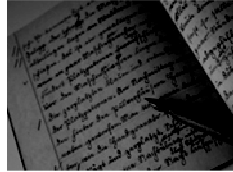


# Westwood Senior News

Co-sponsored by the Friends of Westwood Council on Aging

DECEMBER 2009

## FROM THE DIRECTOR'S DESK



I just want to wish everyone a very special "Happy Holidays". Some seniors look forward to spending time with friends and family while others are pretty much all alone.

I know that the holiday season can be very difficult for many seniors. My only advice is to keep busy and take good care of your health. The month will pass and we will be starting yet another new year very soon.

I would like to invite you to the Senior Center. We have many programs that will keep you occupied and wonderful people in each program. If you need a ride to attend any of our programs just give us a call and we will pick you up. We are always looking for ideas about expanding our programs. If you have something in mind please let us know and we will try to respond to your idea.

Have a safe and healthy month.

Sincerely,

*Pat Carty-Larkin*

Director, Westwood COA



## HESSCO HOT LUNCH Served Monday to Friday

The Council on Aging serves a nutritious hot lunch Monday through Friday. This program is provided through H.E.S.S.C.O. A donation of \$2.50 per person is suggested.

Transportation is available, but please call Rita at least 48 hours in advance to place your reservation.

You can reach Rita at (781) 329-6514

## CHEF JOHN MARCELLINO



Please join us on Wednesday, December 30<sup>th</sup> at 10:30 AM and meet Roche Brothers Chef John Marcellino. John will demonstrate the preparation of a variety of meals from the economical use of a rotisserie chicken. Pluck up your courage and come down for a wonderful demonstration. Please register for this program.

## WINTER WEATHER REMINDERS

If the Westwood Public Schools are closed, there will be no programs or transportation through the Westwood Senior Center. "No School" announcements are on TV channels 4, 5 and 7. Even if schools are open, if the COA determines that the weather is hazardous for you and our drivers, we may cancel programs and transportation. If your pathway is unsafe for you or our drivers, we may not be able to pick you up for an activity or medical appointment. HESSCO makes its own decisions regarding the home-delivered meals. The meal site is closed if the Senior Center is closed. Their cancellation notices are on TV channels 5 & 7. If you have any questions call HESSCO directly at 781-784-4944.

Be prepared for winter: We recommend that you stock up on essentials – extra food (especially ready-to-eat foods) and water, special diet foods, medications, flashlights, portable radios, batteries, etc. Try to arrange to have a friend or neighbor check up on you and vice versa.

## DATES FOR ELECTIONS and TOWN MEETINGS

Tuesday, <b>December 8</b>	State Primary
Tuesday, <b>January 19, 2010</b>	State Election
Monday, <b>March 8, 2010</b>	Special Town Meeting
Tuesday, <b>April 27, 2010</b>	Annual Town Election
Monday, <b>May 3, 2010</b>	Annual Town Meeting



## BRAIN FOOD

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

### Computer for Beginners

Tuesdays December 1, 15, 22, 29 10:00am-11:45am  
Westwood residents \$10.00/non-residents \$15.00  
Learn formatting, editing, create a simple table and a card using Microsoft Word; sample the Internet.

### Intermediate Computer

Thursdays December 3, 10, 17 10:00am-11:45am  
Wednesday, December 23  
Westwood residents \$10.00/non-residents \$15.00  
Review and learn additional formatting, editing skills; create a table, card and labels using Microsoft Word; sample the Internet.

### Surf the Internet

**FREE**

This introduction to the many facets of searching the WEB is available to seniors who want to learn the Internet. This is a hands-on class. Use our *NEW* computers or bring your own laptop. **A variety of days and times are available!**  
Call 781-329-8799 to reserve your one-on-one session.

### Writing Class

**\$5.00 per class**

Tuesdays, December 1, 15, 22, 29 11:45-1:00pm  
*Speaking of imagination*, try out the COA Writing Class.

### Book Club

Wednesday, December 16 2:00pm **FREE**  
Book discussion is listed below.  
*The Body in the Gallery* Katherine Hall Page

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

## TO YOUR HEALTH



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

### BOWLING LEAGUE

Mondays, December 7, 14, 21, 28 9:30am  
Join the Senior Bowling League, meet new friends, and have fun while exercising for your health! We meet at the Norwood Bowling Alley.

### EXERCISE

**\$2.00/session**

Mondays, December 7, 14, 21, 28 and  
Wednesdays December 2, 9, 16, 23, 30  
1:00pm  
Low impact exercise class.

### INDOOR WALKING RESUMES!!!!

at

### WESTWOOD HIGH SCHOOL

Mondays, December 7, 14, 21, and  
Thursday, December 3, 10, 17 3:15-4:00pm  
Join us walking indoors at Westwood High School. We will meet in the school lobby at the back of the Westwood High School building. Walk at your own pace and enjoy some companionship!!! Hope to see you there.



### Tai Chi

**\$3.00/class**

Tuesdays, December 1, 15, 22, 29  
1:00pm  
Practice the ancient art of Tai Chi, a gentle physical, stretching exercise that reduces stress and improves flexibility.

**TO YOUR HEALTH**



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

**WALK-FIT- CARDIO-STRENGTH TRAINING**

**\$2.00/CLASS**

Tuesdays, December 1, 15, 22, 29 and  
 Fridays, December 4, 11, 18 1:30-2:30pm  
 Join Eileen for this strength training class. Good for balance and posture to help increase your strength and well being.  
 Please bring water and 1 or 2 lb weight.

**“The New Day” Bereavement Group**

**FREE**

Wednesday, December 2, 9, 16, 23 10:00-11:30am

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

**Blood Pressure Clinic**

**FREE**

Wednesday, December 16 9:00 – 11:30am

**REIKI and FULL SPECTRUM HEALING**

Thursday, December 3 1<sup>st</sup> session is FREE

then \$25.00/session

Melissa Hed, Usui Reiki Master, will offer 1:1 sessions of 45 minutes on Thursday, December 3

...**continuing on the first Thursday of each**

**month**...to assist healing and deep relaxation.

Clients are fully clothed and may either sit or lie down. First session is free.



**JUST FOR FEELIN'**

**GOOD.....**

**SOOOO GOOD!**



**MANICURES**



Wednesday, December 2, 16 starts at 9:00am

Please call the senior center to make your appointment.



**JUST FOR FEELIN'**

**GOOD.....**

**SOOOO GOOD!**



**BLUE HILLS DAY OF BEAUTY**

**\$20.00**








**Tuesday, January 12**

**8:30am-2:00pm**

Come and be treated to a Day of Beauty at Blue Hills Regional Technical School, Department of Cosmetology. You will receive a facial, manicure, scalp treatment with **massage**, and a blow dry. **ALSO LUNCH IS INCLUDED!!!** What a great way to spruce up for the new season. We are limited to only 10 participants, so please sign up early.

**Rudolph's Medical Bill**

Santa Claus brings poor Rudolph to the vet. He says to the vet, "Doctor, please do something for my Rudolph. His nose won't light up." The vet walks out of the room and returns with a pet carrier. He places the pet carrier next to the reindeer, opens it and out steps a cat. The cat walks around the reindeer and sniffs it. The cat then walks back into the carrier. The animal doctor takes it out of the room and returns. He hands Santa Claus the bill. Santa gasps, "\$350 dollars! You didn't do anything for my Rudolph and you're charging me \$350 dollars?" The vet shrugged and replied, "That's the usual charge. \$50 dollars for the office visit and \$300 dollars for the CAT SCAN."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
 <b>HAPPY HANNUKAH</b>	9:00 Chair Yoga 9:30 Walmart 10:00 Beginning Comp. 10:00 Quilting 11:45 Writing Class 1:15 Tai Chi 1:30 Walk-Fit 2:00 Movie	9:00 Free Legal 9:00 Manicures 10:00 Bereavement 11:30 Dup. Bridge/Foxb. 1:00 Exercise Class	9:00 Reiki Healing 9:30 Wii Games 10:00 Inter. Comp. 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet 3:15 Indoor Walking	9:30 Roche Bros 10:00 Coffee Hour 11:30 Rubber Bridge 1:30 Walk-Fit
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
9:30 Bowling League <b>10:00 Legal Talk</b> 1:00 Exercise Class 1:00 Whist Group 1:00 Painting 3:15 Indoor Walking	<b>SENIOR CENTER CLOSED FOR VOTING</b> 	10:00 Bereavement <b>11:00 Holiday Gifts</b> 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class <b>1:00 Best of Ed Sullivan (video)</b>	9:30 Wii Games 10:00 Inter. Comp <b>11:00 Consumer Talk</b> 1:00 Cribbage 1:15 BINGO 1:30 Knitting & Crocheting 3:15 Indoor Walking	9:30 Shaw's Mkt. 10:00 Coffee Hour 11:30 Rubber Bridge 1:30 Walk-Fit
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
9:30 Bowling League 1:00 Exercise Class 1:00 Whist Group 1:00 Painting 3:15 Indoor Walking	9:00 Chair Yoga 9:30 Xmas Tree Shop-Foxboro 10:00 Beginning Comp. 10:00 Chair Yoga 10:00 Quilting 11:45 Writing Class 1:15 Tai Chi 1:30 Walk-Fit 2:00 Movie	9:00 Blood Pressure 9:00 Manicures 10:00 Bereavement 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 2:00 Book Club	9:30 Wii Games 10:00 Inter. Comp. 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet 3:15 Indoor Walking	9:30 Hannaford's Mkt. 10:00 Coffee Hour 11:30 Rubber Bridge 1:30 Walk-Fit 
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
9:30 Bowling League 1:00 Exercise Class 1:00 Whist Group 1:00 Painting 3:15 Indoor Walking 	9:00 Chair Yoga 9:30 Braintree Mall 10:00 Beginning Comp. 10:00 Quilting 11:45 Writing Class 1:15 Tai Chi 1:30 Walk-Fit 2:00 Movie	10:00 Bereavement 11:30 Dup. Bridge Gr. at Foxboro 1:00 Exercise Class 	9:30 Wii Games 9:30 Roche Bros <b>SENIOR CENTER CLOSSES AT 12:00 NOON</b>	<b>MERRY CHRISTMAS</b>  <b>SENIOR CENTER IS CLOSED</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
9:30 Bowling League 1:00 Exercise Class 1:00 Whist Group 1:00 Painting	10:00 Beginning Comp. 10:00 Quilting 11:45 Writing Class 1:15 Tai Chi 1:30 Walk-Fit 2:00 Movie	10:00 Bereavement <b>10:30 Chicken Chef</b> 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class	9:30 Wii Games 9:30 Shaw's Market <b>HAPPY NEW YEAR</b> <b>Senior Center closes at 12:30</b>	<b>SENIOR CENTER CLOSED</b> 

Daly Foot Care no longer comes to the Senior Center. Please Call 781-329-7716 for an appointment.

BLOOD PRESSURE CLINIC-Town Public Health Nurse - 781-251-2576

**FREE WIRELESS PHONE  
WITH FREE MONTHLY  
MINUTES**



Safelink Wireless provides a FREE wireless phone and FREE minutes each month to qualified households under a government-funded Lifeline Assistance Program. In this program, you will receive free wireless service, a free wireless phone with an allotment of monthly minutes, unlimited emergency calling, and access to the largest pre-paid wireless provider in the country. You must QUALIFY for this program. To see if you can qualify for this program, call 1-800-977-3768. You need to qualify for this program each year.

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

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

Wednesday, December 2 9:00- 10:30am **FREE**  
Mary J. Roque, Attorney, specializing in Elder Law and Estate Planning, will be available to provide free legal guidance to seniors the first Wednesday of each month. She provides this service at no charge, and each meeting is **BY APPOINTMENT ONLY**.

**ELDER LAW and ESTATE PLANNING**

Monday, December 7 10:00am **FREE**  
Attorney Pelligrini will take questions concerning Elder Law and Estate Planning. Please join us for an alternative presentation.

**GIFTS IN MOTION**

Wednesday, December 9<sup>th</sup> 11:00 AM - 1:00pm  
Shop at the Senior Center. Items for sale will include: scarves, gloves, magnetic and costume jewelry, children's novelty gift items and many other fun items for your holidays.

**Cindy Matloff, Co-Director of the Consumer  
Assistance Metro West**

Thursday, December 10 11:00am **FREE**  
Cindy Matloff will speak about how to be a savvy consumer and how to protect yourself from tricky telemarketers, "too good to be true" deals, and shady scams. Please register for this important and informative presentation.  
HOLIDAY SHOPPING SCAMS, identity theft, questions about reversible mortgages, "free gifts" and magazine subscriptions, cashier checks which unexpectedly show up in your mailbox, and solicitations for police and fire funding-raising drives—all of these have the potential to be kinds of scams targeting seniors.

**A STORY FOR EVERY SEASON**

A Special Intergenerational Storytime  
Thursday, December 17 1:00-1:45pm  
For Preschoolers, Grandparents, Grand Friends, Parents, and Family members too! Join Loretta Eysie for stories. Future dates: 3/18, 5/13

**FRIENDS OF THE WESTWOOD COUNCIL ON  
AGING**

Happy Holidays to all of the Friends of Westwood Council on Aging. Since many of us will be very busy getting ready for the various holiday celebrations in December, it has been decided that we will postpone our December party until January 21<sup>st</sup> at 1:00 PM at the Senior Center. Our entertainer will be "Ed the Wizard" who promises a "magic" show for adults—no flimsy-dressed assistant but no kid stuff either. Please come to our meeting and support the Friends and enjoy a fun afternoon.  
Again, Happy Holidays to all. Mary Hunt

**INCOME TAX ASSISTANCE**

Income tax assistance will be available by a representative from AARP beginning the middle of January. We do not have specific dates and times yet, but appointments are limited so give us a call to confirm when this *FREE* service will be available to Westwood seniors.

**REMINDER: PLEASE RENEW YOUR SENIOR NEWSLETTER HOME DELIVERY**

**COA Newsletter Subscription for 2010**

Please make your \$ 4.00 check payable to the Friends of Westwood COA, 60 Nahatan Street, Westwood, MA 02090

Name: \_\_\_\_\_

Tele. # \_\_\_\_\_

Address: \_\_\_\_\_

**Please help support the Westwood Senior Center. Thank you very much.**

# ENTERTAINMENT

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

## BINGO



FREE

Thursdays, December 3, 10, 17 1:15 – 2:45pm  
Seniors are invited to play Bingo every Thursday  
afternoons. Join us and bring a friend!

.....  
A linguistics professor was lecturing his class one day.  
'In English', he said, 'A double negative forms a  
positive. In some languages, though, such as  
Russian, a double negative is still a negative.  
However, there is no language wherein a double  
positive can form a negative.'  
A loud voice from the back of the room piped up,  
'Yeah, right.'

## MOVIES

FREE



ALL MOVIES  
AT 2:00 pm

- |             |                                     |                                |      |
|-------------|-------------------------------------|--------------------------------|------|
| December 1  | <b>In Her Shoes</b>                 | Cameron Diaz                   | 2005 |
| December 15 | <b>Serendipity</b>                  | John Cusack<br>Kate Beckinsale | 2001 |
| December 22 | <b>Mrs. Arris Goes<br/>to Paris</b> | Angela Lansbury                | 1992 |
| December 29 | <b>The Proposal</b>                 | Sandra Bullock                 | 2009 |

IF YOU HAVE ANY FAVORITE MOVIES,  
PLEASE LET US KNOW!



Pictured from left to right  
are Girl Scouts Taline  
Doursounian, Caitlyn Moore,  
Viveka Mastandrea, Lucy  
Bergemann, Samantha Muzzi  
and Jessica Muzzi, who made  
some beautiful holiday  
baskets.



## BIOTIN

Good to Know:	Because Biotin is contained in many foods and requirements are so small, virtually no one needs to worry about deficiency.
Recommendations:	Ages 19-70+, 30 mg/day
Benefits:	Contributes to energy production and metabolism of proteins, fats and carbohydrates.
Food Sources:	Found in many foods, especially liver, egg yolks and cereal.
Days Supply In:	Any combination of healthy foods.
Watch Out:	Although deficiency is rare, it can be caused by eating high quantities of raw egg whites, which bind biotin and make it unavailable to the body.

## VITAMIN B6

Good to know:	Also called Pyridoxine
Recommendations:	Men ages 51-70, 1.7mg/day Women ages 19-50, 1.3 mg/day Women ages 51-70+, 1.5 mg/day
Benefits:	Helps the body make red blood cells, convert tryptophan to niacin, and contributes to immunity and nervous system function. Used in metabolism of proteins and fats.

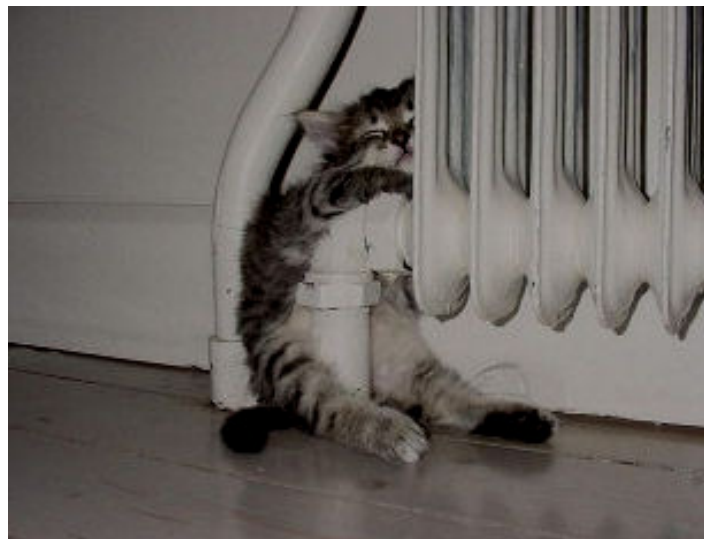
## VITAMIN B6

Food Sources :	Meats, fish, poultry, legumes, leafy green vegetables, potatoes, bananas, fortified cereals.
Days Supply In:	1 chicken breast, (1.0 mg) PLUS ½ cup cooked spinach (.22 mg) PLUS 1 cup brown rice (.28 mg) or 1 baked potato with skin (.69mg) PLUS 1 banana (.66mg) PLUS 4 oz lean sirloin (.51mg)
Watch Out:	High-dose vitamin B6 supplements have been recommended to help PMS, carpal tunnel syndrome and sleep disorders. However, taking very high doses for months or years can cause permanent nerve damage. Recommended upper limit is 100 mg /day for adults.

## Anyone for Chess???







We're looking for chess players. Anyone interested in this brain stimulating game, please call the Center for more information. (781)329-8799



I'm so tired I could sleep on a bed of nails!

## HESSCO ELDER SERVICE-DECEMBER MENU

*Reservations must be made at least 2 days in advance. Call Rita at (781) 329-6514. Envelopes for your home-delivered meals' confidential donations will be distributed on Monday and collected on Friday.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
<p><i>Happy Hanukkah</i></p>  <p>Vegetarian Chili Fluffy Rice &gt;Multigrain Roll #Pudding</p>	<p>Minestrone Soup Honey Mustard Chicken Mashed Potato Wheat Bread Peaches</p>	<p>*Turkey Ham Scalloped Potato Peas Snowflake Roll Fresh Orange</p>	<p>Pier 17 Fish Spanish Rice Zucchini &amp; Tomato &gt;Fruit Muffin Pears</p>	
	<i>Calories-270 Sodium-353</i>	<i>Calories-436 Sodium-370</i>	<i>Calories-380 Sodium-1389</i>	<i>Calories-429 Sodium-356</i>
7	8	9	10	11
<p>Cream of Broccoli Soup Orange Tarragon Chicken German Potato Salad &gt;Whole Wheat Roll Apple</p>	<p><b>VOTING DAY SENIOR CENTER CLOSED</b></p>	<p>HOLIDAY SPECIAL Roast Pork/Rosemary Gravy Sweet Potato Green Beans &gt;Whole Wheat Bread #Christmas Cake</p>	<p>BBQ Beef Rib Garlic Mashed Potato Chuck Wagon Corn White Bread Pineapple</p>	<p>Turkey Tetrazzini Peas &amp; Carrots &gt;Multigrain Roll Mandarin Oranges</p>
<i>Calories-445 Sodium-280</i>		<i>Calories-444 Sodium-255</i>	<i>Calories-414 Sodium-475</i>	<i>Calories-269 Sodium-522</i>
14	15	16	17	18
<p>Spaghetti &amp; Meatballs Italian Blend &gt;Fruit Muffin Mixed Fruit</p>	<p>Beef Stew Boiled Potatoes Dinner Roll Peaches</p> 	<p>Fish Cakes Vegetarian Beans Scandinavian blend &gt;Whole Wheat Bread Fresh Orange</p>	<p>HOLIDAY SPECIAL Boneless Chicken Supreme Red Bliss Potato Roman Style Veg. Parker House Roll #Holiday Pie</p>	<p>Stuffed Cabbage Whipped Potato &gt;Multigrain Roll #Pudding</p>
<i>Calories-393 Sodium-584</i>	<i>Calories-436 Sodium-219</i>	<i>Calories-395 Sodium-711</i>	<i>Calories-365 Sodium-192</i>	<i>Calories-373 Sodium-325</i>
21	22	23	24	25
<p>Breaded Creole Pork Chop O'Brien Potatoes Winter Blend Scali Bread Pineapple</p>	<p>Boneless Herb Baked Chicken Rice Florentine Winter Squash &gt;Whole Wheat Bread Mandarin Oranges</p>	<p>Roast Turkey with Gravy Cranberry Sauce Parmesan Mashed Pot. Broccoli &gt;Fruit Muffin #Pudding</p>	<p>Macaroni &amp; Cheese Escalloped Tomatoes &gt;Whole Wheat Bread Fresh Apple <b>SENIOR CENTER CLOSES AT 12:00</b></p>	<p><i>Merry</i></p>  <p><i>Christmas</i></p>
<i>Calories-366 Sodium-322</i>	<i>Calories-296 Sodium-239</i>	<i>Calories-335 Sodium-187</i>	<i>Calories-500 Sodium-670</i>	
28	29	30	31	
<p>Chicken Ala King Fluffy Rice Tuscany Blend Veg &gt;Multigrain Roll Fresh Orange</p>	<p>Meatloaf Mushroom Gravy Parsley Mashed Pot. &gt;Fruit Muffin Peaches</p>	<p>Pineapple Ginger Chicken Hawaiian Rice Oriental Blend Veg &gt;Whole Wheat Bread #Birthday Cake</p>	<p>Beef Burgundy Buttered Noodles Mixed Vegetables Dinner Roll Mandarin Oranges <b>SENIOR CENTER CLOSES AT 12:30</b></p>	<p>CONFIDENTIAL DONATION IS \$2.50 PER MEAL</p> 
<i>Calories-436 Sodium-322</i>	<i>Calories-456 Sodium-314</i>	<i>Calories-302 Sodium-153</i>	<i>Calories-436 Sodium-266</i>	<i>Happy New Year</i>

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

Sodium and calories listed above are for entrees only.

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



**SENIOR CENTER ACTIVITIES**

Alzheimer’s Partnership	Computer Classes	Internet	SHINE Counseling
Artist’s Group	Craft Classes	Knitting and Crocheting	Tai Chi
Bereavement Group	Craft Fair Group	Legal Referrals	Television
Bingo	Cribbage	Library: Books & Videos	Transportation
Blood Pressure Clinic	Day & Overnight Trips	Lunch Served Daily	TRIAD
Book Group	Exercise Classes	Manicures	Volunteer
Bowling	Financial Planning	Meals on Wheels	Opportunities
Bridge	Fuel Assistance	Medical Presentations	Walkers’ Group
Caregiver’s Group	Hearing Screening	Movies	Whist
Coffee Hour	Income Tax	Quilting Class	Writing Class
Community Outreach	Preparation		
	Information/Referrals		

**A FEW CHRISTMAS FACTS**

- 12/25/0001 1st Christmas, according to calendar-maker Dionysus Exiguus
- 12/25/0337 Earliest possible date that Christmas was celebrated on Dec 25th
- 12/25/0352 1st definite date Christmas was celebrated on Dec 25th

.....

After being away on business for a week before Christmas, Tom thought it would be nice to bring his wife a little gift.

"How about some perfume?" he asked the cosmetics clerk. She showed him a bottle costing \$50.

"That's a bit much," said Tom, so she returned with a smaller bottle for \$30.

"That's still quite a bit," Tom grouched.

Growing disgusted, the clerk brought out a tiny \$15 bottle.

Tom grew agitated, "What I mean," he said, "is I'd like to see something real cheap."

So the clerk handed him a mirror.

**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.

DEC	DATE	DESTINATION	PICK-UP	FEE
	1	Wal-mart	9:30am	\$2.00
	4	Roche Bros	9:30am	\$2.00
	11	Shaw's Market	9:30	\$2.00
	15	Xmas Tree Shop-Fox.	9:30am	\$2.00
	18	Hannaford's Mkt	9:30am	\$2.00
	22	Braintree Mall	9:30am	\$2.00
	24	Roche Bros	9:30am	\$2.00
	31	Shaw's Market	9:30am	\$2.00

The COA will make 2 trips daily for food shopping if we have more than 6 seniors registered. Seniors on a waiting list will go shopping at 10:30a.m. and be picked up at noon for return home.

**PLEASE NOTE:** All reservations must be made at least 48 hours in advance. We will only take two reservations per telephone call. This bus is basically for seniors who do not drive, and reservations are on a first-come, first-served basis. All Westwood Glen residents will be picked up at Building #2. Highland Glen residents will be picked up at the flagpole. Local residents will be picked up at their homes. Suggested donation for this service is \$2.00.

**Transportation** is available for residents who would like to attend the Blood Pressure Clinic at the COA Senior Center on the 3<sup>rd</sup> Wednesday of each month. Please call the Center at (781)329-8799 to arrange for transportation. If you are in need of a home visit, or have any questions about the program, please call the Westwood Board of Health office at 781 251-2576.

**FISH volunteers** are also available for some assistance to medical appointments. We have volunteers available for local calls, but very limited service.

**Medical Transportation** for Westwood residents to medical appointments, within a 10-mile radius, is available between 9:30am and 1:30pm, Monday through Friday. Reservations must be made 48 hours in advance, and a donation of \$2.00 is suggested. Call the Senior Center at 781-329-8799.

**Medical Transportation to Boston:** Rides are available through the Foxfield Taxi Service, 1-800-585-8294, for \$25.00. Twenty-four hours notice is required, and the rides are available only on Mondays and Wednesdays.

**Westfare Taxi Vouchers** are available to eligible seniors. A purchase of \$12.00 will buy \$48.00 worth of transportation. Jean Stahl, COA Outreach Worker, administers this program. For more information, call Jean on Monday, Tuesday or Thursday at (781) 329-8799.

**Council on Aging  
Board Members**

Chairperson  
Edie McCracken  
Vice-Chairperson  
Robert Folsom  
Members  
Betty Connors  
Margaret Dullea  
William Galvin  
Mary Gens  
Irene MacEachern  
Colleen Messing  
Patricia Davies  
Verzino

**Director  
Pat Carty-Larkin**

**Friends of Westwood  
Council on Aging  
60 Nahatan Street  
WESTWOOD, MA 02090**

**NONPROFIT  
ORGANIZATION  
U.S. POSTAGE PAID  
WESTWOOD, MA 02090  
PERMIT #16**

## ***Writing class meets Tuesdays at 11:45 a.m. at the COA***

I feel most like myself when . . .

I feel most like myself when I step forward to speak, greet and open dialogue with anyone I meet. Early shyness in my teen years was helped by my father's words. He told me that if I feel uncomfortable, doesn't it follow that everyone else feels the same way? *Help them by breaking the ice*, he said. What magic those words were and still are for me.

***Susan Rogers 2009 -- Westwood COA Writing Class***

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**If you would like a little help .....**

**Holidays can be stressful *and* expensive. If you could use a little help with groceries from the Food Pantry, please call Trish or Pat at the COA at: 781-329-8799 for confidential assistance.**

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The Rotary Club of Westwood is presenting its second annual "Holiday Celebration" choral recital on Sunday, December 6<sup>th</sup> at 2:00 PM in the Westwood High School Auditorium. The choral ensemble will be conducted by Roy Kelley, and there will be a

visit from Santa and gifts for children. **ADMISSION IS FREE.**

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**Louise Sullivan is having a special Craft Class on Tuesday, December 1<sup>st</sup> at 10:00 AM. Class is limited to 10 students and the cost is \$5.00. Please Register at the COA for this wonderful class.**