

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

NOVEMBER 2010

FROM THE DIRECTOR'S DESK



November is such a busy month. The stress level of the holidays increases daily. This year you can disallow the stress. Just sit back and enjoy the atmosphere of the beautiful holiday season. Why not? You earned it. Think about all of the years that you worked so very diligently making the holidays wonderful for everyone. This year it is your turn to thoroughly enjoy your family and friends, and look to the holidays as a time for joyful friendship and love. I'm going to give it a try and I trust will you as well.

Happy Thanksgiving my dear friends!

Sincerely,

Pat Carty-Larkin

Director, Westwood COA

TIME CHANGE FOR LEGAL SERVICES

Legal Services have changed the day for office hours. Mary Roque will now be holding her office hours on Tuesday morning from 9:00am to 10:30am by appointment only.

COMING IN JANUARY

Starting in January, Anna Simon will conduct a Writing Class here in our Senior Center. Anna received a bachelor's degree from Wellesley College, and earned an MFA in Creative Writing from Lesley University. She has several years experience in writing groups, researching and editing. She teaches Creative Writing at Needham Adult Education and is the instructor for Intuitive Writing Workshops.

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. Transportation is available. Please call Rita at least 48 hours in advance to place your meal reservation. You can reach Rita at (781) 329-6514. A donation of \$2.50 per person is suggested.

BRIDGE LESSONS

Would you like to learn how to play bridge? We are considering starting Beginner's Bridge Lessons, but we will need approximately 12 students. If you are interested, please call the Senior Center at 781-329-8799.

SHINE

(Serving Health Information Needs of Elders)

The COA offers SHINE counseling assistance the first Tuesday of each month. SHINE representative, Lori Howell, schedules appointments between the hours of 10:00am and 1:00pm, on the first Tuesday of each month. However, in November, this monthly event will occur on Wednesday, November 3rd, because the Senior Center is closed for voting on the 2nd. If you have a problem with your health insurance vendor or simply have questions about health insurance, please call 781-329-8799 to schedule an appointment.



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



CLASSES & REGULARLY SCHEDULED ACTIVITIES

Computer for Beginners

Westwood residents \$10.00
non-residents \$15.00

Tuesdays **December** 10:00
7,14,21,28 am

Learn formatting, editing, create a simple table and a card using *Microsoft Word*; sample the Internet.

Blood Pressure Clinic

Wednesday **November 17** **Free**
9:00am

Have your blood pressure checked by Westwood's Board of Health nurse.

Bereavement Group

Free

Wednesdays **Nov. 3, 10, 17, 24** 10:00am

St. Margaret Mary's Bereavement Group meets every Wednesday morning at the Senior Center. Everyone is most welcome to attend.

Bridge

Free

Fridays **November 5, 12, 19** 11:30am
Join us for Rubber Bridge.

Bowling League

Mondays **November 1, 8, 15,** 9:30am
22, 29

Meet new friends, and have fun while exercising! We meet at the Norwood Bowling Alley.

CLASSES & REGULARLY SCHEDULED ACTIVITIES (continued)

Duplicate Bridge

Free

Wednesdays **Nov. 3, 10, 17, 24** 11:30pm

We play in Foxboro on Wednesdays, and all duplicate bridge players are welcome!

Elder Law and Estate Planning

Wednesday **November** 10:00am
17

On the 3rd Wednesday of each month, Attorney Pelligrini will take questions concerning Elder Law and Estate Planning.

Knit & Crochet

Free

Thursdays **November 4, 18** 1:30pm
Bring your materials and patterns, and join us for a relaxing session.

Ladies Craft Group

Free

Mondays **January 3, 10, 17** 10:00am

The Ladies Craft Group meets the first three Mondays of each month, but will not be meeting until January 2011.

Legal Advice (by appointment, only)

Free

Tuesday **November 9** 9:00am

Mary J Roque, Attorney, specializing in Elder Law and Estate Planning, will provide free legal guidance to seniors. She will provide one-on-one counsel the first Tuesday of each month.

This service is provided by appointment only.

Low Impact Exercise

\$2.00/session

Mondays **Nov. 1, 8, 15, 22, 29** 1:00pm

Wednesdays **Nov. 3, 10, 17, 24** 1:00pm
Keep fit, stay healthy,!

Chair Yoga
\$2.00/session

Tuesdays Nov. 9, 16, 23, 10:00-
30 11:00am

2nd session 11:30am-
12:30pm

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



INDOOR Walking

Indoor walking will resume IN EARLY JANUARY....

Painting
Free

Nov. 1, 8, 15, 22, 1:00pm
Mondays 29
Bring your own paints, dive in and enjoy!

Quilting
Free

Tuesdays **Begins in January** **10:00am**

Bring your supplies, and join our group of quilters



**CLASSES
and REGULARLY
SCHEDULED
ACTIVITIES** (continued)

SHINE (Serving Health Information Needs of Elders)

Wednesday Nov. 3 10:00am – 1:00pm

The COA offers SHINE counseling assistance the first Tuesday of each month. Lori Howell, SHINE representative, will help you deal with any issues or questions you may have regarding your health insurance. Although Lori is here on the first Tuesday of each month, she will be here on **Wednesday** instead, because the Center is closed on the first Tuesday this month.

**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 computers or bring your own laptop. A variety of days and times are available! Call to reserve your one-on-one session.

**Tai Chi
\$3.00/session**

Tuesdays Nov. 9, 16, 23, 30 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**

Tuesdays Nov. 9, 16, 23, 30 8:30am

Thursdays Nov. 4, 18 8:30am

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.

**CLASSES & REGULARLY SCHEDULED
ACTIVITIES** (continued)

WRITING CLASS

Exciting news! We are pleased to announce the formation of a writing class. Anna Simon, well know writer and teacher, will begin her class on Thursday, January 13th. Space is limited, so please be sure to register soon!

**SPECIAL
PROGRAMS
and
EVENTS**



**Acupuncture
Free**

Friday November 12, 10:30am
19

Eastway Acupuncture and Wellness center is offering a 15 minute free session. Acupuncture is recognized by the National Institute of Health and the World Health Organization. This service is offered by Appointment Only.

ENTERTAINMENT



Bingo



FREE

Thursdays November 4, 18 1:15-2:45
Seniors are invited to play Bingo every Thursday afternoon. Join us and bring a friend!

Wii Games

Free

Thursdays November 4, 9:30am
18

Sign up and join us Thursday mornings to play Wii Games. You'll have so much fun you won't even know you're exercising!

Writing Group

Free

Friday November 5, 19 2:00pm

Share your thoughts and meet new friends. Meets the 1st and 3rd Friday of each month.

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



ENTERTAINMENT

MOVIES



FREE

ALL MOVIES SHOWN AT 2:00 pm on TUESDAYS

November 9

The Letter

Bette Davis

November 16

Memories of Midnight

Jane Seymour
Omar Sharif

November 23

The First Wives Club

Bette Midler,
Goldie Hawn,
Diane Keaton

November 30

A Soldier's Story

Howard Rollins
Adolph
Caesar

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

Relative Values

The prospective son-in-law was asked by his girl friend's father, 'Son, are you able to support a family?'

'Well, no, sir,' he replied. 'I was just planning to support your daughter. The rest of you will have to fend for yourselves.'

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"For once we're going to have a happy family get-together. I'm stuffing the turkey with Prozac."

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BOSTON TRIVIA

Oliver Wendell Holmes called Boston "The Hub of the Universe." Some of the so-called "Boston Brahmins" referred to the city as "The Athens of America." Historians, more accurately perhaps, list it as "The Birthplace of the American Revolution."

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



DAY TRIPS

Bright
Nights
in
Forest Park,
Springfield,
MA.



Wednesday December 8 \$69.95

Registration deadline: November 12, 2010

Includes luncheon, show and riding tour of Bright Nights.

Not only is this spectacular light display the # 1 holiday attraction in New England, it is also well known throughout the United States. How lucky we are to have it in our own backyard! We begin our holiday excursion with a delicious and bountiful luncheon at the HuKeLau. Following our early afternoon meal, we'll be entertained by HuKeLau's Polynesian Singers and Dancers performing their Christmas Show. Then we depart the restaurant for our riding tour of Bright Nights at Forest Park in Springfield, Ma. Not only is this spectacular light display the # 1 holiday attraction in New England, it is also well know throughout the US. Includes luncheon, show and riding tour of Bright Nights. Meal Choice: Prime Rib AuJus or Baked Stuffed Chicken also Included: Salad, Potato, Vegetable, Dessert, Coffee/Tea

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NEW WRITING CLASS STARTS IN JANUARY

Anna Simon received a bachelor's degree in religion from Wellesley College , and earned a Master of Fine Arts in Creative Writing from Lesley University . She has several years experience in writing groups, researching and editing, and has led women's retreats. She is an avid cook, and has combined her love of writing and baking in a Gluten Free Cookbook inspired by childhood Swedish recipes. She teaches creative writing at Needham Adult Education and is the instructor for Intuitive Writing Workshops. Anna will begin teaching our **Writing Class on Thursday, January 13th.**

FUN FACTS

No piece of normal-size paper can be folded in half more than 7 times. Approximately two-thirds of people tip their head to the right when they kiss

ACTIVITIES – NOVEMBER 2010








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
9:30 Bowling League 1:00 Exercise Class 1:00 Painting	VOTING Free rides between 9:00 & 11:30am Call the Center at 781-329-8799	9:00 SHINE 10:00 Bereavement Grp 11:30 Duplicate Bridge-Foxboro 1:00 Exercise Class	8:30 Walk Fit 9:30 Wii Games 10:00 HEARING TEST 1:00 Cribbage 1:15 Bingo 1:30 Knit & Crochet	9:30 Stop & Shop 10:00 Coffee Hour 11:30 Rubber Bridge 2:00 Writing Group
8	9	10	CLOSED	12
9:30 Bowling League 1:00 Exercise Class 1:00 Painting	8:30 Walk Fit 9:00 Attorney Roque 9:30 Braintree Mall 10:00 Begin Computers Chair Yoga 1:00 Tai Chi 2:00 Movie	10:00 Bereavement Grp 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 Hannaford's 10:00 Coffee Hour 10:30 Acupuncture 11:30 Rubber Bridge
15	16	17	18	19
9:00 CRAFT FAIR!!! 9:30 Bowling League 1:00 Exercise Class 1:00 Painting	8:30 Walk Fit 9:30 X-Mas Tree Shop Avon 10:00 Begin Computers Chair Yoga 1:00 Tai Chi 2:00 Movie	9:00 Blood Pressure Attorney Pelligrini 10:00 Bereavement Grp 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 Roche Bros 10:00 Coffee Hour 10:30 Acupuncture 11:30 Rubber Bridge 2:00 Writing Group
22	23	24	25	26
9:30 Bowling League 1:00 Exercise Class 1:00 Painting	8:30 Walk Fit 9:30 Braintree Mall 10:00 Begin Computers Chair Yoga 1:00 Tai Chi 2:00 Movie	9:30 Shaw's Market 10:00 Bereavement Grp 11:30 Duplicate Bridge-Foxboro 1:00 Exercise Class	<u>THANKSGIVING</u> <u>HOLIDAY</u>	<u>THANKSGIVING</u> <u>HOLIDAY</u>
29	30			
9:30 Bowling League 1:00 Exercise Class 1:00 Painting	8:30 Walk Fit 10:00 Begin Computers Chair Yoga 1:00 Tai Chi 2:00 Movie			

BLOOD PRESSURE CLINIC

SENIOR CENTER	WEDNESDAY, NOVEMBER 17	9:00AM – 11:30 AM
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HESSCO ELDER SERVICE - NOVEMBER 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
SWEDISH MEAT BALLS BUTTERED NOODLES ROMAN VEGETABLES >WHOLE WHEAT BREAD PEACHES	DON'T FORGET TO VOTE 	MINISTRONE SOUP HERB BAKED CHICKEN RICE PILAF ITALIAN BREAD ORANGE	HOT DOG W/ MUSTARD VEGGIE BAKED BEANS CALIFORNIA BLEND VEG HOT DOG ROLL # APPLE SAUCE	PIER 17 BAKED FISH AUGRAUTIN POTATO GENEO BLEND VEG >WHOLE WHEAT BREAD # ALMOND COOKIE
CALORIES: 393 SODIUM: 154		CALORIES: 444 SODIUM: 413	CALORIES: 501 SODIUM: 1278	CALORIES: 350 SODIUM: 299
8	9	10	11	12
BAKED CHICKEN W/SUPREME SAUCE CONFETTI RICE SLICED CARROTS >WHOLE WHEAT ROLL PINEAPPLE	MEATLOAF W/ GRAVY MASHED POTATO MIXED VEGETABLES FRUIT MUFFIN # SMOOTHIE	ROAST PORK W/ROSEMARY GRAVY RED BLISS POTATO GREEN BEANS >MULTIGRAIN ROLL APPLE SLICES	VETERAN'S DAY 	LINDA BEYER CHICKEN STROGONOFF NOODLES WINTER BLEND VEGGIES WHEAT BREAD STRAWBERRY ROLL
CALORIES: 443 SODIUM: 338	CALORIES: 488 SODIUM: 350	CALORIES: 328 SODIUM: 152	CALORIES: 386 SODIUM: 395	CALORIES: 489 SODIUM: 286
15	16	17	18	19
GARLIC AND OIL PENNE WITH MEAT SAUCE WITH MEAT SAUCE PEAS & CARROTS SCALI BREAD PEACHES	BEEF BARLEY SOUP CHICKEN PICCATA BROCCOLI & CAULIFLOWER CAULIFLOWER >WHOLE WHEAT ROLL ORANGE ARCTIC ICE	BEEF STRIP W/ROSEMARY GRAVY LYONNAIS POTATO JARDINIÈRES BLEND VEG. VEGETABLES >WHOLE WHEAT BREAD # PUDDING	HAPPY THANKSGIVING ROAST TURKEY W/GRAVY & CRAN SAUCE MASHED POTATO WINTER SQUASH SNOWFLAKE ROLL # FRUIT PIE	COLD PLATE DAY *SEAFOOD SALAD PASTA SALAD COLESLAW PITA BREAD FRESH FRUIT
CALORIES: 390 SODIUM: 450	CALORIES: 325 SODIUM: 255	CALORIES: 446 SODIUM: 271	CALORIES: 441 SODIUM: 559	CALORIES: 317 SODIUM: 1035
22	23	24	25	26
SAUSAGE W/PEPPER & ONIONS HASH BROWN POTATO >MULTIGRAIN ROLL PINEAPPLE	CHICKEN L'ORANGE MASHED POTATO COUNTRY STYLE VEG >FRUIT MUFFIN # PUDDING	HAPPY BIRTHDAY STUFFED SHELLS ROMAN BLEND VEG DINNER ROLL # BIRTHDAY CAKE	HAPPY THANKSGIVING 	Happy  Shopping Day
CALORIES: 512 SODIUM: 599	CALORIES: 345 SODIUM: 178	CALORIES: 296 SODIUM: 791	CALORIES: 414 SODIUM: 252	
29	30	27	28	29
CHICKEN STEW W/PEAS & CARROTS TARRAGON WHIPPED POTATO >MULTIGRAIN ROLL MANDARIN ORANGES	SHEPPARDS PIE CALIFORNIA BLEND VEGETABLES >WHOLE WHEAT BREAD BREAD APPLE SLICES			
CALORIES: 442 SODIUM: 237	CALORIES: 505 SODIUM: 362	CALORIES: 490 SODIUM: 283	CALORIES: 527 SODIUM: 537	CALORIES: 374 SODIUM: 934

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.

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.

NOV.	DATE	DESTINATION	PICK-UP	FEE
	2	Rides to Polls	9:30am	FREE
	5	Stop & Shop	9:30am	\$2.00
	9	Braintree Mall	9:30am	\$2.00
	12	Hannaford's Mkt	9:30am	\$2.00
	16	X-Mas Tree, Avon	9:30am	\$2.00
	19	Roche Bros	9:30am	\$2.00
	23	Braintree Mall	9:30am	\$2.00
	24	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 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.

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Director
Pat Carty-Larkin

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Council on Aging
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WESTWOOD, MA 02090**

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