

WESTWOOD SENIOR NEWSLETTER

MARCH 2010

THE DIRECTOR'S DESK

The Special Town meeting is scheduled for March 8th at 7:30 PM at Westwood High School. I realize that most Seniors, including myself, do not like to drive at night, however this meeting is very important. Please consider attending the meeting and vote on the new Library article. We will have transportation available. Simply call the COA to reserve your ride. Your vote will count.

This month I would like to invite you to take part in a few programs. Our Intergenerational programs with the children from the Deerfield and Martha Jones schools will start this month. Each school offers a different program. The commitment is for 1½ hours, once a month for four months. The topics will be music, games, computers, telling stories, planting flowers etc. If you are interested or have questions, please call me at 781-329-8799.

We are also looking for seniors to play Cribbage and Whist. Cribbage is played on Thursday afternoons at 1:00pm and Whist takes place on Mondays at 1:00pm. Why not give them a try? You are most welcome to join us at the Senior Center.

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 - 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 to Sunday, around 9:00am? If so, please call the Senior Center and speak with our Outreach Worker, Jean Stahl. Someone will call you every morning for a brief chat.

OUR THANKS to the WESTWOOD EDUCATIONAL FOUNDATION

The Council on Aging Board and staff would like to sincerely thank the Westwood Educational Foundation for the grant award to purchase Low Vision Magnification equipment for our computer in the activity room. This new equipment will assist seniors who can no longer use a regular computer.

Please feel free to stop in and use this new Low Vision Magnification feature.

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

CLASS OFFERINGS

Computer for Beginners

Tuesdays, March 2, 9, 16, 23 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.

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.

Book Club

Wednesday, March 31st

2:00 pm **FREE**

Book discussion is listed below.

Sinister Pig Tony Hillerman

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

Writing Group

FREE

Wednesday, March 10th & 24th
2:00 pm

Share your thoughts and experiences, and meet new friends.

KEEPING FIT

Bowling League

Mondays, March 1, 8, 15, 22, 29

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.

Low Impact Exercise

\$2.00/session Mondays, March 1, 8, 15, 22, 29 and

Wednesdays, March 3, 10, 17, 24, 31
1:00pm

Low impact exercise class.

Indoor Walking at Westwood High

Mondays, March 1, 8, 22 and

Thursdays March 4, 11 **3:15pm**

Join us walking indoors at Westwood High School. We 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, March 2, 9, 16, 23, 30
1:00pm

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

REIKI and FULL SPECTRUM HEALING

Thursday, March, 4 1st session is **FREE**

then \$25.00/session

Melissa Hed, Usui Reiki Master, offers one on one sessions of 45 minutes on Thursday, March 4, and ...**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.

KEEPING FIT

Chair Yoga 10 AM ... \$2.00/session

Tuesdays, March 2, 9, 16, 23

Experience the wonderful benefits of balance and strength from yoga. Register soon because space is limited.

“The New Day” Bereavement Group

FREE

Wednesday, March 3, 17, 24, 31 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, March 17 9:00 – 11:30am

Memory Maintenance Talk

Thursday, March 11 10:00am

Dr. Raia, Gerontologist & Vice President of the Massachusetts Alzheimer’s Association, will present a discussion on maintaining your memory through diet, exercise and socialization. Please join us for this very informative presentation. This presentation is sponsored by Clark House at Fox Hill Village.

KEEPING FIT

HANDS ON MASSAGE AND BODYWORK CLINIC

Thursday, March 25 1:00 to 3:00 pm

20 minute massage-\$20.00

Hands-on Elders, a gentle massage and body-work service, will be available to introduce seniors to the technique of gentle hands-on, clothing-on, chair or table massage therapies. This is a private twenty minute introduction to their techniques. As always, registration is required. Please call the senior center to schedule your personal time.

FREE DENTAL SCREENING

Saturday, April 10 9:00am to 1:00pm

A free dental screening clinic for seniors will be held at the Westwood Council on Aging. Dentists will examine patients for problems with their teeth, gums, and dentures. Patients can ask dentists questions and discuss their concerns. Participants will also be screened for oral cancers and free denture cleaning will be provided through Massasoit Community College’s Dental Assistant program. During the screening clinic, participants can apply to be part of the Elder Dental Program, which provides reduced-fee dental services to low-income seniors. Area residents age 60 or older whose annual incomes are less than \$27,000 may qualify for this program.

A nutritionist from HESSCO Elder Services will talk with participants about the role of nutrition in oral health and will give advice to those with chewing problems, dry mouth, medication interactions, and other concerns.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
9:00 Taxes 9:30 Bowling League 10:00 Ladies Craft Grp 1:00 Exercise Class 1:00 Whist Group 1:00 Painting 3:15 Indoor Walking	8:30 Day of Beauty 10:00 Chair Yoga 10:00 Begin Computers 10:00 Quilting 1:00 Tai Chi 1:30 Walk Fit 2:00 Movie	9:00 Free Legal Advice 10:00 Bereavement Gr. 10:00 Woman's Club 11:30 Dup.Bridge/Foxb 1:00 Exercise Class	9:00 Reiki Healing 9:30 Wii Games 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 Rub. Bridge Gr. 1:30 Walk Fit
8	9	10	11	12
9:00 Taxes 9:30 Bowling League 10:00 Ladies Craft Grp 1:00 Exercise Class 1:00 Whist Group 1:00 Painting 3:15 Indoor Walking *Special Town Meeting—at 7:30 PM*	9:30 Braintree Mall 10:00 Chair Yoga 10:00 Quilting 1:00 Tai Chi 1:30 Walk Fit 2:00 Movie	10:00 Legal Talk 10:00 Bereavement Gr. 11:30 Intergeneration 11:30 Dup.Bridge/Foxb 1:00 Exercise Class 2:00 Writing Group	9:30 Wii Games 10:00 Maintaining Your Memory 11:00 Stones, Bones & Family Trees!!! 1:00 Cribbage 1:15 BINGO 1:30 Knitting & Crocheting 3:15 Indoor Walking	9:30 Roche Bros. Mkt. 10:00 Coffee Hour 11:30 Rub. Bridge Gr. 1:30 Walk Fit
15	16	17	18	19
9:00 Taxes 9:30 Bowling League 10:00 Ladies Craft Grp 1:00 Exercise Class 1:00 Whist Group 1:00 Painting 3:15 Indoor Walking	9:30 Emerald Sq. Mall 10:00 Chair Yoga 10:00 Quilting 1:00 Tai Chi 2:00 Movie	9:00 Blood Pressure 10:00 Woman's Club 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class	9:30 Wii Games 11:30 Home Instead: 70/40 Talk 1:00 Intergenerational Story Time 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet	9:30 Hannaford's Mkt. 10:00 Coffee Hour 11:30 Rub. Bridge Gr. **Sign-up for Free Dental Clinic**
22	23	24	25	26
9:00 Taxes 9:30 Bowling League 1:00 Exercise Class 1:00 Whist Group 1:00 Painting	9:30 Braintree Mall 10:00 Chair Yoga 10:00 Quilting 1:00 Tai Chi 2:00 Movie	11:30 Dup. Bridge Foxb 1:00 Exercise Class 2:00 Writing Group	9:30 Wii Games 1:00 Gentle Massage (\$20.00) 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet	9:30 Shaw's Mkt. 10:00 Coffee Hour 11:30 Rub. Bridge Gr
29	30	31		
9:00 Taxes 9:30 Bowling League 1:00 Exercise Class 1:00 Painting 1:00 Whist Group	9:30 X-mas tree Foxb 10:00 Quilting 10:00 Chair Yoga 1:00 Tai Chi 2:00 Movie	10:00 Woman's Club 11:30 Dup. Bridge Foxb 1:00 Exercise Class 2:00 Book Group		

Daly Foot Care will no longer be coming to the Senior Center. Call 781-329-7716 for an appointment.

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

SENIOR CENTER

MARCH 17th

9:00am – 11:30am

FREE DENTAL SCREENING *(cont. from page 3)*
Saturday, April 10 9:00am to 1:00pm

Anyone aged 60 or over from any town is welcome to attend the clinic. The screening clinic is organized by the Elder Dental Program, a project of Community VNA in cooperation with the Neponset Valley Community Health Coalition as part of their initiative to keep older adults free of dental disease, and is made possible by Norfolk Adult Day Health Center and the Neponset Valley Community Health Coalition in partnership with the Westwood Council on Aging; Massachusetts Department of Oral Health; the Home Instead Senior Care Foundation; Massasoit Community College Dental Assistant Program; and HESSCO Elder Services.

FOR YOUR INFORMATION

FREE ONE-ON-ONE LEGAL ADVICE
Wednesday, March 3 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.

INCOME TAX ASSISTANCE
March 1,8,15,22,29 9:00am-3:00pm

FREE
Income tax assistance is available with a representative from AARP. Appointments are limited so give us a call to arrange for your FREE tax preparation for Westwood seniors.

INTERGENERATIONAL PROGRAM

Wednesday, March 10, April 7, May 5, June 2

11:30 – 1:00pm with bag lunch
Another fun year with fourth graders at the Deerfield School is ready to go. We have programs and dates set up, and we need more seniors, as the fourth graders find it more and more interesting to be part of this GREAT group.

STONES, BONES and FAMILY TREES

Thursday, March 11

11:00am

Dick Sullivan, retired teacher and coach, presents a talk you will find humorous, thought provoking, and spine chilling. Experience a unique blend of the scary and the scholarly. Travel through history as this retired teacher attempts to search for answers to our past and present. Coincidence, serendipity and the bizarre haunt Sullivan as he journeys back through his Irish, English, French, Scotch, Welch, Italian, Russian, German and Native American roots. From the Battle of Hastings to the invasion of Normandy; from Concord and Lexington to Bull Run; from the founding of Quebec and Plymouth to the present, this true story proves that truth is much stranger and much more entertaining than fiction.

A STORY FOR EVERY SEASON -

a special Intergenerational Storytime
Thursday, March 18th 1:00 – 1:45 pm
For Preschoolers, Grandparents, Grand Friends, Parents and Family members too!!! Join Loretta Eysie for spring stories!
To Register, please call: 781-461-9548.

LEGAL DISCUSSION

Wednesday, March 10 10:00am **FREE**
Attorney Frederick Pellegrini will present information about estate planning issues. He will discuss topics such as: Wills & Trusts, avoiding Probate, reducing legal fees, and how to protect one's assets. There will be ample time for questions. Register by calling 781-329-8799.

ENTERTAINMENT

BINGO

FREE

Thursdays, March 4, 11, 18, 25 1:15 – 2:45pm
Seniors are invited to play Bingo every Thursday afternoons. Join us and bring a friend!

MOVIES

FREE

ALL MOVIES TUESDAYS AT 2:00 pm

March 2

Music of the Heart Meryl Streep

March 9

Shop Around the Corner James Stewart
Margaret Sullavan

March 16

Amelia Hillary Swank
Richard Gere

March 23

Dreamgirls Beyonce

March 30

The Associate Whoopi
Goldberg

MARCH TRIPS and EVENTS

FOUR CELTIC VOICES

Thursday,

March 15 **\$65.00pp** includes luncheon and transportation

Spellbinding journey in song including traditional Celtic harmonium, flute and harp. Meal choice: Corned Beef & Cabbage or Baked Haddock minestrone soup, vegetable, bread, dessert, coffee/tea.

THE 70+/40 TALK

Thursday, March 18th 11:30 am

FREE

Communication is the key when talking with your adult child about issues of aging. Learn how and when to bring up sensitive subjects such as budgeting, illness and loneliness. It is important to talk about these issues before a crisis happens.

Please join Laurie Bender, RN, MS, CCNS, of **Home Instead Senior Care**, who will lead an informal discussion of these and other topics. Light refreshments will be served.

UPCOMING TRIPS and EVENTS

APRIL TRIPS and EVENTS

EXPLORE.....EXPLOITAS.....(Elderhostel) ADVENTURES IN LIFELONG LEARNING

Wednesday, April 8

10:30am and repeated at 12:45pm

Come join us for a very informative presentation about the wonderful opportunities for educational adventures in the United States and throughout the world. Rochelle Kruger, Exploritas Ambassador, will come to the Senior Center on and talk about all of the travel adventures waiting for YOU!!! ... and please bring a friend to the program too.

LANTANA in RANDOLPH

\$40.00pp

COMEDIAN GLEN ANTHONY

Wednesday, April 21 Arrive at 11:30

TRANSPORTATION **NOT** INCLUDED

Glen focuses on clean comedy... You'll laugh out loud!

Meal choice: Yankee Pot Roast or Boneless

Chicken Breast, beef
vegetable soup,
potato, vegetable, dessert,
coffee/tea

UPCOMING TRIPS and EVENTS

(cont.from pg 6).

LAKE WINNIPESAUKEE & LAKES REGION

One hour scenic cruise \$85.00 all inclusive

Tuesday, July 13

Enjoy a one hour scenic cruise out of Weirs Beach; luncheon meal at The Lakehouse, Meredith, NH; and visit Castle in the Clouds. All for 85.00!

Meal choice: Baked Scrod, Chicken Breast or Pork Loin, salad, potato, vegetable, dessert, coffee/tea.

What a way to spend a wonderful summer day!

AUGUST TRIPS and EVENTS

SPIRIT OF BOSTON CRUISE \$75.00 all inclusive

Tuesday, August 10

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

SCARBOROUGH, MAINE LOBSTER BAKE

\$75.00

Thursday, August 26 \$75.00 all inclusive

Savor a lobsterbake in Scarborough, Maine, then sit back and enjoy a bus tour of Kennebunkport's city of lovely gardens and shrines of the Franciscan Monastery.

NEW HAMPSHIRE FALL FOLIAGE TRAIN TRIP

\$95.00 all inclusive

Friday, October 1.

Join us for a beautiful four hour foliage train ride through New Hampshire's mountains and lakes regions. Enjoy a buffet luncheon at the Common Man Inn featuring roast beef & turkey; homemade breads, salads, cheese cake, coffee/tea.

All aboard for a memorable trip through New Hampshire's mountains and lakes region.

MAY TRIPS and EVENTS

Buffet Brunch, Swan Chocolates tour, and Brewery Tour of Anheuser-Bush with a sample!

Sunday, May 2

\$65.00

Transportation included, as well as step on guide, brunch and tours. A wonderful way to spend a Sunday!!!

TROPICAL HEAT at Luciano's on Lake Pearl in Wrentham Wednesday, May 12

\$40.00

Arrive at 11:30am Transportation **NOT** included.

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

Meal choice: Stuffed breast of chicken or Haddock

vegetables, bread, dessert, coffee/tea

MODIFIED "MY PYRAMID" FOR OLDER ADULTS

Older Adults to correspond with the new USDA food pyramid, now known as *MyPyramid*. The Tufts version is specifically designed for older adults and has changed in appearance and content. The Modified MyPyramid for Older Adults continues to emphasize nutrient-dense food choices and the importance of fluid balance, but has added additional guidance about forms of foods that could best meet the unique needs of older adults and about the importance of regular physical activity.

"Adults over the age of 70 have unique dietary needs," says first author Alice H. Lichtenstein, D.Sc., director of the Cardiovascular Nutrition Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts (USDA HNRCA). "Older adults tend to need fewer calories as they age because they are not as physically active as they once were and their metabolic rates slow

down. Nevertheless, their bodies still require the same or higher levels of nutrients for optimal health outcomes. The Modified MyPyramid for Older Adults is intended to be used for general guidance in print form or as a supplement to the *MyPyramid* computer-based program."

HESSCO ELDER SERVICE-MARCH 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	5
PARMESAN CRUMB CHICKEN LYONNAISE POTATO GREEN BEANS W/ TOM WHEAT BREAD MANDARIN ORANGES	BEEF CHILI FLUFFY RICE >WHOLE WHEAT ROLL PEACHES	ROAST PORK with APPLE GRAVY GARLIC MASHED POT BROCCOLI >WHOLE WHEAT BREAD # CUTIE PIE	W/SPAGHETTI CALIFORNIA BLEND DINNER ROLL PEARS	*CHEESE LASAGNA W/TOMATO SAUCE MIXED VEGETABLES >FRUIT MUFFIN FRESH FRUIT
<i>Calories-451 Sodium-533</i>	<i>Calories437- Sodium266-</i>	<i>Calories-386 Sodium-200</i>	<i>Calories-416 Sodium-616</i>	<i>Calories-451 Sodium-1076</i>
8	9	10	11	12
SWEDISH MEATBALLS WHIPPED POTATO CHUCK WAGON CORN WHITE BREAD PEACHES	National Nutrition Day LENTIL SOUP CAJUN CHICKEN COUNTRY STYLE VEG >MULTIGRAIN ROLL FRESH FRUIT	BEEF STEW W/ VEG BOILED POTATO >WHOLE WHEAT BREAD UNSWEETENED APPLE SAUCE	PIZZA DAY	CRUNCHY FISH TARTAR SAUCE MASHED POTATO PEAS WW ROLL #BROWNIE
<i>Calories-410 Sodium-619</i>	<i>Calories- Sodium-</i>	<i>Calories436 Sodium-219</i>	<i>Calories- Sodium-</i>	<i>Calories-364 Sodium-298</i>
15	16	17	18	19
GREEK LEMON CHICKEN O'BRIEN POTATO HOT 3 BEAN SALAD >WHOLE WHEAT BREAD PINEAPPLE	STUFFED PEPPERS CONFETTI RICE DINNER ROLL #PUDDING	*CORNEB BEEF HASH CABBAGE & CARROTS >RAISIN BREAD #SHAMROCK COOKIE	ROAST TURKEY with GRAVY CRANBERRY SAUCE PARMESAN WHIPPED POTATO WINTER SQUASH >MULTIGRAIN BREAD PEACHES	SPINACH & CHEESE OMELET HASH BROWN POTATO DICED CARROTS WHEAT BREAD FRESH ORANGE
<i>Calories-472 Sodium-469</i>	<i>Calories-374 Sodium-294</i>	<i>Calories-306 Sodium-1002</i>	<i>Calories-347 Sodium-174</i>	<i>Calories-396 Sodium-535</i>
22	23	24	25	26
CHICKEN CACCIATORE BUTTERED NOODLES ITALIAN BLEND VEG VIENNA BREAD MANDARIN ORANGES	MUSHROOM BEEF RIB MASHED POTATO MIXED VEG >WHOLE WHEAT BREAD PEACHES	CHICKEN L'ORANGE HAWAIIAN RICE GENOA BLEND VEG >MULTIGRAIN ROLL #PUDDING	POT ROAST WITH GRAVY GARLIC MASHED POT SLICED CARROTS >FRUIT MUFFIN ALMOND COOKIE	CRUNCHY FISH TARTAR SAUCE VEG BAKED BEANS PEAS & MUSHROOMS WHEAT BREAD FRESH ORANGE
<i>Calories-384 Sodium-290</i>	<i>Calories462 Sodium-415</i>	<i>Calories-345 Sodium-175</i>	<i>Calories-417 Sodium786</i>	<i>Calories-459 Sodium-929</i>
29	30	31		
SOUP and SANDWICH	STUFFED SHELLS W/ TOMATO SAUCE GREEN BEANS WHOLE WHEAT ROLL PEARS	HAPPY BIRTHDAY MEATLOAF W/ ONION GRAVY RED BLISS POTATO DICED BEETS >WHOLE WHEAT BREAD # BIRTHDAY CAKE		CONFIDENTIAL DONATION IS \$2.50 PER MEAL.
<i>Calories- Sodium-</i>	<i>Calories261 Sodium-437</i>	<i>Calories-514 Sodium-471</i>	<i>Calories- Sodium-</i>	<i>Calories- Sodium-</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. **A donation of \$2.50 is greatly appreciated.**

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

Mini-Bus

March 8 Special Town Meeting

5	Shaw's Market	9:30am	\$2.00
9	Braintree Mall		
12	Roche Bros.		
16	Emerald Square Mall		
19	Hannaford's Market		
23	Braintree Mall		
26	Shaw's Market		
30	X-Mas Tree Store- Foxboro		

HESSCO is sponsoring a Dental Clinic at the Westwood Senior Center on Saturday, April 10, 2010 from 9:00am-1:00pm. This clinic is free. Seniors must register in advance for this clinic. Registrations will open on March 19th. Applicants will be taken by appointment only.

No walk-ins will be taken.

<p>Council on Aging Board Members</p> <p>Chairperson Edie McCracken</p> <p>Vice-Chairperson Robert Folsom</p> <p>Members Betty Connors Margaret Dullea William Galvin Mary Gens Irene MacEachern Colleen Messing Patricia Davies Verzino</p> <p>Director Pat Carty-Larkin</p>	<p>Friends of Westwood Council on Aging 60 Nahatan Street WESTWOOD, MA 02090</p>	<p>NONPROFIT ORGANIZATION</p> <p>U.S. POSTAGE PAID</p> <p>WESTWOOD, MA 02090</p> <p>PERMIT # 16</p>
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