

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

SEPTEMBER 2013

NOTE FROM THE COA DIRECTOR

Director's Report:

September is the month the COA dedicates to thanking our Volunteers for all that they do at the Senior Center. We take them out to lunch and let them know just how important they are to the COA.

Volunteers are the back bone of the Senior Center. Without their countless hours assisting in so many areas, the COA could not provide the services and programs available weekly.

I would like to personally "thank" each and every one of you for your selfless dedication to the wellbeing of our seniors.

Enjoy this wonderful month.

Sincerely,

Pat Carty-Larkin

Director, Westwood COA

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

Harry's Retiring!

It is with regret that the COA has accepted the resignation of our Van Driver, Harry Dellentash. Harry has worked for the COA for 19 years and will be deeply missed. Thank you Harry for your many years of dedication to our elders.

New Transportation Services

The COA is delighted to introduce two new transportation programs now available. The first is our Errand Days on the first and third Tuesday of each month. If you need to go to the bank, hair dressers, shopping etc. you can call the COA and schedule a time to be picked up and brought to your choice of places. Depending on the amount of time you require, our driver will either wait for you, if it does not require more than 15 minutes, or schedule a pick up time to bring you home. This service is available on a first call basis. The second new transportation service is our "Out to Lunch" trip. This service will be available the second and fourth Thursday of month. We will be visiting different restaurants each week. Again the service is on a first call basis. We hope you take advantage of the new programs and enjoy using our van.

Music and the Military will be presented on Wednesday, September 11 at 10:00AM. See inside for more details.

New England Quilting Museum Trip -- September 18 See page 5

**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	September 9,16,23,30	1:00pm
Wednesdays	September 4,11,18,25	1:00pm

Keep fit, stay healthy!

Fun Fit Exercise \$3.00/session

Mondays	September 9,16,23,30	9:00am
Wednesdays	September 4,11,18,25	9:00am
Fridays	September 6,13,20,27	9:00am

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

Tai Chi \$3.00/session

Tuesdays	September 3,10,17,24	1:00pm
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Practice the ancient art of Tai Chi, a gentle physical, stretching exercise that reduces stress and improves flexibility.

Yoga \$3.00/session

Tuesdays	September 3,10,17,24	9:30 am
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Experience the wonderful benefits of balance and strength from yoga.
Registration required



CLASSES and EXERCISE

(continued)

Knit and Crochet Free

Tuesdays	September 3,10,17,24	1:00pm
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This class is led by Louise. Bring your projects and enjoy relaxing afternoons.

Ladies Craft Group Free

Mondays	September 9,16	10:00am
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The Ladies Craft Group usually meets the first two Mondays of each month.

Water Color Painting \$40.00 plus supplies

Mondays	September 9,16,23,30	1:00pm
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8-week session watercolor painting class.

Quilting \$1.00

Tuesdays	September 3,10,17,24	10:00am
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Join our group and enjoy quilting with friends.

Laugh Yoga Free

Thursdays	September 5,19,	10:00AM
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Led by Mary Beechinor our Public Health Nurse. Anyone can do Laughter Yoga there is NO contortion of limbs or any strenuous activity. Laughter Yoga includes clapping, deep breathing, relaxing, singing, meditation, making friends, being silly, and of course laughing. Wear comfortable shoes and clothes

REGISTRATION REQUIRED FOR MOST EVENTS.

To register, or for more information on any of these activities, please call the Senior Center at (781) 329-8799.

ONGOING ACTIVITIES

(continued)

ONGOING ACTIVITIES

Bereavement Group Free

Wednesday September 4,18 10:00am

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

Waxing Appointments required

Friday September 6 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 September 23 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 September 3 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 September 3 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 September 18 9:00am

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



SPECIAL EVENTS**REGISTRATION REQUIRED FOR MOST EVENTS.**

To register, or for more information on any of these activities, please call the Senior Center at (781) 329-8799.

GAMES & SPORTS

Bingo **Free**
Thursdays September 1:15pm
5, 12, 19, 26

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

Bowling League
Mondays September 9:30am
9, 16, 23, 20

Bridge **Free**
Fridays September 11:15am
6, 13, 20, 27

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

Duplicate Bridge **Free**
Wednesdays September 11:30am
4, 11, 18, 25

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

Mah Jongg **Free**
Thursdays September 12:30pm
5, 12, 19, 26

Mah Jongg is a game that originated in China, commonly played by four players. Similar to the card game rummy, Mah Jongg is game of skill, strategy and calculation and involves a certain degree of chance.

Whist **Free**
Tuesdays September 1:00PM
3, 10, 17, 24

We are trying to build our Whist Group back up. If you enjoy playing Whist please come and join us.

Great Decisions II **Fee TBD**
Starting January 2014

Informational Meeting October 9 at 1:00 PM

Are you interested in what's going on in the world? Do you like to read about international issues? Would you like to discuss world affairs with other people? If so, you might enjoy a Great Decisions discussion group, a nationwide civic education program sponsored by the Foreign Policy Association of New York. Participants use briefing books and a video purchased from the Foreign Policy Association and meet together every two weeks for eight sessions to discuss topics of foreign policy, international affairs and global concerns. An informational meeting will be held Wednesday, October 9 at 1:00 pm at the Senior Center. It will be a member of the Westwood Woman's Club who has offered to help a new group get started. Discussions will not begin until January 2014 but plans need to be made early so that materials can be ordered. More information is available at www.fpa.org and www.facebook.com/GreatDecisions

Westwood High School Technology Students are offering Computer

Classes and Assistance -- In this era of a technology boom, it's become nearly impossible to get through daily life without basic computer skills. WHS students will be offering free one-on-one classes afternoons on days to be determined. Please call to sign up and a student will get back to you to arrange a time.

"Out to Lunch" Thursdays

September 12 Bubbling Brook
September 26 Blue Orchid

Join us for a lunch trip. The van can take up to 8 people. Make some new friends or catch with old friends. Call to reserve your seat on the van.

**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**
2nd and 4th 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.

Music in the Military **Free**
Wednesday September 11 10:00AM

Richard Travers will present a program that examines the use of music and its important role in the military, not just simply for "therapeutic" reasons or marching. From sunrise to sunset, from the battlefield to the final resting place, music is front and center in all branches of the military. Mr. Travers is a Westwood resident with over 30 years of music experience. He is a graduate of Berklee School of Music and the Boston Conservatory.

Friends of Westwood COA **Free**
Thursday September 12 10:00AM

Come join the Friends of COA for coffee and refreshments.

New England Quilt Museum **\$10.00**
Wednesday September 18 9:00AM

Located at 18 Shattuck Street in Lowell, MA. The museum features dynamic exhibitions that showcase our nation's rich quilt heritage as well as the best contemporary quilts. It's the only museum of its kind and is dedicated to all things quilting. We will stop for lunch (not included in price).

Medicare 101 **Free**
Wednesday September 18 10:30AM

Are you Ready for the Medicare Annual Election Period? Do you know what type of insurance is best for you? Come for an information meeting about Medicare from a representative of Fallon Community Health Plans.

Yellow Dot Program **Free**
Friday September 20 10:00AM

The Norfolk County Sheriff's Office will be bringing the *Yellow Dot Program* to the COA on Friday, September 20th. This is a national program, which currently operates in eight states. The program participants receive a Yellow Dot Decal; this is placed on the rear window of their car to alert the responders to the critical information packet in the glove compartment. Joe Canavan from Sheriff Bellotti's office will be at COA to sign residents up for this valuable program.

Hearing Tests **Free**
Wednesday September 25 10:00AM

Mario Hearing & Tinnitus Clinics will be here to perform screening tests. Call COA to sign up for your free examination.

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. There have been several stories in the news recently about people who were swindled by the person they named in their Power of Attorney. It makes me think that having a Power of Attorney may not be such a good idea. What is your advice?

A. It is scary when you read about someone who has taken advantage of by a supposedly trusted family member or friend. However, as with most news stories, we only hear about the few bad outcomes and not about the vast majority of people who have greatly benefitted from having a good Durable Power of Attorney in place when it is needed.

A Power of Attorney is a legal document in which the "principal" (the person who makes the Power of Attorney) appoints another person as his 'Attorney-in-fact.' The reason to create a Durable Power of Attorney is so that your Attorney-in-fact can pay your bills, sign your tax return, invest your money, file an insurance claim, etc. in the event you are not able to do so. If you become incapacitated and you do not have a Durable Power of Attorney, then a guardian and/or conservator will need to be appointed by the court to take care of your affairs. That process is usually time consuming, expensive and stressful, and there is no guaranty that the court will appoint the person you would have chosen.

While it can be worrisome to think about giving another person with so much authority over your affairs, for most people, creating a Durable Power of Attorney is a better option than a guardianship or conservatorship through the probate court. An experienced estate planning attorney can answer your questions and help you make decisions that are right for you given your particular situation.

Attorney Suzanne R. Sayward is certified as an Elder Law Attorney by the National Elder Law Foundation. She is a partner with the Dedham firm of Samuel, Sayward & Baler LLD. For more information visit www.ssbllc.com or call 781/461-1020.

TRIPS

Italian Festival 2013 Luciano's at Lake Pearl, Wrentham, MA

*Wednesday, October 16th \$55 pp includes:
Luncheon & Show*

Direct from Italy is Italy's funniest clean comedian, Rocco Ponzini. Also the incredible duo of Frank Zarba and Ray Cavicchio sing the music of Italy.

Meal Choices: Chicken Parmesan or Baked Haddock

This is a drive on your own event and doors open at 11:30 AM

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

*Tuesday, December 3rd \$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.

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

September 3

Buddy Holly Story

1978 **PG** 113 Minutes

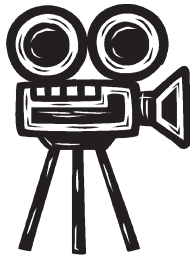
Oscar nominee Gary Busey does his own singing in this chronicle of the rise and untimely death of rock 'n' roll pioneer Buddy Holly. The biopic covers Holly's beginnings, his first hit singles, his marriage and his rocky relationship with his band. Starring Gary Busey, Don Stroud, Conrad Janis, Fred Travalena.

September 10

The Lucky One

2012 **PG-13** 101 Minutes

Marine vet Logan credits his good-luck charm -- a photo of an unknown woman -- for saving his skin in Iraq. Back in the States, he sets out to find the woman behind the smile that steered his fate. Starring: Zac Efron, Blythe Danner, Sharon Conley Robert Hayes.



September 17

Argo

2012 120 minutes

When Iranian militants seize the American embassy in 1979, six Americans slip into the Canadian embassy for protection, prompting the CIA to concoct an elaborate plot to rescue them by pretending that they're filmmakers rather than diplomats. Starring: Ben Affleck, Bryan Cranston, Kyle Chandler, Adrienne Barbeau, John Goodman.

September 24

Radio

2003 **PG** 109 Minutes

A small-town high school football coach (Ed Harris) befriends a developmentally disabled man (Cuba Gooding Jr.) nicknamed "Radio," who has always been the target of jokes and teasing, in this heartwarming drama based on the real-life experiences of James Robert Kennedy. Although their friendship raises eyebrows at first, Radio's growth under the coach's guidance ultimately inspires the local townsfolk to think differently about being different. Starring: Ed Harris, Cuba Gooding, Jr., Debra Winger, Alfre Woodard, S. Epatha Merkerson.

ACROSS

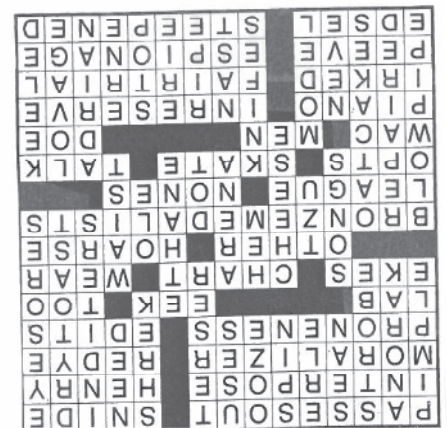
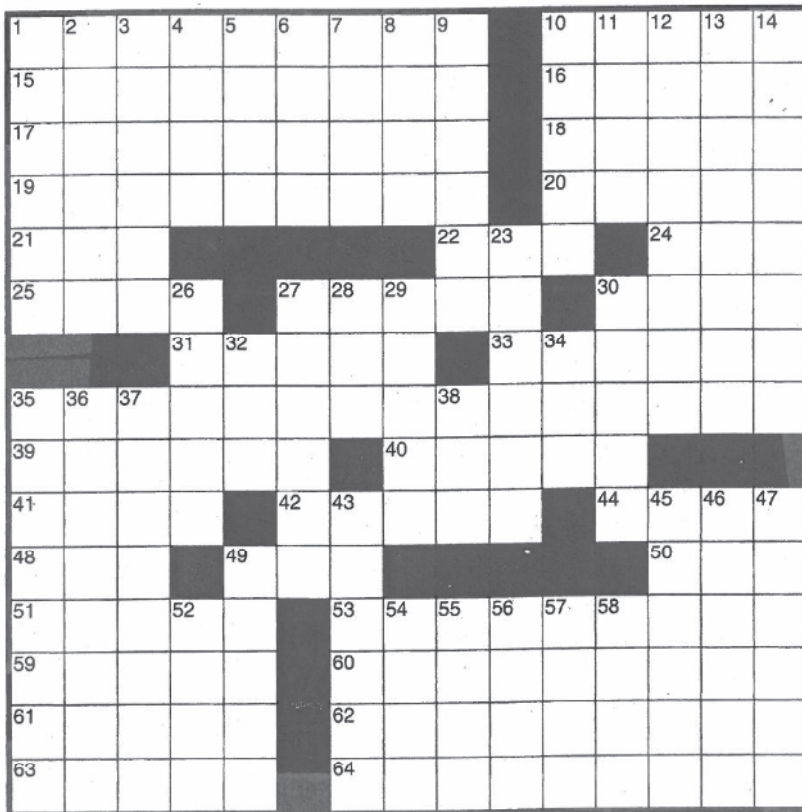
- 1 Loses consciousness
- 10 Supercilious
- 15 Put between
- 16 Winkler of "Happy Days"
- 17 Self-righteous type
- 18 Change hair color again
- 19 Tendency
- 20 Shortens
- 21 Mad scientist's hangout
- 22 "A mouse!"
- 24 Likewise
- 25 ___ out a living (barely gets by)
- 27 Graph
- 30 Have on

- 31 Additional
- 33 Gruff
- 35 Third place finishers
- 39 Arthur Conan Doyle's "The Red-Headed ___"
- 40 Fifth canonical hour
- 41 Elects
- 42 Emulate Sonya Henie
- 44 Public lecture
- 48 WWII U.S. Army gp.
- 49 Guys
- 50 Female rabbit
- 51 Grand instrument?
- 53 Put aside
- 59 Annoyed
- 60 Judicial system goal
- 61 Pet problem?
- 62 CIA specialty
- 63 Car bomb?
- 64 Became more difficult to climb

DOWN

- 1 Acne spot
- 2 Parka
- 3 Flashing light
- 4 Actor Penn
- 5 Author ___ Stanley Gardner
- 6 Rotate
- 7 Seep
- 8 Employs
- 9 More to the point
- 10 2001 Dreamworks animated hit
- 11 Welfare state?
- 12 Poets, e.g.
- 13 Unbuttered breakfast food
- 14 Offensive sights
- 23 Fuel gas
- 26 Airs
- 27 Brie or feta, e.g.
- 28 ___ and haw

- 29 Gladiator's milieu
- 30 Spare tire location?
- 32 Lao-___ (Chinese philosopher)
- 34 Bullfight cheer
- 35 Poison dart propeller
- 36 Mended
- 37 Scottish treats
- 38 Period
- 43 Uses a dagger on
- 45 Actor ___ Zmed
- 46 Parsley relative
- 47 Topped, with "over"
- 49 Exemplar
- 52 Actress Campbell of "Scream"
- 54 Cartoonist Thomas
- 55 Ready for picking
- 56 Toledo's lake
- 57 Organ control
- 58 Sea eagle



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LABOR	A 3	4	5	6
DAY	MACARONI & CHEESE	CHICKEN VEG SOUP	ITALIAN STYLE PASTA	POTATO CRUNCH FISH
NO	ESCALLOPED TOMATO	*BREADED CHICKEN	WITH MEAT SAUCE	*TARTAR SAUCE
MEALS	MULTI GRAIN ROLL	BROWN RICE	ITALIAN BLEND VEG	WHIPPED POTATO
SERVED	PEARS	>WHOLE WHEAT ROLL	WHEAT BREAD	CUT GREEN BEANS
		FRESH FRUIT	#BLONDE BROWNIE	>WHOLE WHEAT BREAD
				#ARTIC ICE
	<i>CALORIES 443</i>	<i>CALORIES 322</i>	<i>CALORIES 420</i>	<i>CALORIES 486</i>
	<i>SODIUM 542</i>	<i>SODIUM 570</i>	<i>SODIUM 219</i>	<i>SODIUM 423</i>
B 9	10	11	12	13
TERIYAKI CHICKEN	SLOPPY JOE	ROAST PORK W/GRAVY	MEATLOAF W/GRAVY	CHICKEN STEW
BREAST FILET	SANDWICH	RED BLISS POTATO	WHIPPED POTATO	WITH VEGETABLES
LYONNAIS POTATO	HASH BROWN POT	PEAS	CALIFORNIA BLEND VEG	DIRTY RICE
GLAZED CARROTS	CHUCK WAGON VEG	WHEAT BREAD	>WHOLE WHEAT BREAD	>MULTIGRAIN ROLL
>WHOLE WHEAT ROLL	HAMBURGER ROLL	#FRUITED JELL-O	#VANILLA PUDDING	FRESH FRUIT
PINEAPPLE CHUNKS	PEACHES			
<i>CALORIES 512</i>	<i>CALORIES 370</i>	<i>CALORIES 451</i>	<i>CALORIES 470</i>	<i>CALORIES 393</i>
<i>SODIUM 415</i>	<i>SODIUM 427</i>	<i>SODIUM 188</i>	<i>SODIUM 442</i>	<i>SODIUM 460</i>
A 16	17	18	19	20
BBQ BEEF RIBLET	BEEF STROGANOFF	AMERICAN CHOP SUEY	CREAM OF BROCCOLI	BREADED POLLACK
CHIVE WHIPPED POT	WITH NOODLES	GREEN & WAX BEANS	SOUP	*TARTAR SAUCE
ZUCCHINI & TOMATO	GENOA BLEND VEG	>WHOLE WHEAT ROLL	*BREADED CHICKEN	SCALLOPED POTATO
>WHOLE WHEAT BREAD	WHEAT BREAD	#CHOCOLATE PUDDING	RICE PILAF	MIXED VEGETABLES
PEACHES	GRAHAM COOKIE		>MULTI GRAIN ROLL	>FRUIT MUFFIN
			PEARS	FRESH FRUIT
<i>CALORIES 322</i>	<i>CALORIES 597</i>	<i>CALORIES 259</i>	<i>CALORIES 466</i>	<i>CALORIES 355</i>
<i>SODIUM 505</i>	<i>SODIUM 378</i>	<i>SODIUM 250</i>	<i>SODIUM 957</i>	<i>SODIUM 436</i>
B 23	24	25	26	27
BEEF CHILI	SHEPHERD'S PIE	<u>HAPPY BIRTHDAY</u>	RST. TURKEY W/GRAVY	WHOLE GRAIN
WITH VEGETABLES	DICED CARROTS	PINEAPPLE & GINGER	#CRANBERRY SAUCE	STUFFED SHELLS
WHITE RICE	WHEAT BREAD	SALMON FILET	WHIPPED POTATO	ROMAN BLEND VEG
>WHOLE WHEAT ROLL	PEARS	ASIAN RICE	WINTER SQUASH	>MULTIGRAIN ROLL
#BUTTERSCOTCH		TAHINON BLEND VEG	>WHOLE WHEAT BREAD	PEACHES
PUDDING		FINGER ROLL	FRESH FRUIT	
		#BIRTHDAY CAKE		
<i>CALORIES 296</i>	<i>CALORIES 466</i>	<i>CALORIES 288</i>	<i>CALORIES 483</i>	<i>CALORIES 249</i>
<i>SODIUM 405</i>	<i>SODIUM 358</i>	<i>SODIUM 394</i>	<i>SODIUM 619</i>	<i>SODIUM 386</i>
A 30	VOLUNTARY	THIS		
CHICKEN ALA KING	DONATION	MENU IS		
PARSLIED NOODLES	IS \$2.50 PER	SUBJECT		
PEAS	MEAL	TO CHANGE		
>MUFFIN	TO CANCEL	WITHOUT		
#ARTIC ICE	MEALS CALL	NOTICE		
	781-329-6514			
<i>CALORIES 513</i>				
<i>SODIUM 276</i>				

ALL OVER 60 YEARS OF AGE ARE WELCOME AT THE MEAL SITES FOR LUNCH AND SOCIALIZATION.
 SODIUM & CALORIES ARE FOR ENTRÉE AND DESSERT ONLY. MILK, BREAD & MARG ARE ADDITIONAL 300 MG SODIUM
 SYMBOLS: > HIGH FIBER, * ADDED SALT, # ADDED SUGAR, MODIFIED DESSERTS ARE AVAILABLE

SEPTEMBER 2013 ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
LABOR DAY CLOSED	Errands 8:30-2:30 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 Bereavement 10:00 Dup. Bridge Gr. at Foxboro 11:30 Lo Impact Exercise 1:00	Wii Games 9:30 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
9	10	11	12	13
Fun Fit 9:00 Ladies Craft Grp. 10:00 Lo Impact Exercise 1:00 Painting 1:00	Walmart/Walpole 9:00 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 Music In Military 10:00 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 Friends/COA Meeting 10:00 Lunch/Bubbling Brook 11:30 Mah Jongg 12:30 BINGO 1:15	Fun Fit 9:00 Shaw's Mkt. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
16	17	18	19	20
Fun Fit 9:00 Ladies Craft Grp 10:00 Lo Impact Exercise 1:00 Painting 1:00	Errands 8:30-2:30 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 Blood Pressure 9:00 Museum Trip 9:00 Bereavement 10:00 Medicare 101 10:30 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 Volunteer Lunch 12:00 Mah Jongg 12:30 BINGO 1:15	Fun Fit 9:00 Hannaford's Mkt. 9:30 Yellow Dot 10:00 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
23	24	25	26	27
Fun Fit 9:00 Manicures 9:00 Lo Impact Exercise 1:00 Painting 1:00	Braintree Mall 9:00 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 Hearing Tests 10:00 Dup. Bridge Gr. at Foxboro 11:30 Lo Impact Exercise 1:00	Wii Games 9:30 Laugh Yoga 10:00 Lunch/Blue Orchid 11:30 Mah Jongg 12:30 Garden Club 1:00 BINGO 1:15	Fun Fit 9:00 Roche Bros. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
30				
Fun Fit 9:00 Lo Impact Exercise 1:00 Painting 1:00				



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MICHAEL S. RAZZA, Esq.

SERVING OUR WESTWOOD SENIOR COMMUNITY SINCE 1972
National Academy of Elder Law Attorneys

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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.

Sept	DATE	DESTINATION	FEE
	4	Roche Bros.	\$2.00
	10	Walmart.	\$2.00
	13	Shaw's Mkt.	\$2.00
	20	Hannaford's	\$2.00
	24	Braintree Mall	\$2.00
	27	Roche Bros.	\$2.00

The COA will make 2 trips for food shopping at 9:30 and 10:30am. The 9:30 trip will be picked up at store at 11:00 and the 10:30 trip will be picked up at 12:00 for return trip home.

PLEASE NOTE: All reservations must be made at least 48 hours in advance. We will take only two reservations per telephone call. This bus is basically for seniors who do not drive, and reservations are on a first-come, first-served basis. Westwood Glen and Highland Glen residents will be picked up at their building. 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 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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