

WESTWOOD SENIOR NEWS

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



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



Director, Pat Larkin

September 2010

FROM THE DIRECTOR'S DESK

Dear Friends,

September has arrived with all its splendor.

This month is the special month when we recognize our many volunteers for their valuable services. Volunteers are the backbone of the Senior Center. I sincerely value their wonderful qualities and their dedication. Please note their names on page 3.

Each of our volunteers makes the Senior Center a better place.

Have a beautiful month.

Sincerely,
Pat Carty Larkin, Director

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.CO. 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.

LEGAL ADVICE (by appointment, only)

Attorney Mary J Roque, who specializes in Elder Law and Estate Planning, is available on the first Wednesday of each month. She provides free legal guidance to seniors on a one-on-one basis. Please call the Senior Center to schedule your appointment.

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. The web address is: <http://www.cleaningforareason.org>

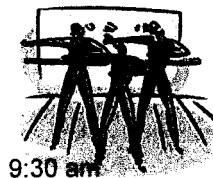
This organization is nationwide and currently has more than 500 partners to help these women. It's a newly formed non-profit, providing cleaning services to women with any type of cancer.

SENIOR CENTER CLOSED on the 14th

The Senior Center is closed on September 14th for voting. Please call the center to schedule transportation to the place where you vote.

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

EXERCISE, ETC.



CLASSES

SCHEDULE

Computer for Beginners Westwood residents \$10.00 non-residents \$15.00

Tuesdays September 7,21,28

Learn formatting, editing, create a simple table and a card using Microsoft Work, sample the internet

Surf the Internet FREE 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 computers or bring in your own laptop. A variety of days and times are available

Call to reserve your

one-on-one session FREE 2:00pm

Book Club Wednesday September 29 2 PM Book discussion is listed below

The Case of the Missing Servant Tarquin Hall

Writing Group FREE

Wednesday September 8,22 2:00pm Share your thoughts and meet new friends.

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

Mondays September 13, 20, 27

Bowling League

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 September 7,21,28 \$2.00/session 10:00am

Experience the wonderful benefits of balance and Strength from yoga. Register soon as space is limited

Walking

Our walking group will resume indoors in October

Low Impact Exercise \$2.00/session Mondays September 13, 20, 27 Wednesdays September 8, 15, 22 ,29

TAI CHI \$3.00/session

Tuesdays September 7,21,28 1:00 pm

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

Walk-Fit-Cardio-Strength Training \$3.00/class

Tuesdays September 7, 21,28 8:30am

Thursdays September 2,9,16,23,30 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.

Council on Aging Volunteers

THANK YOU

Claire Asbrand
John Barrington
Dorothy Baxter
Helen Bier
Claire Bogrette
Felicity Botwinick
Bill Brooks
Zee Buchanan
Julia Bugeau-Heartt
Judith Caruso
Marge Colpitts
Betty Connors
Margaret Conrad
Paul Cook
Dorothy Cook
Janet Costello
Joyce Costello
Peter Dalton
Elsa Delaplace
Betsy Donoian
Margaret Dullea
Marge Eramo
Marion Feeney
Robert Folsom
David Foss

Kathy Ford
Elvin Fowell
William Galvin
Carolyn Ganim
Joe Gantert
Mary Gens
Bob Graham
Joyce Green
Rita Harrington
Mary Hunt
Barbara Jorgensen
Joseph Jowdy
Kathleen Kelly
Bharti Khiroya
Hillary Kohler
Sue Kunkel
Pauline Lanata
Marie Lawlor
Beverly Lowery
Irene MacEachern
Mary Mahony
Mary Masiello
Edie McCracken
Louise McFarland
Kathleen McGill

Elena Oppedisano
Colleen Messing
Helene Monroe
Maya Plotkin
Betsy Rae
Mildred Reisfelder
Janice Russell
Mark Rogers
Natalie Russo
Jackie Saunders
Jerry Seeley
Rita Shahidi
Bev Short
Gerry Smith
Phil Shepperson
Doris Sousa
Dean Strack
Joan Sullivan
Veronica Sullivan
Ruth Tarullo
Connie Totino
Tish Verzino
Joan Wells
Dot West
Theresa Wilson

ACTIVITIES – SEPTEMBER 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		9:00 Free Legal Adv. 11:30 Duplicate Bridge-Foxboro 1:00 Exercise Class	8:30 Walk Fit 9:30 Wii Games 1:00 Cribbage 1:15 Bingo 1:30 Knit & Crochet	9:30 Stop & Shop 10:00 Coffee Hour 11:30 Rubber Bridge
6	7	8	9	10
LABOR DAY SENIOR CENTER CLOSED	8:30 Walk Fit 9:30 Wrentham Mall 10:00 Chair Yoga 10:00 Begin Computers 10:00 Quilting 10:00 SHINE 1:00 Tai Chi 2:00 Movie	11:30 Duplicate Bridge-Foxboro 1:00 Exercise Class 2:00 Writing Group	8:30 Walk Fit 9:30 Wii Games 1:00 Cribbage 1:15 Bingo 1:30 Knit & Crochet 11:00 Gary Hylander Justice Brandeis	9:30 Roche Bros .. 10:00 Coffee Hour 11:30 Rubber Bridge
13	14	15	16	17
9:30 Bowling League 10:00 Ladies Craft Group 1:00 Exercise Class 1:00 Painting 1:00 Whist Group	VOTING- SENIOR CENTER CLOSED	9:00 Blood Pressure 11:30 Duplicate Bridge-Foxboro 1:00 Exercise Class	8:30 Walk Fit 9:30 WiiGames 1:00 Cribbage 1:15 Bingo 1:30 Knit & Crochet	9:30 Shaw's Market 10:00 Coffee Hour 11:30 Rubber Bridge
20	21	22	24	24
9:30 Bowling League 10:00 Ladies Craft Group 1:00 Exercise Class 1:00 Painting 1:00 Whist Group	8:30 Walk Fit 9:30 Xmas Tree- Avon 10:00 Chair Yoga 10:00 Computer for Beginners 10:00 Quilting 1:00 TaiChi 2:00 Movie	11:30 Duplicate Bridge-Foxboro 1:00 Exercise Class 2:00 Writing Group	8:30 Walk Fit 9:30 Wii Games 10:30 Scallop Festival 1:00 Cribbage 1:15 Bingo 1:30 Knit & Crochet 1:00 Friends Meeting Bring a Friend	9:30 Hannaford's 9:30 Scallop Festival 10:00 Coffee Hour 11:30 Rubber Bridges
27	28	29	30	
9:30 Bowling League 1:00 Exercise Class 1:00 Painting 1:00 Whist Group	8:30 Walk Fit 9:30 Braintree Mall 10:00 Chair Yoga 10:00 Computer for Beginners 10:00 Quilting 1:00 Tai Chi 2:00 Movie	11:30 Duplicate Bridge-Foxboro 1:00 Exercise Class 2:00 Book Group	8:30 Walk Fit 9:30 Wii Games 1:00 Cribbage 1:15 Bingo 1:30 Knit & Crochet	

SENIOR CENTER

BLOOD PRESSURE CLINIC

9:00AM - 11:30 AM

SEPTEMBER 15th

SENIOR CENTER ACTIVITIES

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

September 9, 2010 - 11:00 A.M. - Free

Gary Hylander will lecture on Justice Louis Brandeis .

Please call to register for this session.

September 24, 2010 - 1:00 P.M. - Free

The Friends of Westwood Council on Aging (COA) will hold their meeting. This is a membership meeting and everyone is most welcome to attend. Refreshments and entertainment will be provided.

Please call a friend and join us.

September 24, 2010 10:30 AM ANNUAL SCALLOP FESTIVAL \$15.00

This trip is always a sell out. Tickets sold on a first-come, first-served basis so please register early!!!

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

PROGRAMS (continued)

PROGRAMS COMING IN OCTOBER

"WHAT IF WORKBOOK" at Sunrise of Norwood 86 Saunders Road (off of Rte. IA), Norwood. Wednesday October 20 6:00pm. What if something unexpected happened: are you prepared? A unique guide to planning and a great way to start difficult conversations. Presented by the Author of the workbook, Gwen Morgan of the Lydia Group. Please RSVP to 781-762-1333

RSVP to: 781-762-1333
Date: Wednesday October 20th
Time: 6:00pm
Location: Sunrise of Norwood 86 Saunders Road (off of Rte. IA), Norwood

LEGAL Advice (by appointment, only) FREE Wednesday y September 1 9:00am Mary J Roque, Attorney, specializing in Elder Law and Estate Planning, will be available to provide free legal guidance to seniors. She provides one-on-one counsel the first Wednesday of each month by appointment

DISCOVER ROAD SCHOLAR, THE NEW ELDERHOSTEL at the Westwood Public Library

Tuesday September 7 10:30am REPEAT AT: 1 :30pm 7:30pm

Learn about the Road Scholar program, which is the new ELDERHOSTEL. Come to the presentation-"Adventures in Lifelong Learning" at the Westwood Public Library, 668 High Street. Rochelle Kruger, Road Scholar Ambassador for Elderhostel, will host the events.

ENTERTAINMENT

Thursdays September 2 9 16 23 30 1:15-2:45

COME PLAY BINGO!!!

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

In addition, there are many exciting programs for grand parents and their grand children through our Intergenerational programs. Admission to this event is free and open to the public.

For more information about Road Scholar and Elderhostel contact ehrochelle@aol.com

WHAT'S HAPPENING? UNDERSTANDING MEMORY LOSS AND DEMENTIA at Sunrise of Norwood 86 Saunders Road (off of Rte. IA), Norwood Wednesday September 22 5:30pm A Complimentary Lecture with Refreshments Presented by Beverly Moore, trusted psychiatric nurse, family therapist and author. Please RSVP to 781-762-1333

ALL MOVIES SHOWN AT 2:00 pm on TUESDAYS

September 7 The Wedding Date Debra Messing 2005
September 14 Senior Center Closed for Voting
September 21 The Bounty Hunter Jennifer Aniston
September 28 The Boy in the Striped Pajamas David Thewlis 2008

PLEASE LET US KNOW OF ANY MOVIES YOU WOULD LIKE TO SEE.

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.

SEPT.	DATE	DESTINATION	PICK-UP	FEE
	3	Stop & Shop	9:30am	\$2.00
	7	Wrentham Mall	9:30am	\$2.00
	10	Roche Bros.	9:30am	\$2.00
	14	Rides to Polls-Voting		free
	17	Shaw's Market	9:30am	\$2.00
	21	X-Mas Store, Avon	9:30am	\$2.00
	24	Hannaford's Market	9:30am	\$2.00
	24	Scallop Festival	10:30am	\$15.00
	28	Braintree Mall	9:30am	\$2.00

Transportation is available for residents who would like to attend the Blood Pressure Clinic at the COA Senior Center on the 3'd 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.

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 #3. 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

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
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Eddie 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

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