

WESTWOOD SENIOR NEWSLETTER



Co-sponsored by the Friends of Westwood Council on Aging

60 Nahatan Street, Westwood, MA 02090
(781) 329-8799

Director, Pat Larkin

JANUARY 2012

*from the
DIRECTOR'S DESK*



Happy Holidays everyone!

Happy New Year! January is the beginning of so many interesting things. We are offering the AARP Income Tax Assistance program again this year. Please start to collect your information for your appointment and don't forget to bring last year's tax return. You may be eligible for the Circuit Breaker State Tax Credit. Seniors who do not file are also eligible. We have enclosed a flier to explain the Circuit Breaker Program. I would suggest that you call the COA at 781-329-8799 as early as possible to schedule your tax preparation appointment. The first appointments are starting February 6th. Enjoy your month.

Sincerely,
Pat Carty-Larkin
Director, Westwood COA

FREE INCOME TAX PREPARATION

Starting February 6th, Dean Strack will again be available to help seniors with their Income Tax preparation.

Please collect all your relevant data, including last year's tax return!

SNOW DAYS and CANCELLATIONS at the WESTWOOD SENIOR CENTER

Please remember that if the Westwood public schools are closed due to inclement weather, the Senior Center will also be closed. If the schools have a delayed opening, the senior center will also have the delay. If you have any questions, please call the Senior Center at 781-329-8799. Watch channels 4, 5 or 7 for an announcement of cancellation of Meals on Wheels.

AAA Presentation

AAA of Southern New England is sponsoring a Safe Driver Presentation called: "The Older and Wiser Driver". This talk includes a short video presentation that discusses driving and age. The premise is to drive safer longer. The presentation includes information on vision, reaction time, keeping a margin of safety around your vehicle and other tips to be a good driver. There is also plenty of time for questions.

Please see page 4 for complete listing.



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 & ONGOING ACTIVITIES

- Bereavement Group** **Free**
 Wednesday January 18 10:00am
 LICSW Nina Johnston will lead a bereavement group the third Wednesday of each month.
- Bingo** **Free**
 Thursdays Jan. 5, 12, 19, 26 1:15-2:45
 Seniors are invited to play Bingo every Thursday afternoon. Join us and bring a friend!
- Blood Pressure Clinic** **Free**
 Wednesday January 18 9:00am
 Westwood's Board of Health nurse is available to check your blood pressure the third Wednesday of every month.
- Book Club** **Free**
 Wednesday January 25 2:00pm
Caleb's Crossing Geraldine Brooks
 Share your thoughts and meet new friends.
- Bowling League**
 Mondays Jan. 9, 23, 30 9:30am
 Bowling continues.
- Bridge**
 Fridays Jan. 6, 13, 20, 27 11:15am
 Join us for Rubber Bridge. Bring your partner or come alone.

CLASSES & ONGOING ACTIVITIES (cont.)

- Computer for Beginners** **\$10.00**
 Residents-\$10.00 non-residents \$15.00
 Tuesdays Jan. 3, 10, 17, 24 10:00am
 Learn formatting and editing. Create a simple table and a card using *Microsoft Word*; sample the Internet.
- Duplicate Bridge** **Free**
 Wednesdays Jan. 4, 11, 18, 25 11:30am
 We play in Foxboro on Wednesdays, and all duplicate bridge players are welcome!
- Indoor Walking** **Free**
 Indoor Walking begins mid January. Please call the Senior Center for more information.
- Fun Fit Exercise** **\$3.00/session**
 Wednesdays Jan. 4, 11, 18, 25 9:00am
 Fridays Jan. 6, 13, 20, 27 9:00am
 This class is led by Fitness Instructor, Stephanie. Keep fit, stay healthy!
- Knit and Crochet** **Free**
 Tuesdays Jan. 3, 10, 17, 24, 31 1:00pm
 This class is led by Louise. Bring your projects and enjoy relaxing afternoons with friends.
- Ladies Craft Group** **Free**
 Mondays Jan. 23 10:00am
 The Ladies Craft Group resumes on January 23rd.



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



CLASSES & ONGOING ACTIVITIES (continued)

Legal Advice (by appointment only) **Free**
 Tuesday Jan. 3 8:30am-10:00am
 Mary J Roque, Attorney, specializing in Elder Law and Estate Planning, will provide free legal guidance to seniors on the first Tuesday of each month. Appointments are scheduled at about half hour intervals, between the hours noted.

Low Impact Exercise **\$3.00/session**
 Mondays Jan. 9, 23, 30 1:00pm
 Wednesdays Jan. 4, 11, 18, 25 1:00pm
 Keep fit, stay healthy!

Mahjong **Free**
 Thursdays Jan. 5, 12, 19, 26 12:30pm
 Bring your game, or share one, and come play!

CLASSES & ONGOING ACTIVITIES (cont.)

New Day Bereavement Group

Wednesdays Jan. 4, 11, 25 10:00am
 Under the guidance of Dorothy Ruggiero, this friendly group meets weekly, and all are most welcome. ***This group will be closing shortly. Members are encouraged to join Tina's group at any time which meets the third Wednesday of each month at the COA.***

Painting (Watercolor) **\$40.00 plus supplies**
 Mondays January 1:00pm
 8-session watercolor painting class resumes.

Quilting **\$1.00**
 Tuesdays Jan. 3, 10, 17, 24 10:00am
 Join our group and enjoy quilting.

SHINE (Serving Health Information Needs of Elders)
 Tuesday January 3 9:00am – 12:30pm
 Lori Howell, SHINE representative, is available the first Tuesday of each month to help you deal with issues or questions you may have regarding your health insurance.

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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.



**CLASSES
 and ONGOING ACTIVITIES**

(continued from page 3)

Surf the Internet (private session) Free
 An introduction to using the internet and searching the WEB. Call to reserve your session.

Tai Chi \$3.00/session
 Tuesdays Jan. 3, 10, 17, 24, 31 1:00pm
 Practice the ancient art of Tai Chi, a gentle physical, stretching exercise that reduces stress and improves flexibility.

Waxing Appointments required
 Friday January 13 8:30 – 11:00 am
 Licensed Aesthetician Lisa will offer waxing services to seniors at the center usually on 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.

Whist Free
 Mondays 1:00pm
Please call the senior center if you are interested.

**Dedham – Westwood Water District
 Adopts Low Income Water Rate**

The Water Commissioners pledged to introduce a low income rate in January 2012. This rate is 36% lower than the regular rate for a residential customer using the minimum of 2250 gallons. To qualify for the low income water rate, a person would know if they are classed as “low income” if they have an **R-2 rate** on their electric bill.

If you have any questions, please call the Water District at 781-329-7090.

CLASSES & ONGOING ACTIVITIES (cont.)

Yoga \$3.00
 Tuesdays Jan. 3, 10, 17, 24, 31 9:30am

Yoga \$3.00
 Tuesdays Jan. 3, 10, 17, 24, 31 10:45am
 Experience the wonderful benefits of balance and strength from yoga. This session goes through early April. **Registration required.**

Wii Games Free
 Thursdays Jan. 5, 12, 19, 26 9:30am
 Sign up and join us Thursday mornings to play Wii Games. You’ll have so much fun you won’t even know you’re exercising!

Writing Class \$50.00
 Thursdays 2:00pm
 Writing class taught by Anna Simon continues. Fees are payable at registration prior to the first class.



**SPECIAL
 PROGRAMS
 and
 EVENTS**

AAA Safe Driver Presentation

Thursday January 19 11:00am
 AAA of Southern New England is sponsoring a Safe Driver Presentation called: “The Older and Wiser Driver”. It includes a short video presentation that discusses driving and age. The premise is to drive safer longer. The presentation includes information on vision, reaction time, keeping a margin of safety around your vehicle, and other tips to be a good driver. There is also plenty of time for questions.

Legal Advice Free
 Wednesday January 4 10:00am

Attorney Frederick Pellegrini returns to the Senior Center to provide free legal and estate information on the first Wednesday of each month. As always, registration is required.



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 PROGRAMS and EVENTS
(continued)

Music Program Free
Monday January 9 10:00am
Miss Tina Music Program for seniors and pre-schoolers.

Register of Deeds O'Donnell
Thursday January 12 10:00am
Norfolk County Register of Deeds William P. O'Donnell is invited to speak to the seniors of Westwood. This meeting will be held at the Senior Center.
The short program will touch on the historical nature of the Registry and the Register's efforts to modernize and computerize the vast number of Norfolk County real estate records. Following his remarks, the Register will be available to answer individual questions. Members of the Register's staff will assist in providing information about the Massachusetts Homestead Act and they have internet computers and printers that can be used to demonstrate the Registry's internet website, confirm the status of a mortgage discharge or print out a copy of a deed. Although the Register and members of his staff cannot provide legal advice, they can provide answers to basic questions, give general information, provide Homestead Declaration forms, and assist in showing residents how the free public access computers work.

Westwood Senior Men's Club
Thursday January 12 10:00am
Executive Board Meeting in December

Westwood Garden Club Meeting
Thursday January 26 1:30pm

SPECIAL PROGRAMS and EVENTS (cont.)

Woman's Club Executive Board Meeting
Wednesday January 4 9:30am

Woman's Club Meeting
Wednesday January 18 10:00am
Great Decisions

MOVIES

**Tuesdays-
2:00pm**

**FREE**

January 3 The Tender Trap
Frank Sinatra, Debbie Reynolds
This lively musical comedy stars Frank Sinatra as philandering theater agent Charlie Reader, who falls hard for aspiring actress Julie Gillis (Debbie Reynolds). But does he have what it takes to be a one-woman man when Julie demands he drop his other love interests?

January 10 Limitless
Robert DeNiro, Bradley Cooper
With his writing career dragging and his girlfriend casting him off, Eddie Morra's life turns around when he takes a drug that provides astonishing mental focus -- but its deadly side effects threaten his future.

January 17 Snow Flower and the Secret Fan
Li Bingbing, Jun Ji-hyun, Vivian Wu and Hugh Jackman.

Noted director Wayne Wang helms this adaptation of Lisa See's best-selling novel about two young girls in 19th-century China who are pledged as lifelong companions through an ancient ritual, although their friendship is sorely

movies continued on page 6

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.

MOVIES

**Tuesdays-
2:00pm**



FREE

continued

Snow Flower and the Secret Fan (continued)

tested as they mature. Paralleling the story of Snow Flower and Lily, who communicate by writing on the folds of a white fan, are the modern-day tribulations of Sophia and Nina, who struggle to maintain their relationship. Hugh Jackman

January 24

Buck

Buck Brannaman, Robert Redford
Buck Brannaman, inspiration for "The Horse Whisperer," is revealed as a complex figure in this Sundance Audience Award winner for Best Documentary by Cindy Meehl. The master horseman reveals details of his troubled childhood and his dawning awareness of new ways that humans and horses might work with one another. As Buck learns more about horses, he finds that the ways we communicate with our animal companions offer lessons on how we relate to fellow human beings.

January 31

The More the Merrier

Jean Arthur, Charles Coburn, Joel McCrea
During World War II, civil servant Connie Milligan decides to turn the housing shortage in Washington, D.C., to her advantage. But when she rents out her four-room apartment to two men -- aging millionaire Benjamin and young, handsome sergeant Joe -- Connie gets more than she bargained for, including Benjamin taking on the role of matchmaking cupid. George Stevens directs.

ASK A LAWYER



Dedham law firm attorneys 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. Submit your questions anonymously by dropping them in the Ask A Lawyer box at the senior center.

This month's question is:

Q: I'm going in for some surgery next month. How can I be sure I will receive the type of care I want if I am not well enough to know what is happening?

A: There are two legal documents that you can create that will allow a trusted friend or family member to make medical decisions on your behalf and to advocate for you. The first is a Health Care Proxy, which names a person to make any type of health care decision for you if you are unable to communicate with your doctor yourself. The person you name as your health care agent should be someone who understands the type of care you do and do not wish to receive, and who you can trust to instruct your health care providers accordingly. You should discuss your health care wishes with your health care agent, or give them written instructions if you wish. The second is a HIPAA Authorization. This document authorizes the people you list to have access to your medical information under the medical privacy laws. A person listed on your HIPAA Authorization can speak to your doctor or other health care providers and get information about your condition, diagnosis, treatment options, care or medications. These two documents can help assure you will receive the care you want.

Attorney Maria C. Baler is an estate planning attorney and a partner with the Dedham firm Samuel, Sayward & Baler LLC. To learn more about health care decision-making visit www.ssbllc.com or call 781/461-1020.

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.

DAY TRIPS (continued)

"FOREVER IRISH"



Venus De Milo
in
Swansea, MA

Wednesday March 14 \$69.00pp
Celtic Nights ... A Celebration of Irish Music with Andy Cooney and Friends.

Andy Cooney has thrilled audiences around the work with his exceptional talent. He has achieved phenomenal success as a recording artist; his numerous recordings have been hits on both sides of the Atlantic. Additional acts are Liam O'Connor and The Irish Sopranos. What a wonderful way to celebrate all that is Irish! Price includes luncheon and show AND transportation.

Meal Choice: Corned Beef and Cabbage
or
Baked Haddock

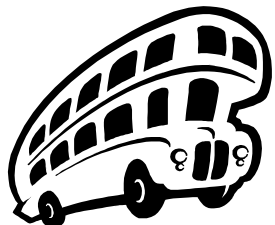


Mohegan Sun



Tuesday April 17 \$75.00pp
The DUTTONS Country Music Show

Leave behind the gray days of winter and join in the excitement of this country show! Featuring a wide array of musical genres, the Duttons combine beautiful vocal harmonies, high-energy dancing, and warm comedy. Each traveler will receive a \$30.00 Casino Gaming Package; PLUS One Food Credit. The food credit may be used at the Buffet or at most restaurants at Mohegan Sun. THEN we head to the Garde Arts Theatre in New London, CT, for this wonderful Concert.



DAY TRIPS



Mardi Gras Day at Lantana's in Randolph

Tuesday February 21 \$43.00pp

TRANSPORTATION NOT PROVIDED

Featuring the New Orleans Inspired Band "Made in the Shade"

A New Orleans born and bred vocalist and actor, Henri Smith has long been a radio personality in the city. After Hurricane Katrina, he was displaced and has ended up here in New England. This velvet throated singer will share the rich musical and cultural heritage of New Orleans during this multi faceted show. In fact, you'll think that you're on Bourbon Street in New Orleans.

Meal Choice: Baked Stuffed Chicken Breast
or
Blackened Pork Loin



HESSCO HOT LUNCH

The Council on Aging serves a nutritious hot lunch Monday through Friday. This program is provided through H.E.S.S.C.O. 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.

A donation of \$2.50 per person is suggested.



CROSSWORD PUZZLE

(solution on page 9)

ACROSS

- 1. Psychic inits.
- 4. Sandwich letters
- 7. 23rd Greek letter
- 10. ___ mode (2 wds.)
- 11. Districts
- 13. Cry of surprise
- 14. Musical notes
- 15. Lasso loop
- 16. Charged particle
- 17. "Be prepared" et al.
- 19. Game played in pubs
- 21. Seeing ___ (angry)
- 22. Actor Holbrook
- 23. Trudged
- 26. Without offense
- 30. AARP member's fund
- 31. Fishing snare
- 32. Venomous viper
- 33. Place to buy a parrot (2 wds.)
- 36. Less decorated
- 38. Boxing results (abbr.)
- 39. Wife's title (abbr.)
- 40. Belonging to them
- 43. Sleep

disrupters

- 46. Concealed
- 47. Actor Matt ___
- 49. Student's concern
- 51. Actress Jillian
- 52. ___ board
- 53. Muffle
- 54. Actress Lupino
- 55. Paul Bunyan's tool
- 56. "Are you a man ___ mouse?" (2 wds.)

6. Professors' aides (abbr.)

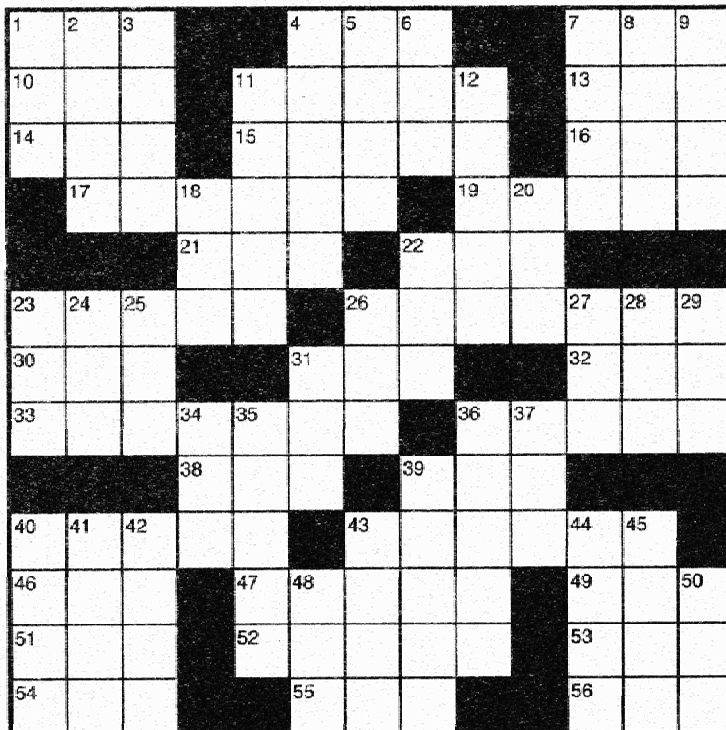
- 7. Duo
- 8. Jigger
- 9. Ziering and Fleming
- 11. Put a chip in the kitty
- 12. Auto
- 18. Three (Ital.)
- 20. Entire amount
- 22. Whack
- 23. Haunch
- 24. Vexation
- 25. Kit ___ Club ("Cabaret")

DOWN

- 1. Have lunch
- 2. Thin
- 3. Old Ei ___ (salsa brand)
- 4. Think moodily
- 5. Some August babies

26. Between Aug. and Oct.

- 27. Ring or mark start
- 28. Opposite of NNW
- 29. Warmer weather time (abbr.)
- 31. Digits (abbr.)
- 34. Enjoy the slopes
- 35. Multitude
- 36. Salty
- 37. Braying beast
- 39. Actor Dudley



- 40. Bangkok native
- 41. Rear
- 42. Ferber or Best
- 43. Neighbor of Ariz.
- 44. Word on a waffle box
- 45. Practice boxing
- 48. Doctors' gp.
- 50. Turkish title

Winter Energy-Saving Tips

- Caulk and weather strip doors and windows that leak air.
- Keep the flue damper tightly closed, when the fireplace is not in use.
- Set your thermostat as low as is comfortable and consider an automatic set back thermostat to save additional money.
- Clean or replace filters on furnaces every other month.
- Have your oil-fired heating system serviced annually and your gas-fired heating system serviced every three years.
- Contact the energy assistance agency in your community for programs they offer that can keep you warm this winter.

Additional Assistance

For utility company problems, please call the Department of Public Utilities (DPU) at: 1-877-886-5066.

For limited income households who are not eligible for fuel assistance please contact The Good Neighbor Energy Fund operated by your local Salvation Army:

In area codes 617,508,781, or 978 call: 1-800-334-3047

Website: www.magoodneighbor.org

CROSSWORD SOLUTION

(puzzle on page 8)

A	R	O		E	X	A		D	A	I
G	G		Y	E	R	E		N	N	V
A	P	G	N	O	M	D		I	D	H
	S	E	S	O	N			R	E	T
		S	R	M		S	O	K		
R	E	R	B	A	R		P	H	S	P
P	A	S		T	N			A	R	I
S	S	L	E	S	I		D	E	K	H
		L	A	L		D	R	E		
S	R	T	A	D		S	O	T	M	
N	I	O		E	S	O	N		S	T
A	H	A		S	A	R	E	A	L	A
S	P			L	T			S	P	E

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HESSCO ELDER SERVICES - JANUARY MENU

All over 60 years of age are welcome at the meal sites for lunch and socialization.

Reservations must be made at least 2 days in advance. Call Rita at (781) 329-6514.

Envelopes for your home-delivered meals' confidential donations (\$2.50 per meal) will be distributed on Monday and collected on Friday.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
	VEGETABLE LASAGNA W/SAUCE ITALIAN VEGETABLES WHOLE WHEAT ROLL CHILLED FRUIT	GREEK MEATBALLS CONFETTI RICE CUT GREEN BEANS WHEAT BREAD FRUITED JELLO	ROAST TURKEY W/GRAVY & *CRAN WHIPPED POTATO WINTER SQUASH >WHOLE WHEAT BREAD #BROWNIE	CHICKEN TETRAZZINI COUNTRY BLEND VEG DINNER ROLL FRESH FRUIT
CALORIES: SODIUM:	CALORIES:234 SODIUM:632	CALORIES 535 SODIUM 412	CALORIES 234 SODIUM 549	CALORIES 299 SODIUM 521
9	10	11	12	13
SHEPPARD'S PIE CARROT COINS SNOWFLAKE ROLL GRAHAM CRACKER	HEARTY VEG SOUP PINEAPPLE GINGER CHICKEN DELMONICO POTATO >MULTIGRAIN ROLL #ARTIC ICE	MACARONI & CHEESE ESCALLOP TOMATOES >WHOLE WHEAT ROLL FRUITED JELLO	LOW SODIUM *HOT DOG ON A ROLL *MUSTARD PKG VEG BAKED BEANS HOT GERMAN SLAW CHILLED FRUIT	SCALLOP & SHRIMP CASSEROLE RICE PILAF MIXED VEGETABLES >FRUIT MUFFIN FRESH FRUIT
CALORIES 469 SODIUM 332	CALORIES 474 SODIUM 656	CALORIES 510 SODIUM 690	CALORIES 306 SODIUM 737	CALORIES 315 SODIUM 394
16	17	18	19	20
MARTIN LUTHER KING DAY SENIOR CENTER CLOSED	SEAFOOD SALAD 3 BEAN SALAD PASTA SALAD	ROAST PORK W/ROSEMARY GRAVY RED BLISS POTATO WINTER BLEND VEG >WHOLE WHEAT BREAD CHILLED FRUIT	BEEF CHILI W/VEGETABLES FLUFFY WHITE RICE >WHOLE WHEAT ROLL FRESH FRUIT	CHICKEN SALAD COLD PLATE TRICOLOR PASTA SAL COLD BEET SALAD PITA BREAD #ARTIC ICE
	CALORIES 396 SODIUM 524	CALORIES 423 SODIUM 186	CALORIES 451 SODIUM 291	CALORIES 471 SODIUM 245
23	24	25	26	27
MEATBALL SUB SANDWICH O'BRIEN POTATO CHUCK WAGON BLEND VEGETABLES SUB ROLL MANDARIN ORANGES	APPLE CIDER BEEF STEW W/VEG GARLIC MASHED POTATO >WHOLE WHEAT ROLL #PUDDING	HAPPY BIRTHDAY MEATLOAF W/GRAVY WHIPPED POTATO CUT GREEN BEANS >WHOLE WHEAT BREAD #BIRTHDAY CAKE	CREAM OF BROCCOLI SOUP BUTTERMILK CHICK MASHED SWEET POTATO >MULTIGRAIN ROLL FRESH FRUIT	CRUNCHY FISH SAND *TARTAR SAUCE RICE & BEANS TOMATO & ZUCCHINI HAMBURGER ROLL FRUITED JELLO
CALORIES 456 SODIUM 620	CALORIES 435 SODIUM 224	CALORIES 457 SODIUM 284	CALORIES 413 SODIUM 542	CALORIES 379 SODIUM 575
30	31			
SPINACH & CHEESE OMELET HASH BROWN POTATO CALIFORNIA BLEND VEG >FRUIT MUFFIN APPLESAUCE	*BREADED CHICKEN ITALIAN PASTA ROMAN BLEND VEG >MULTIGRAIN ROLL CHILLED FRUIT			
CALORIES 474 SODIUM 519	CALORIES 474 SODIUM 721			

SYMBOLS: >High Fiber, *Added Salt, #Added Sugar,

Sodium and calories listed above are for entrees only. Modified Desserts are available.

ACTIVITIES – JANUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
HAPPY NEW YEAR!!! SENIOR CENTER CLOSED	8:30 LEGAL ADVICE 9:00 SHINE Rep. 9:30 Yoga 10:00 Begin.Computer 10:00 Quilting 10:45 Yoga 1:00 Knit & Crochet 1:00 Tai Chi 2:00 Movie	9:00 <i>Fun Fit</i> 9:30 WOMAN'S CLUB EXEC. BOARD 10:00 ATTORNEY PELLEGRINI 10:00 New Day Bereavement Group 11:30 Duplicate Bridge-Fox 1:00 Exercise Class	9:30 Wii Games 12:30 Mahjong 1:15 Bingo 2:00 Writing Class	9:00 Fun Fit 9:30 Roche Bros 10:00 Coffee Hour 11:15 Rubber Bridge
9	10	11	12	13
9:30 Bowling 10:00 MUSIC PROGRAM 1:00 Exercise Class 1:00 Painting 1:00 Whist	9:30 Braintree Mall 9:30 Yoga 10:00 Begin.Computer 10:00 Quilting 10:45 Yoga 1:00 Knit & Crochet 1:00 Tai Chi 2:00 Movie	9:00 Fun Fit 10:00 New Day Bereavement Group 10:00 WOMEN'S CLUB GREAT DECISIONS 11:30 Duplicate Bridge-Fox 1:00 Exercise Class	9:30 Wii Games 10:00 HOMESTEAD DECLARATION REGISTER OF DEEDS WILLIAM P. O'DONNELL 10:00 WESTWOOD SENIOR MEN'S CLUB 12:30 Mahjong 1:15 Bingo 2:00 Writing Class	8:30 WAXING 9:00 Fun Fit 9:30 Shaw's Mkt 10:00 Coffee Hour 11:15 Rubber Bridge
16	17	18	19	20
MARTIN LUTHER KING HOLIDAY SENIOR CENTER CLOSED	9:30 Xmas Tree-Avon 9:30 Yoga 10:00 Begin.Computer 10:00 Quilting 10:45 Yoga 1:00 Knit & Crochet 1:00 Tai Chi 2:00 Movie	9:00 Blood Pressure Clinic 9:00 Fun Fit 10:00 Bereavement Grp Led by Nina Johnston 10:00 Great Decisions 11:30 Duplicate Bridge-Fox 1:00 Exercise Class	9:30 Wii Games 10:00 Cardio 11:00 AAA SAFE DRIVER PRESENTATION 12:30 Mahjong 1:15 Bingo 2:00 Writing Class 2:30 COA Board Mtg.	9:00 Fun Fit 9:30 Hannaford's Mkt. 10:00 Coffee Hour 11:15 Rubber Bridge
23	24	25	26	27
9:30 Bowling 10:00 Ladies Craft Grp 10:00 Cardio 1:00 Exercise Class 1:00 Painting 1:00 Whist	9:30 Walmart 9:30 Yoga 10:00 Begin.Computer 10:00 Quilting 10:45 Yoga 1:00 Knit & Crochet 1:00 Tai Chi 2:00 Movie	9:00 Fun Fit 10:00 New Day Bereavement Group 11:30 Duplicate Bridge-Fox 1:00 Exercise Class 2:00 Book Club	9:30 Wii Games 10:00 Cardio 12:30 Mahjong 1:15 Bingo 1:30 WESTWOOD GARDEN CLUB 2:00 Writing Class	9:00 Fun Fit 9:30 Stop & Shop 10:00 Coffee Hour 11:15 Rubber Bridge
30	31			
9:30 Bowling 1:00 Exercise Class 1:00 Painting 1:00 Whist	9:30 Yoga 10:00 Quilting 10:45 Yoga 1:00 Knit & Crochet 1:00 Tai Chi 2:00 Movie			

BLOOD PRESSURE CLINIC

Senior Center JANUARY 18 9:00am – 11:30am

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.

JAN.	DATE	DESTINATION	PICK-UP	FEE
	6	Roche Bros.	9:30am	\$2.00
	10	Braintree Mall	9:30am	\$2.00
	13	Shaw's Mkt.	9:30am	\$2.00
	17	Xmas Tree-Avon	9:30am	\$2.00
	20	Hannaford's	9:30am	\$2.00
	24	Walmart	9:30am	\$2.00
	27	Stop & Shop	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. 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. 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 limited 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 made available through Community Care-A-Vans at 508-223-1672. Please call them directly for appointments Mondays and Wednesday, 10am – noon. 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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**Friends of Westwood
Council on Aging
60 Nahatan Street
WESTWOOD, MA 02090**

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