FRUIT MUFFIN FRESH FRUIT	9 MEATLOAF WITH MUSHROOM GRAVY WHIPPED POTATO GLAZED CARROTS WHEAT BREAD STRAWBERRY CUP	10 RST. TURKEY W/GRAVY *CRANBERRY SAUCE HERBED POTATO SQUASH >WHOLE WHEAT BREAD PEACHES	11 *TURKEY HAM W/RAISIN SAUCE PENNE GENFO BLEND VEG WHEAT BREAD PINEAPPLE
	CALORIES 443 SODIUM 542	CALORIES 305 SODIUM 585	CALORIES 415 SODIUM 498	CALORIES 362 SODIUM 572	CALORIES 372 SODIUM 861
	A. INTERNATIONAL WEEK	15 <u>ITALIAN</u> STUFFED SHELLS TOMATO SAUCE FIL. BLEND VEG DINNER ROLL AMBROSIA	16 <u>ASIAN</u> ORIENTAL VEG. SOUP CHICKEN TERIYAKI ASIAN RICE >MULTI GRAIN ROLL ARCTIC ICE	17 <u>RUSSIAN</u> MOCK STUFF. CABBAGE RED BLISS POTATO WHOLE WHEAT BREAD #PUDDING WITH WHIPPED CREAM	18 <u>MEDITERRANEAN</u> SALMON W/GREEK SAUCE SCALLION POTATO BEANS BONANZAS WHEAT BREAD #ALMOND COOKIE
	CALORIES 240 SODIUM 386	CALORIES 363 SODIUM 662	CALORIES 300 SODIUM 300	CALORIES 342 SODIUM 250	
B 21 BK. CHICKEN W/SUPREME SAUCE O'BRIEN POTATO CHUCK WAGON VEG WHOLE WHEAT ROLL ORANGE	22 SPAGETTI W/MEATBALLS GREEN BEANS WHEAT BREAD ARCTIC ICE	23 ROAST PORK W/APPLE GRAVY WHIPPED POTATO PEAS >MULTIGRAIN ROLL PEACHES	24 BEEF CHILI W/VEGGIES BROWN RICE DINNER ROLL #BROWNIE	25 TURKEY STEW W/VEGGIES NOODLES >WHOLE WHEAT BREAD PINEAPPLE	
CALORIES 446 SODIUM 704	CALORIES 420 SODIUM 501	CALORIES 497 SODIUM 238	CALORIES 296 SODIUM 405	CALORIES 378 SODIUM 640	
A 28 SHEPPARD'S PIE SCANDINAVIAN VEGGIES FRUIT MUFFIN APPLE SAUCE	29 APPLE CIDER BEEF STEW W/VEGGIES BOILED POTATO >WHOLE WHEAT ROLL FRESH FRUIT	30 <u>HAPPY BIRTHDAY</u> BBQ CHICKEN ON A HAMBURG ROLL MAYO PACKET HASH BROWN POTATO ROMAN BLEND VEGGIES #BIRTHDAY CAKE	31 <u>HAPPY HALLOWEEN</u> VAMPIRE FISH FILLET *TARTAR SAUCE PENNE PASTA GHOSTLY BLEND VEG WHEAT BREAD #SPOOKY JELL-O	<b>VOLUNTARY DONATION IS \$3.00 PER MEAL TO CANCEL MEALS CALL 781-329-6514</b> 	
CALORIES 477 SODIUM 296	CALORIES 450 SODIUM 384	CALORIES 285 SODIUM 631	CALORIES 436 SODIUM 327		

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## OCTOBER 2013 ACTIVITIES


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<b>Errands 8:30-2:30</b> SHINE 9:00 Legal Asst. 8:30 YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	Fun Fit 9:00 <b>Swing Era 10:00</b> Dup. Bridge Gr. at Foxboro 11:30 Lo Impact Exercise 1:00 <b>Woman's Club Bd. Mt. 1:00</b>	Wii Games 9:30 <b>Book Club 10:30</b> Mah Jongg 12:30 BINGO 1:15	Fun Fit 9:00 Waxing 8:30 Roche Bros. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Fun Fit 9:00 Ladies Craft Grp. 10:00 Lo Impact Exercise 1:00 Painting 1:00	<b>Braintree Mall 9:30</b> YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	Fun Fit 9:00 Bereavement 10:00 <b>Swing Era 10:00</b> Dup. Bridge Gr. at Foxboro 11:30 Lo Impact Exercise 1:00	Wii Games 9:30 Sr. Men's Club Board Mtg. 10:00 Laugh Yoga 10:00 <b>Lunch/Blue Moon 11:30</b> Mah Jongg 12:30 BINGO 1:15	Fun Fit 9:00 Shaw's Mkt. 9:30 Coffee Hour 10:00 <b>Fuller Village 10:00</b> Rub. Bridge Gr. 11:15
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>Columbus Day</b>  <b>Closed</b>	<b>Errands 8:30-2:30</b> YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	Fun Fit 9:00 Blood Pressure 9:00 <b>Swing Era 10:00</b> Dup. Bridge Gr. at Foxboro 11:30 Lo Impact Exercise 1:00	Men's Club Mtg 9:00 Wii Games 9:30 Book Club 10:30 Mah Jongg 12:30 <b>90s Celebration 1:00-3:00</b> BINGO 1:15	Fun Fit 9:00 Hannaford's Mkt. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Fun Fit 9:00 <b>Manicures 9:00</b> <b>Glad Rags Mtg. 9:00-11:00</b> Lo Impact Exercise 1:00 Painting 1:00	<b>Walmart 9:30</b> YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	Fun Fit 9:00 Bereavement 10:00 Dup. Bridge Gr. at Foxboro 11:30 Lo Impact Exercise 1:00 Great Decisions II 1:00	Wii Games 9:30 Laugh Yoga 10:00 <b>Lunch/Bamboo 11:30</b> Mah Jongg 12:30 BINGO 1:15	Fun Fit 9:00 Roche Bros. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Fun Fit 9:00 Lo Impact Exercise 1:00 Painting 1:00	<b>Xmas Tree/Foxb. 9:30</b> YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	Fun Fit 9:00 Dup. Bridge Gr. at Foxboro 11:30 Lo Impact Exercise 1:00	Men's Club Mtg 9:00 Wii Games 9:30 Book Club 10:30 Mah Jongg 12:30 BINGO 1:15	

### BLOOD PRESSURE CLINIC

Senior Center

**OCTOBER 16**

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.

Oct	DATE	DESTINATION	FEE
	1	Errands	\$2.00
	4	Roche Bros.	\$2.00
	8	Braintree Mall	\$2.00
	11	Shaw's Mkt.	\$2.00
	15	Errands	\$2.00
	18	Hannaford's Mkt.	\$2.00
	22	Walmart	\$2.00
	25	Roche Bros.	\$2.00
	29	Xmas Tree/Foxboro	\$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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### **Friends of Westwood**

**Council on Aging**

**60 Nahatan Street**

**WESTWOOD, MA**

**02090**

### **NONPROFIT**

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