

WESTWOOD SENIOR NEWS

Co-sponsored by the Friends of the Westwood Council on Aging

MAY 2010

FROM THE DIRECTOR'S DESK

Welcome to beautiful May. A very special month for Mother's Day, Memorial Day and family gatherings. This month the Senior Center is featuring a few new programs. We are offering Bone Density testing, Hearing Screenings, a lecture on Going Green and a talk of Estate Planning as well as our monthly events. We welcome your attendance at any or all of the programs. The Annual Town meeting is scheduled for May 3rd at 7:30pm at the High School. Attending the Annual Town Meeting is very important. The COA is offering transportation if you need a ride. Simply call 781-329-8799 to make your reservation on the van. I wish you a healthy and sunny month.

Sincerely,
Pat Carty-Larkin
Director, Westwood COA

CHECK THE EXPIRATION DATE ON YOUR DRIVER'S LICENSE

Reminders to renew your license are NO LONGER being mailed. Be sure to check the renewal date on your license.

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.

ANNUAL TOWN MEETING

Monday, May 3 -Westwood High School-
7:30pm

HEALTH INSURANCE RELATED ISSUES

The Westwood COA is pleased to announce that Lorie Howell is our SHINE representative. SHINE stands for Serving the Health Insurance Needs of Elders and is a FREE program to help seniors sort through the complexities of Health Insurance issues. Lorie will be available for appointments on the **first Tuesday of each month between the hours of 10:00 AM and 2:00 PM.**

Please call the senior center at: 781-329-8799 to schedule your appointment.

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

EXERCISE CLASS SCHEDULE

Bowling League

Mondays May 3, 10, 17, 24 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.

Chair Yoga

\$2.00/session

Tuesdays May 4, 11, 18, 25 10:00am
Experience the wonderful benefits of balance and strength from yoga. Register soon as space is limited.

Low Impact Exercise

\$2.00/session

Mondays **May 3, 10, 17, 24**
Wednesdays **May 5, 12, 19, 26** 1:00pm

Low impact exercise class.

Outdoor Walking will begin soon!

REIKI and FULL SPECTRUM HEALING

Thursday May 6 1st session Free
then
\$25.00/session

Melissa Hed, Usui Reiki Master, will offer 1:1 sessions of forty-five minutes on *the first Thursday of each month*. Clients are fully clothed and may either sit or lie down.

TAI CHI

\$3.00/session

Tuesdays May 4, 11, 18, 25 1:00pm
Practice the ancient art of Tai Chi, a gentle physical, stretching exercise that reduces stress and improves flexibility.

Walk-Fit- Cardio-Strength Training

\$3.00/class WILL RESUME IN **JUNE**

Tuesdays 1:30pm
-
Fridays 2:30pm

Join Eileen for this strength training class. Good for balance and posture, and to help increase your well being. Please bring water and a 1 or 2 lb weight.

Cleaning for a *good* reason ...

There are cleaning services that provide FREE housecleaning for any woman currently undergoing chemotherapy. They will come 1 time per month for 4 months while she is in treatment. Just sign up and have the doctor fax a note confirming the treatment. Cleaning for a Reason will have a participating maid service in her zip code area arrange for the service.

This organization is nationwide and currently has more than 500 partners to help these women. It's a newly formed non-profit, providing cleaning services to women with any type of cancer.

The web address is:

<http://www.cleaningforareason.org>

CLASS SCHEDULE

Writing Group

FREE

Wednesday April 14, 28 2:00pm
The Writing Group now meets on a more informal basis on the 2nd and 4th Wednesdays of each month at 2 PM at the senior center. The group will be based more on memoir writing and there will be no formal critique.
Come and give the group a try !!!

FOR YOUR INFORMATION

WILLS, TRUSTS and AVOIDING PROBATE

Wednesday May 12 - FREE
10:00am

Please join Attorney Pellegrini for a discussion about elder issues such as: Wills & Trusts, avoiding Probate, reducing legal fees, and how to protect one's assets. There will be ample time for questions.

ENTERTAINMENT

Bingo

Thursdays May 6, 13, 20, 1:15-2:45
27

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

CLASS SCHEDULE

Computer for Beginners Westwood residents
\$10.00

non-residents **\$15.00**

Tuesdays May 4, 11, 18, 25 10:00am-11:45am

Learn formatting, editing, create a simple table and a card 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 to reserve your one-on-one session.

Book Club

FREE

Wednesday May 26 2:00pm
Book discussion is listed below

Night of Many Dreams Gail Tsukiyama
Please come by to share your thoughts and meet some friends.

**Registration required for all activities.
Register at the Senior Center or call 781-329-8799**

MAY TRIPS and EVENTS

BUFFET BRUNCH

SWAN CHOCOLATES TOUR

ANHEUSER-BUSH BREWERY

TOUR

Sunday May 2
\$65.00

Includes transportation

Buffet Brunch, Swan Chocolates tour, and Brewery Tour of Anheuser-Bush with a sample! Transportation included, as well as step on guide, brunch and tours. A wonderful way to spend a Sunday!!!

Movies

FREE

All movies shown Tuesdays at 2:00pm

May 4

Educating Rita Julie Walters
Michael Caine 1983

May 11

Mrs. Delafield Wants to Marry Katharine
Hepburn 1986

May 18

Widows' Peak Joan Plowright 1994

May 25

Did You Hear About the Morgans Hugh Grant
Jessica Parker 2009

If there are any movies you would like to see, please let us know.

JULY TRIPS and EVENTS

LAKE WINNIPESAUKEE & LAKES REGION

One hour SCENIC CRUISE

Wednesday July 13
\$85.00

Includes transportation

Enjoy a 1-hour scenic cruise out of Weirs Beach; luncheon meal at The Lakehouse, Meredith, NH; and visit Castle in the Clouds. \$85.00 pp includes transportation, cruise, lunch & Castle in the Clouds visit.

Meal choice: Baked Scrod, Chicken Breast or Pork

Loin
salad, potato, vegetable
dessert, coffee/tea.

What a way to spend a wonderful summer day!

**TROPICAL ISLAND HEAT at
LUCIANO'S on LAKE PEARL in
WRENTHAM**

Wednesday
\$65.00

May 12

Transportation not included

Arrive at 11:30

Enjoy the tropical steel band music and hits of Harry Belafonte along with mambos and cha-chas. . Enjoy a wonderful "summer to come" show.

Meal choice: Stuffed breast of chicken or Haddock

vegetables, bread
dessert, coffee/tea

AUGUST TRIPS and EVENTS

SPIRIT OF BOSTON CRUISE

Tuesday

August 10

\$75.00

Includes transportation

Come aboard and enjoy a 3-hour cruise of Boston's historic harbor. \$75.00 includes cruise, Grande Buffet luncheon, Broadway-quality show & dancing. Set sail for a wonderful day on the water.

OCTOBER TRIPS and EVENTS

**FALL FOLIAGE TRAIN RIDE through
NEW HAMPSHIRE'S MOUNTAINS and
LAKE**

REGIONS

Friday

August 10

\$75.00

Includes transportation

Join us for a beautiful four hour foliage train ride and luncheon at the Common Man Inn. The trip includes buffet luncheon featuring roast beef & turkey; homemade breads, salads, cheese cake, coffee/tea. All aboard !!!

HESSCO ELDER SERVICE - MAY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
CHICKEN POT PIE WITH VEG MASHED POTATO >MULTIGRAIN ROLL PEACHES	MEATBALL SUB SUB ROLL HASH BROWN POT CALIFORNIA BLEND FRESH FRUIT	BRAISED BEEF TIPS BUTTERED NOODLES DICED CARROTS >WW BREAD # PUDDING	MOTHER'S DAY SAVORY BAKED CHICKEN ROASTED RED BLISS BROCCOLI > FRUIT MUFFIN # STRAW SHORTCAKE	FISH SANDWICH TARTAR SAUCE PARMESAN MASHED GREEN BEANS HAMBURG ROLL PEARS
10	11	12	13	14
VEGETARIAN CHILI FLUFFY RICE DINNER ROLL # PUDDING	LEMON CHIX ORZO SOUP SOUP LEMON BAKED CHIX SUMMER BLEND VEG >WW ROLL FRESH FRUIT	AMERICAN CHOP SUEY RIVIERA STYLE VEG > MULTIGRAIN ROLL MIXED FRUIT	ROAST TURKEY/GRAVY CRANBERRY SAUCE GARLIC MASHED WINTER SQUASH >WW BREAD # ALMOND COOKIE	SWEET & SOUR PORK RIBLET RIBLET DELMONICO POTATO MIXED VEG WHITE BREAD MANDARIN ORANGES
17	18	19	20	21
SHEPHARD'S PIE WHIPPED POTATO ORIENTAL BLEND > WHOLE WHEAT ROLL PEARS	MACARONI & CHEESE ESCALLOPED TOM >FRUIT MUFFIN PEACHES	CHICKEN MARSALA RICE PILAF ITALIAN STYLE VEG SCALI BREAD # SPRING CUPCAKE	* LOW SODIUM HOT DOG VEGGIE BAKED BEANS PEAS & CARROTS HOT DOG ROLL FRESH FRUIT	PIER 17 FISH TARTAR SAUCE O'BRIEN POTATO GREEN BEANS >WW BREAD # PUDDING
<i>CALORIES: 465 SODIUM: 335</i>	<i>CALORIES: 483 SODIUM: 647</i>	<i>CALORIES: 345 SODIUM: 286</i>	<i>CALORIES: 427 SODIUM: 1090</i>	<i>CALORIES: 464 SODIUM: 512</i>
24	25	26	27	28
MINISTRONE SOUP HONEY GLAZED CHIX ORIENTAL RICE DINNER ROLL PINEAPPLE	MEATLOAF/GRAVY BOILED POTATO BROCCOLI >WW BREAD PEACHES	HAPPY BIRTHDAY HERB ROASTED PORK APPLE GRAVY SCALLOPED POTATO PEAS & ONIONS WHITE BREAD # BIRTHDAY CAKE	BBQ BEEF PATTY NOODLES TUSCANY BLEND VEG >FRUIT MUFFIN FRESH FRUIT	PIZZA SALAD 3 BEAN SALAD # PUDDING
<i>CALORIES: 484 SODIUM: 469</i>	<i>CALORIES: 455 SODIUM: 268</i>	<i>CALORIES: 409 SODIUM: 324</i>	<i>CALORIES: 488 SODIUM: 508</i>	<i>CALORIES: 342 SODIUM: 643</i>
31				
MEMORIAL DAY				
CENTER CLOSED				CONFIDENTIAL DONATION IS \$2.50 PER MEAL.

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. A donation of \$2.50 is greatly appreciated. SYMBOLS: >High Fiber, *Added Salt, # Added Sugar, Modified Desserts are available.

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.

ACTIVITIES MAY 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
9:30 Bowling League 10:00 Ladies Craft Grp. 1:00 Exercise Class 1:00 Whist Group 1:00 Painting	9:30 Walmart 10:00 SHINE—FREE health insurance assistance 10:00 Begin Computers 10:00 Quilting 10:00 Yoga 1:00 Tai Chi 2:00 Movie	9:00 Free Legal Help 12:30 Dup.Bridge/Foxb 1:00 Exercise Class	9:00 Reiki Healing 9:30 Wii Games 10:00 Medicare Talk 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet	9:30 Roche Bros. 10:00 Coffee Hour 11:30 Rub. Bridge Gr.
10	11	12	13	14
9:30 Bowling League 10:00 Ladies Craft Grp. 1:00 Exercise Class 1:00 Whist Group 1:00 Painting	9:00 Yoga 9:30 Braintree Mall 10:00 Begin Computers 10:00 Quilting 1:00 Tai Chi 2:00 Movie	10:00 WWII Museum Trip 10:00 Legal Talk 12:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 2:00 Writing Group	9:30 Wii Games 9:00 BONE DENSITY 10:00 HEARING SCREENING 1:00 Story Hour 1:00 Cribbage 1:15 BINGO 1:30 Knitting & Crocheting	9:30 Shaw's Mkt. 10:00 Coffee Hour 11:30 Rub. Bridge Gr.
17	18	19	20	21
9:30 Bowling League 10:00 Ladies Craft Grp. 1:00 Exercise Class 1:00 Whist Group 1:00 Painting	8:30 Day of Beauty 10:00 Begin Computers 10:00 Quilting 10:00 Yoga 1:00 Tai Chi 2:00 Movie	9:00 Blood Pressure 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class	9:30 Wii Games 10:00 Estate Planning 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet	9:30 Hannaford's Mkt. 10:00 Coffee Hour 11:30 Rub. Bridge Gr.
24	25	26	27	28
9:30 Bowling League 1:00 Exercise Class 1:00 Whist Group 1:00 Painting	9:30 Legacy Place 10:00 Begin Computers 10:00 Quilting 10:00 Yoga 1:00 Tai Chi 2:00 Movie	11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 2:00 Writing Group 2:00 BOOK GROUP	9:30 Wii Games 10:00 Going GREEN 1:00 Cribbage 1:15 BINGO 1:30 Knitting & Crocheting	9:30 Roche Bros. 10:00 Coffee Hour 11:30 Rub. Bridge Gr.
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MEMORIAL DAY Senior Center Closed				

Town Public Health Nurse – (781) 251-2576

BLOOD PRESSURE CLINIC

Senior Center

MAY 19TH

9:00 AM – 11:30 AM

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.

MAY	DATE	DESTINATION	PICK-UP	FEE
	4	Walmart	9:30am	\$2.00
	7	Roche Bros.	9:30am	\$2.00
	11	Braintree Mall	9:30am	\$2.00
	14	Shaw's Mkt	9:30am	\$2.00
	21	Hannaford's Mkt	9:30am	\$2.00
	25	Legacy Place	9:30am	\$2.00
	28	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 some volunteers available for local calls, but very limited service to Boston.

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

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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

May special events

Health Plan Options for People with Medicare...offered by Blue Cross/Blue Shield of MA
presentation on **Thursday, May 6th at 10 AM.** Please register for this talk.

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VNA Care Network & Hospice offering
Be Safe, Smart and Strong

Bone Density, Foot and Balance Screenings
Get checked, prevent falls and stay upright!



When: Thursday, May 13, 2010-- 9:00 am to 12:00 pm

Appointment required.

Screenings take approximately 20 minutes

Call the Westwood COA: for your appointment: 781-329-8799

HEARING SCREENING..... Thursday,
May 13th

10am - 12pm (by appointment only)

Please register for this important health screening.

New York Life Insurance Company will present an informal talk about investments, financial security, and Estate Planning on Thursday, May 20th at 10 AM. Please call the COA to register.

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*Come and learn about **GOING GREEN** in your home ... Presented by the Better Business Bureau on Thursday, May 27 at 10 AM. Please register.*

WALK-FIT Postponed... Walk Fit will resume in JUNE. Please join us for this wonderful exercise program. Register at the senior center.