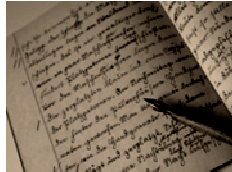


WESTWOOD SENIOR NEWS

Co-sponsored by the Friends of Westwood Council on Aging

OCTOBER 2009

FROM THE DIRECTOR'S DESK



October is my very favorite month. The leaves are beautiful and the weather is crisp and clear. It inspires me to bake a good old fashioned Apple pie and share it with friends. In October the COA invites all seniors who are 90 years of age and older to a special 90s party. We highly respect our seniors and want them to know that we appreciate that they have seen a lot in their lifetime. We will provide light refreshments and enjoy an afternoon of music. Some seniors come daily, while others only come to the Senior Center once or twice a year. Everyone is most welcome. If you know a senior who is 90 years of age or older, please let me know and I will be very pleased to invite them to the party. Enjoy your lovely 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.



TELEPHONE REASSURANCE LINE

Would you like to receive a friendly telephone call every morning, Monday – Sunday, around 9 AM? Please call the Senior Center and leave your name and telephone number; someone will call you every morning for a brief chat.



WARNING FROM WESTWOOD POLICE DEPARTMENT

The Westwood Police Department has received a number of calls from Westwood residents looking to confirm the legitimacy of a phone call received where the caller impersonates a relative who is looking for money. Usually, the scam involves a younger sounding individual calling a grandparent stating that they have been placed under arrest in Canada, and they need a moneygram sent to a location in Canada to be able to get out of jail. Please contact the police, a trusted friend or a relative, if a call of this nature is received. Anytime you receive an unsolicited call looking for money, a heightened level of suspicion is necessary. Scam artists can be convincing, and residents should not hesitate in contacting the police with any questions or concerns.



WESTWOOD SENIORS BOWLING LEAGUE



Westwood Seniors Bowling Team is looking for new members. Join us, meet new friends, have lots of fun, and do it all while exercising for your health! We meet in Norwood at 9:30 am, every Monday.



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, October 6, 13, 20, 27 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, October 8, 15, 22, 29 10:00am-11:45am

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

Tuesdays, October 13, 20, 27

11:45-1:00pm

\$5.00 per class

Writing poetry, prose, memoir, or any form you might invent. All levels welcome. Please join our group--refine your writings and enjoy some friendly conversation.

Book Club

Wednesday, October 21 2:00pm

FREE

Book discussion is listed below.

Oct ***Dreamers of the*** Mary Doria
21 ***Day*** Russell

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



BRAIN FOOD

SUDOKU

Place a number into each box so that each row across, each column down, and each small 9-box square within the larger diagram (there are 9 of these) will contain every number from 1 thru 9. In other words, no number may appear more than once in any row, column, or smaller 9 box square.

Working with the given numbers, complete each diagram with the numbers that will lead to the correct solution.

(Correct solution is on page 5)

		4	9	6	8			5
		9						
	8			5	4	3		9
5			1		3		8	
4	2			8			7	1
	1		4		7			2
3		2	8	7			5	
						7		
1			2	3	6	4		



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

Tai Chi

\$3.00/class

Tuesdays, October 6, 13, 20, 27

1:00pm

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

EXERCISE

\$2.00/session

Mondays, October 5, 12, 19, 26

1:00pm

and Wednesdays October 7, 14, 21, 28

Low impact exercise class.

Blood Pressure Clinic

FREE

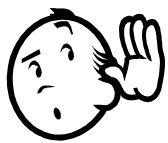
Wednesday, October 21 9:00 – 11:30 am

BOWLING LEAGUE

Mondays, October 5, 12, 19, 26

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.**



FREE HEARING SCREENING

Wednesday, **October 14** 10:00am-1:00pm

Beltone New England will provide a free hearing screening, video ear scan, and free hearing instrument cleaning. Appointments are at 15-minute intervals. Please call the Senior Center to schedule your appointment.

**“The New Day” Bereavement Group
A Journey From Grief to Healing**

Wednesdays, October 28 10:00-11:30am

November 4, 18, 25

FREE

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

TO YOUR HEALTH (cont)



HEALTH PLAN OPTIONS FOR PEOPLE with MEDICARE

Monday, **November 2**

1:00pm

This program is sponsored by Blue Cross Blue Shield of MA, and includes an explanation of Medicare, Medicare prescription drug benefits, and how Medigap plans and Medicare Advantage plans work with Medicare.

Presenters will also provide updates for Blue Cross and Blue Shield of Massachusetts 2010 plan offerings. All are welcome regardless of your insurance coverage.

A WORD ON VITAMINS

(more on page 7)

FAT SOLUBLE VITAMINS








Vitamins A, D, E and K are fat-soluble, meaning that they dissolve in fat and are carried by fat molecules throughout the body. If we had no fat in our diets, we would be unable to absorb these vitamins and reap their benefits. These vitamins also can be stored in body fat, so taking supplements of fat-soluble vitamins-especially vitamin A or vitamin D- is risky unless prescribed by a doctor, since the stored excess can build up to dangerous levels.

WATER SOLUBLE VITAMINS

The B-vitamins and vitamin C are water-soluble, which means they dissolve in water and are carried through-out the bloodstream. The body does not store most water-soluble vitamins, with the exception of vitamin B-12. Other than B-12, the body uses what it needs and the kidneys excrete any excess in the urine.

MINERALS

Like vitamins, minerals are essential nutrients required to help the body function properly.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
	Happy Halloween 		9:00 Reiki Healing 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet	9:30 Shaw's Mkt 10:00 Coffee Hour 11:30 Rubber Bridge
5	6	7	8	9
9:30 Bowling League 10:00 Craft Class 1:00 Exercise Class 1:00 Whist Group 1:00 Painting	10:00 Beginners Comp. 10:00 Quilting 1:00 Tai Chi 1:30 Walk-Fit 2:00 Movie	9:00 Free Legal 9:00 Manicures 12:30 Duplicate Bridge/Foxboro. 1:00 Exercise Class	9:30 Wii 10:00 Intermediate Comp. 1:00 Cribbage 1:15 BINGO 1:30 Knit & crochet	9: 30 Roche Bros 10:00 Coffee Hour 11:30 Rubber Bridge 1:30 Walk-Fit
12	13	14	15	16
COLUMBUS DAY SENIOR CENTER CLOSED	9:30 Braintree Mall 10:00 Beginners Computer 10:00 Quilting 11:45 Writing 1:00 Tai Chi 1:30 Walk-Fit 2:00 Movie	10:00 Legal Guidance 10:00 Hearing Screening 11:30 Duplicate Bridge/Foxboro 1:00 Exercise Class	9:30 Wii 10:00 Intermediate Comp. 10:30 Gary Highlander 1:00 Story Time 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet	9:30 Hannaford's Market 10:00 Coffee Hour 11:30 Rubber Bridge 1:30 Walk-Fit 
19	20	21	22	23
9:30 Bowling League 10:00 Craft Class 1:00 Exercise class 1:00 Whist Group 1:00 Painting 	9:30 Walmart-Walpole 10:00 Beginners Computer 10:00 Quilting 10:00 Consumer Help 11:45 Writing 1:00 Tai Chi 1:30 Walk-Fit 2:00 Movie	9:00 Blood Pressure 9:00 Manicures 11:30 Duplicate Bridge/Foxboro 1:00 Exercise Class 1:00 Senior Expo-Walpole Mall 2:00 Book Group	9:30 Wii 9:30 Roche Bros 10:00 Intermediate Comp. 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet 2:00 90s Party	10:00 Coffee Hour 11:30 Rubber Bridge 1:30 Walk-fit 
26	27	28	29	30
9:30 Bowling League 1:00 Exercise class 1:00 Whist Group 1:00 Painting 	9:30 X-Mas Shop-Foxboro 10:00 Beginners Computer 10:00 Quilting 11:45 Writing 1:00 Tai Chi 1:30 Walk-Fit 2:00 Movie	10:00 Bereavement Group 11:30 Duplicate Bridge/Foxboro 1:00 Exercise Class 	9:30 Wii 10:00 Intermediate Comp. 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet	9:30 Roche Bros 10:00 Coffee Hour 11:30 Rubber Bridge 1:30 Walk-Fit 

BLOOD PRESSURE CLINIC

SENIOR CENTER	October 21	9:00am – 11:30am
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FOR YOUR INFORMATION



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

FREE ONE-ON-ONE LEGAL ADVICE

Wednesday, October 7 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.

FREE LEGAL PRESENTATION

Wednesday, October 14 10:00am **FREE**

Mary J. Roque, Elder Law Attorney, will present an informational talk about **Durable Power of Attorney.**

CINDY MATLOFF, CO-DIRECTOR of the CONSUMER ASSISTANCE METRO WEST

Tuesday, October 20 10:00am

Cindy Matloff, Co-Director of the Consumer Assistance Office Metro West, will talk about issues of 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 a kind of scam targeting seniors. She will also 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. The Consumer Assistance Office services 30 metro-west towns and works in cooperation with the Office of the Attorney General. The Consumer Assistance Office also provides free mediation services to help consumers resolve complaints against businesses.

2009 BOOMER and SENIOR EXPO at the WALPOLE MALL

Wednesday, October 21 1:00 – 7:00pm

FREE

Workshops, cooking, exercise techniques, informative breakout sessions and entertainment are all part of the day!

Here are just a few highlights:

- A special demonstration of LoJack's new "Personal Locator Unit" by Dr. Knight of the Norfolk County Sheriff's Department .

Other workshops and demonstrations include:

- Protect Your Largest Asset against Long Term Care Costs by Gosselin and Associates
 - Large interactive display of the Wii Computer Game for Seniors
 - Money, Mortgages and Credit – What is going on, and how does it affect me? Comparing a conventional mortgage to the Federal Home Equity Conversion Mortgage.
 - Author Beverly Moore on "Bringing Joy to a loved one with Alzheimer's"
 - "Yoga to relax" and "Good workout habits" by Planet Fitness
 - Workshop on "Will I Outlive My Assets?"
 - More programs being added daily, including
 - How to use "Facebook"!
 - Improve your e-mail skills or learn *how* to e-mail!
 - Computer maintenance requirements by the Geek Squad!
 - Cooking for 1 or 2 – demonstrations and tastings
- PRIZES, RAFFLES, DRAWINGS, MORE!!!**
(See schedule starting on page 6)

AARP SAFE DRIVER PROGRAM

...COMING SOON

Monday, Nov. 9 9:00am-2:00pm

\$14.00

AARP members \$12.00

AARP will offer a 4-hour Safe Driver Program at the Senior Center. Lunch is included in the price quoted above. Please pay by check made out to AARP. AARP members must put their membership number on their check.

Seats are limited, so please register early.

SUDOKU SOLUTION

7	3	4	9	6	8	2	1	5
6	5	9	3	1	2	8	4	7
2	8	1	7	5	4	3	6	9
5	9	7	1	2	3	6	8	4
4	2	3	6	8	5	9	7	1
8	1	6	4	9	7	5	3	2
3	4	2	8	7	9	1	5	6
9	6	8	5	4	1	7	2	3
1	7	5	2	3	6	4	9	8

ENTERTAINMENT

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

BINGO



FREE

Thursdays, Oct. 1, 8, 15, 22, 29 1:15 – 2:45pm
Seniors are invited to play Bingo on Thursday afternoons. Join us and bring a friend!

GARY HIGHLANDER and the SALEM WITCHCRAFT TRIALS

Thursday, October 15 10:30am

Enjoy a BEWITCHING morning of history and drama with Gary Highlander. The Salem Witchcraft Trials of 1692 “An army of devils,” warned Reverend Cotton Mather, was on its way to afflict the men and women of the Massachusetts Bay Colony for their sinfulness and wicked ways. New Englanders believed in the “Old Deluder” and the malevolent powers of his “Invisible World.” When rumors of Tituba’s conjuring

of spirits in the household of Reverend Parrish surfaced, powerful witchcraft hysteria seized Salem Village and neighboring towns. By the time the Salem witchcraft trials were suspended, 19 of the accused, mostly women, had been hanged for the crime of witchcraft. This presentation is sponsored by New Pond Village.



MOVIES

FREE

ALL MOVIES AT 2:00 pm

- October 6 **Good Night and Good Luck** George Clooney 2005
- October 13 **#1 Ladies Detective Agency** 2009
- October 20 **Swing Vote** Kevin Costner 2008
- October 27 **Amazing Grace** Albert Finney 2006

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

SOME OF THE WALPOLE MALL SENIOR EXPO PRESENTERS

TALK TITLE	EMAIL ADDRESS	TIME
Safety in the Home	kdfederico@aol.com	3:00pm
Challenges for the Adult Caregiver	ppomerleau@hessco.org	4:00pm
Dealing with the Stress of Caring for a Loved One	cmccarthy@priorityseniorcare.org	4:00pm
Bringing Joy Back to Your Family Member with Alzheimer's	alzheimercoaching@juno.com	5:00 or 6:00pm
Together We Can	ahayes94@verizon.net	6:00pm
Will You Outlive Your Money	cedwards1@baystatefinancial.com	6:00pm
Get Connected	ahall@mywayvillage.com	
Living To 101- Planning for Incapacity: Medical, Financial and Legal Decision Making	Lzeitz@verizon.net	
Tips for Downsizing from A to Z	marieleblanc@charter.net	
Modifying a Home to be Able to Age in Place	richcastino@comcast.net	
Money, Mortgages and Credit, What's Going On and How Does it Affect Me?	cbroderick@yourhomeforlife.com	
Assertive Training for Seniors: A Positive Approach for Effective Communication	bethgandelman@comfortkeepers.com	
Fall Prevention	prossetti@natickvna.com	
DEMONSTRATION-LoJack	mfandel@lojack.com	
DEMONSTRATION-Healthy Eating Can Be Delicious too	HPAdvantage@yahoo.com	



2009 Trips

Please remember to register for all events.

Trips may be cancelled for lack of participation. Call (781) 329-8799 to register.

**GOLDEN
OLDIES
at
LANTANA
in
Randolph**



TRANSPORTATION
NOT PROVIDED

Wednesday, November 4
\$40.00

The show features the group, *The New York Vagabonds!* They will entertain with wonderful songs from the 40s, 50s, 60s and 70s.

Meal menu: Appetizer, Holiday Roast Turkey with Dressing, Vegetable, Potato, Dessert, Coffee/Tea.

CRYPTOGRAM SOLUTION

(PUZZLE IS ON PAGE 3)

My friend doesn't really care if her boyfriend casts the first stone at her as long as it is a diamond.

WITTY EPITAPHS

Moultrie, Georgia, USA:

Here lies the father of 29.
He would have had more
But he didn't have time.

Edinburgh, Scotland:

Stranger tread
This ground with gravity.
Dentist Brown
Is filling his last cavity.





VITAMIN A

(from page 3)

Good to know	Also called retinol or retinoic acid. Humans convert carotenes from plant foods into vitamin A in the body.
Recommendations:	Men ages 11-51+, 1000 micrograms RE/day (equivalent to about 5000 IU) Women ages 11-50+, 800 micrograms RE/day (equivalent to about 4000IU) (RE=retinol equivalent, the standard measure for vitamin A)
Benefits:	Important for good vision, especially at night. Also affects immunity, reproduction, and the growth and maintenance of cells of the skin, gastrointestinal tract and other mucus membranes.
Food Sources:	Fortified milk, eggs, liver, cheese, leafy green vegetables (such as spinach, kale, turnip greens, collards and Romaine lettuce), broccoli, dark orange fruits and vegetables (such as apricots, carrots, pumpkin, sweet potatoes, papaya, mango and cantaloupe), red bell pepper
Day's supply in:	½ cup sweet potatoes (2800 mcg), OR one carrot (2000 mcg), OR 1 oz fortified cornflakes (635 mcg) PLUS 1 cup milk (150 mcg) PLUS 1 cup raw spinach (375 mcg)
Watch out:	Taking high-dose supplements (daily dose over 15,000 micrograms RE, or about 75,000 IU) can cause toxicity, which can result in bone fractures; joint pain; headaches; skin that is dry, itchy or peeling; brittle nails; hair loss nausea and vomiting; diarrhea; fatigue; blurred vision; liver failure; hemorrhages.

HESSCO ELDER SERVICE-OCTOBER 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
 	 	<p>Confidential donation of \$2.50 per meal. To cancel, please call 781-329-6514</p> 	<p>Meatball Sub Fluffy Rice Riviera Blend Veg Fresh Orange</p> <p><i>Calories-496 Sodium-854</i></p>	<p>Roast Turkey/gravy & Cranberry Sauce Chive Mashed Potato Fall Blend Veg Whole Wheat Roll Chilled Fruit</p> <p><i>Calories-311 Sodium-231</i></p>
5	6	7	8	9
<p>Chicken Cacciatore Buttered Noodles Jardiniere Style Veg Italian Bread Peaches</p> <p><i>Calories-403 Sodium-275</i></p>	<p>Meatloaf/mushroom Gravy Garlic Mashed Pot Country Style Blend Veg Fruit Muffin # Pudding</p> <p><i>Calories-470 Sodium-398</i></p>	<p>Beef Barley Soup Apricot Chicken Tahitian Blend Veg >Multigrain Roll Fresh Fruit</p> <p><i>Calories-420 Sodium-404</i></p>	<p>Beef Stew w/Veg Red Bliss Potato >Whole Wheat Bread # fig Bar</p> <p><i>Calories-423 Sodium-18</i></p>	<p>Fish Sandwich with Tartar Sauce Black Beans & Rice Diced Carrots Fruit Cup</p> <p><i>Calories-420 Sodium-508</i></p>
12	13	14	15	16
<p>COLUMBUS DAY</p> <p>NO MEALS SERVED</p>	<p>Hot Turkey Sandwich With Gravy Whipped Potato Peas # Strawberry Cup</p> <p><i>Calories-676 Sodium-829</i></p>	<p>American Chop Suey Chuck Wagon Corn >Whole Wheat Roll Pears</p> <p><i>Calories-394 Sodium-391</i></p>	<p>Chicken Parmesan Pasta/Tomato Sauce Mixed Veg >Whole Wheat Roll # Smoothie</p> <p><i>Calories-485 Sodium-612</i></p>	<p>Breaded Creole Pork Chop Confetti Rice Winter Squash Dinner Roll # Applesauce</p> <p><i>Calories-455 Sodium-292</i></p>
19	20	21	22	23
<p>Stuffed Cabbage with Tomato Sauce German Pot Salad Fruit Muffin Pears</p> <p><i>Calories-351 Sodium-471</i></p>	<p>Cheese Lasagna Italian Blend Veg >Multigrain Roll Fresh Orange</p> <p><i>Calories-387 Sodium-816</i></p>	<p>Oriental Soup Polynesian Chicken Hawaiian Rice >Whole Wheat Roll Tropical Smoothie</p> <p><i>Calorie-537 Sodium-353</i></p>	<p>Low Sodium Hot Dog Mustard Veggie Baked Beans Glazed Carrots Fresh Fruit Cup</p> <p><i>Calories-415 Sodium-1136</i></p>	<p>Florentine Style Fish Penne/Tomato Sauce Scalloped Tomatoes Scali Bread # Almond Cookie</p> <p><i>Calories-333 Sodium-746</i></p>

26	27	28	29	30
Breaded Chicken Cutlet Scalloped Potato Roman Blend Veg >Whole Wheat Bread # Pudding	Sloppy Joe Hamburger Bun Green Beans Hash Brown Potato Mandarin Oranges	Herb Roasted Pork w/Apple Gravy Mashed Potato Broccoli >Whole Wheat Bread Birthday Cake	Beef Chili/veggies Mexican Rice >Multigrain Roll Fresh Fruit	Happy Halloween Chicken ala Ghost Scary Potatoes Witch Mixed Veg >Tombstone Muffin Spooky Jello
<i>Calories-451</i> <i>Sodium-676</i>	<i>Calories-352</i> <i>Sodium-546</i>	<i>Calories-354</i> <i>Sodium-163</i>	<i>Calories-</i> <i>Sodium-</i>	<i>Calories-354</i> <i>Sodium-163</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		

MORE SENIOR EXPO PRESENTERS (cont from pg 6)

The Ellis	Danielle Federico	781-762-6880	Norwood
Natick VNA	PatsyRossetti or Dianna Cavanaugh	508-653-3081x1251	Edith Wolson (Social Worker) 508-653-3081x1528
Priority Senior Care	Carolyn McCarthy	617-894-0243	
Transitions	Marie Leblanc	617-923-4545 or 617-201-2685	
HESSCO	Patty Pomeleau Sheryl Leary	781-784-4944 508-904-7803	
Operation Independence	Rich Castino		325 School St Watertown, MA 02472
Alzheimer Coaching Services	Beverly Moore	617-233-1145	157 Wilson Ave, Quincy, MA 02170

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	PICK-UP	FEE
	2	Shaw's	9:30am	\$2.00
	9	Roche Bros	9:30am	\$2.00
	13	Braintree Mall	9:30am	\$2.00
	16	Hannaford Mkt	9:30am	\$2.00
	20	Walmart-Walpole	9:30am	\$2.00
	22	90s Party	2:00pm	FREE
	27	X-Mas Shop, Foxboro	9:30am	\$2.00
	30	Roche Bros	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 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 assistance to medical appointments. We have volunteers available for local calls, but only one volunteer who is willing to drive to Boston.

Medical Transportation for Westwood residents to medical appointments, within a 10-mile radius, is available between 9:30a.m. and 1:30p.m. 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**



LOOKING FOR DRIVERS!!!

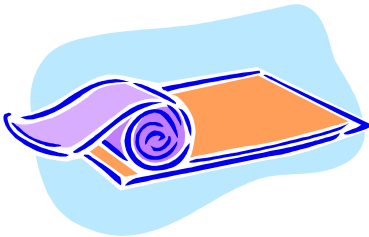
We are looking for Meals on Wheels drivers to deliver meals to those who are homebound. About 1 hour a week will be a wonderful help to those we serve.

Please call Rita at: 781-329-6514 if you can help. Thank you very much.



NOVEMBER 10TH BLUE HILLS DAY OF BEAUTY 8:30 AM – 2 PM \$20.00

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 by calling the Senior Center at: 781-329-8799.



REIKI and FULL SPECTRUM HEALING

Melissa Hed, Usui Reiki Master, will offer 1:1 sessions of 45 minutes on Thursday, **OCTOBER 1...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.

Follow-up sessions are \$25.00, as a special discount to the COA community.

Appointments are required. Please call the senior center to reserve your session.