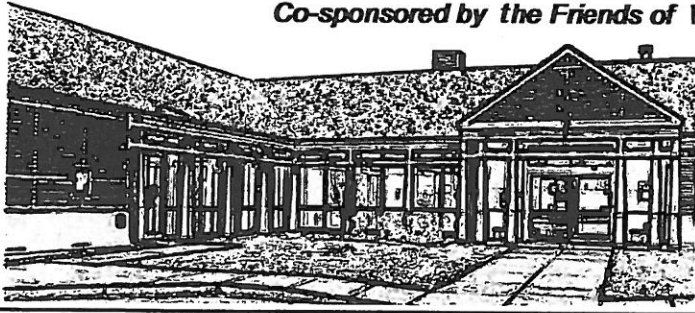


WESTWOOD SENIOR NEWS

Co-sponsored by the Friends of Westwood Council on Aging



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



Director, Pat Larkin

DECEMBER 2010

FROM THE DIRECTOR'S DESK



Happy Holidays everyone!

I know the holidays sometimes make many seniors unhappy and sad. Don't let that happen this year. Come to the Senior Center and join in for some fun. We offer many programs that can make you laugh and feel happy. How about attending the Friends Holiday meeting on December 16th? You would have a delightful afternoon. Think about calling a friend and joining in the holiday celebration.

Next month we are starting a new Writing class that could prove very interesting. It is advertised on page five(5) of this newsletter.

I wish you all a good holiday season and hope to see you at the Senior Center, please stop by my office to say hello.

Sincerely,
Pat Carty-Larkin
Director, Westwood COA

GIRL SCOUT CADETS SING-A-LONG

On Wednesday, December 15th at 2 PM, Westwood Girl Scout Cadets will perform a Sing-a-long at the Senior Center. Please come and join in!

FRIENDS OF WESTWOOD COA HOLIDAY PARTY

December 16th 1:00pm Free

Following a short business meeting, the officers of the Friends of the Westwood COA will share a good time with you. We will have refreshments, music, singing, and a special guest.

All you have to do is share a memory from your past holiday celebrations. Learn why President Mary Hunt's all-time favorite Christmas was when she was in the 4th grade, and who always has a dill pickle, nest, or paper lantern on holiday trees.

Please bring your own holiday memory or decoration.

SENIOR CENTER HOLIDAY SCHEDULE

The Senior Center will close for the Christmas Holiday at noon on December 23rd and reopen on December 27th.

For the New Year Holiday, we will close at noon on December 30th and reopen on January 3, 2011.

Happy Holidays!

WRITING CLASS STARTS IN JANUARY

Anna Simon received a bachelor's degree in religion at Wellesley College, and earned a Master of Fine Arts in Creative Writing at Lesley University. She has several years experience in writing groups, researching and editing, and has led women's retreats. She teaches creative writing at Needham Adult Education and is the instructor for Intuitive Writing Workshops.

Anna will begin teaching at the Senior Center on Thursday, January 13th.

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 Dec. 7, 14, 21, 28 10:00am
Learn formatting, editing, create a simple table and a card using *Microsoft Word*; sample the Internet.

Blood Pressure Clinic **Free**

Wednesday December 15 9:00am
Westwood's Board of Health nurse is available to check your blood pressure the 3rd week of every month.

Bereavement Group **Free**

Wednesday Dec. 8, 15, 22, 29 1:00pm
Bereavement Group meets every Wednesday morning at the Senior Center. Everyone is most welcome to attend.

Bereavement Group **Free**

Wednesday Dec. 8 1:00pm
Alice Barkin's Bereavement Group meets once a month.

Book Club **Free**

Wednesday December 29 2:00pm
The Eagle Catcher Margaret Coel
Share your thoughts and meet new friends.

CLASSES & REGULARLY SCHEDULED ACTIVITIES (continued)

Bowling League

Mondays December, 6, 13, 20, 27 9:30am
Meet new friends, and have fun while exercising!
We meet at the Norwood Bowling Alley.

Chair Yoga **\$2.00/session**

Tuesdays Dec. 7, 14, 21, 28 10:00-11:00am
2nd session 11:30am-12:30pm
Experience the wonderful benefits of balance and strength from yoga. Register soon as space is limited.

Duplicate Bridge **Free**

Wednesdays Dec. 1, 8, 15, 22, 29 11:30pm
We play in Foxboro on Wednesdays, and all duplicate bridge players are welcome!

Elder Law and Estate Planning

Wednesday December 15 10:00am
On the 3rd Wednesday of each month, Attorney Pelligrini will take questions concerning Elder Law and Estate Planning.

Knit & Crochet **Free**

Thursdays December 2, 9, 16 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.

PLEASE ACKNOWLEDGE OUR SPONSORS

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Thank You

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



CLASSES and REGULARLY SCHEDULED ACTIVITIES

(continued from page 2)

Legal Advice (by appointment, only) **Free**
Tuesday December 7 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 Dec. 6, 13, 20, 27 1:00pm
Wednesdays Dec. 1, 8, 15, 22, 29 1:00pm
Keep fit, stay healthy!

Indoor Walking
Indoor walking will resume early January.

Painting **Free**
Mondays Dec. 6, 13, 20, 27 1:00pm
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 & REGULARLY SCHEDULED ACTIVITIES (continued)

SHINE (Serving Health Information Needs of Elders)
Tuesday Dec. 7 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 NEW 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 Dec. 7, 14, 21, 28 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 Dec. 7, 14, 21, 28 8:30am
Thursdays Dec. 2, 9, 16 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.

(continued on page 5)

PLEASE ACKNOWLEDGE OUR SPONSORS




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ACTIVITIES – DECEMBER 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAPPY  HANUKKAH		1 10:00 Bereavement Grp 11:30 Duplicate Bridge-Foxboro 1:00 Exercise Class	2 8:30 Walk Fit 9:30 WiiGames 10:00 HEARING TEST 1:00 Cribbage 1:00 WESTWOOD WOMAN'S CLUB 1:15 Bingo 1:30 Knit & Crochet	3 9:30 Stop & Shop 10:00 Coffee Hour 11:30 Rubber Bridge 2:00 Writing Group
6	7	8	9	10
9:30 Bowling League 1:00 Exercise Class 1:00 Painting	8:30 DAY OF BEAUTY 8:30 Walk Fit 9:00 Attorney Roque 9:00 SHINE 9:30 Braintree Mall 10:00 Begin Computers 10:00 Chair Yoga 11:30 Chair Yoga 1:00 Tai Chi 2:00 Movie	10:00 Bereavement Grp 11:30 Duplicate Bridge-Foxboro 1:00 ALICE BARKIN'S BEREAVEMENT GR 1:00 Exercise Class A.C. MOORE TRIP BRIGHT NIGHTS TRIP	8:30 Walk Fit 9:30 WiiGames 10:00 HEARING TESTS 1:00 Cribbage 1:15 Bingo 1:30 Knit & Crochet	9:30 Hannaford's Mkt 10:00 Coffee Hour 11:30 Rubber Bridge
13	14	15	16	17
9:30 Bowling League 1:00 Exercise Class 1:00 Painting	8:30 Walk Fit 9:30 Braintree Mall 10:00 Begin Computers 10:00 Chair Yoga 11:30 Chair Yoga 1:00 Tai Chi 2:00 Movie	9:00 Blood Pressure 10:00 ATTORNEY PELLEGRINI 10:00 Bereavement Grp 10:30 ELLIS TALK 11:30 Duplicate Bridge-Foxboro 1:00 Exercise Class	8:30 Walk Fit 9:30 WiiGames 1:00 Cribbage 1:00 FRAN WITHAM-DOWNSIZING 1:00 FRIENDS OF COA 1:15 Bingo 1:30 Knit & Crochet	9:30 Roche Bros 10:00 Coffee Hour 11:30 Rubber Bridge
20	21	22	23	24
9:30 Bowling League 1:00 Exercise Class 1:00 Painting	8:30 Walk Fit 9:30 Braintree MaX-X- 10:00 X-Mas Tree -Fox 10:00 Begin Computers 11:30 Chair Yoga 1:00 Chair Yoga 2:00 Tai Chi Movie	9:30 Shaw's Market 10:00 Bereavement Grp 11:30 Duplicate Bridge-Foxboro 1:00 Exercise Class 1:15 Bingo	8:30 Walk Fit 9:30 WiiGames 9:30 Shaw's Mkt  SENIOR CENTER CLOSSES at NOON MERRY CHRISTMAS	CLOSED FOR  CHRISTMAS
27	28	29	30	
9:30 Bowling League 1:00 Exercise Class 1:00 Painting	8:30 Walk Fit 9:30 Braintree Mall 10:00 Begin Computers 10:00 Chair Yoga 11:30 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 2:00 Book Club	8:30 Walk Fit 9:30 WiiGames 9:30 Stop & Shop SENIOR CENTER CLOSSES at NOON HAPPY NEW YEAR 	CENTER is CLOSED 

BLOOD PRESSURE CLINIC

SENIOR CENTER	WEDNESDAY, DECEMBER 15	9:00AM – 11:30 AM
---------------	------------------------	-------------------



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



**CLASSES
and REGULARLY
SCHEDULED ACTIVITIES**
(continued from page 3)

Wii Games **Free**
Thursdays Dec 7, 14, 21, 28 9:30am
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 December 3 2:00pm
Share your thoughts and meet new friends. Usually meets the 1st and 3rd Friday of each month.

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**



Westwood Women's Club
Thursday December 2 1:00pm
The Westwood Women's club will hold their holiday meeting at the Senior Center. Members only.



SPECIAL PROGRAMS and EVENTS

(continued from previous column)

Free Hearing Screening **Free**
Thursday December 9 10:00am-2:00pm
The Mario Hearing Clinic is offering a free hearing screening at the Senior Center. Each appointment takes 15 minutes.

Friend's Meeting **Free**
Thursday December 16 1:00pm
We invite you to join our celebration of the holiday season. We will have a sing-a-long and we will serve light refreshments.

Downsizing?..... .Here's help! **Free**
Thursday December 16 10:00am
Have you been thinking about "downsizing" and moving to a smaller home, and are you overwhelmed just thinking about moving?

Fran Witham is a professional home staging consultant and real estate agent who can help answer your questions. Home staging is all about presenting your home in the best possible light so it will appeal to today's homebuyers. By learning a few simple tips and techniques, you can learn how to stage your home yourself and save money.

The goal of this fun and informational session is to help make the prospect of moving less stressful for you. Bring your pictures of your home's exterior and/or interior. Fran will help you prioritize what projects are most important and what are less important.

Fran is the owner of Creative Design Options, a professional home staging and interior decorating service (www.creativedesignoptions.com). She is also a licensed real estate agent at Century 21 Commonwealth Realty in Westwood. Fran can be reached at 781-410-2428, and fran@creativedesignoptions.com, and fran.witham@commonmoves.com.



**HAPPY NEW YEAR
2011**

ENTERTAINMENT



Bingo

Free

Thursdays December 2, 9, 16, 1:15-2:45
& Wed. December 22

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

MOVIES

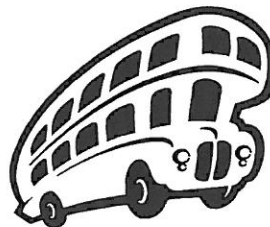


FREE

ALL MOVIES SHOWN AT 2:00 pm on TUESDAYS

December 7	The Time Traveler's Wife	Rachel McAdams
December 14	The Jane Austen Book Club	Amy Brenneman
December 21	Beyond the Sea	Kevin Spacey
December 28	The Five Pennies	Danny Kaye

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



DAY TRIPS



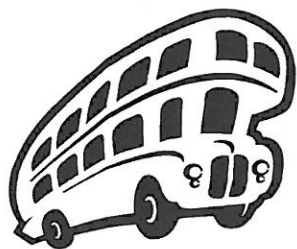
Making Memories Together

Wednesday December 8 **FREE**
This event, "Making Memories Together" is hosted at our local A.C. Moore Arts & Crafts store. This 60 minute experience will give us a chance to learn about the many exciting programs and classes at the store, and we'll create our very own scrapbook page. Attendees will receive a free gifts and special offers. Space is limited, so please sign up today! After our class, we will make a quick stop at Panera for an on-our-own snack

Bright Nights
in
Forest Park,
Springfield, MA.



Wednesday December 8 **\$69.95**
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



DAY TRIPS

(continued from page 6)

Mardi Gras Day
at
Lantana in Randolph
\$68.00pp



featuring **The New Orleans Inspired Band "Made in the Shade"**

Tuesday February 22, 2011 \$68.00pp

A New Orleans born and bred vocalist and actor, Henri Smith has long been a radio personality. After Hurricane Katrina, he was displaced and has ended up here in New England. This velvet throated singer will share the rich musical and cultural heritage of New Orleans during this multi faceted show. In fact, you'll think that you're on Bourbon Street in New Orleans.

Meal Choice: Baked Stuffed Chicken Breast or
Blackened Pork Loin

.....

It was just before Christmas and the magistrate was in a happy mood. He asked the prisoner who was in the dock, 'What are you charged with?'

The prisoner replied, 'Doing my Christmas shopping too early.'

'That's no crime', said the magistrate. 'Just how early were you doing this shopping?'

'Before the shop opened', answered the prisoner.

.....

Let me tell you the one thing I have against Moses. He took us 40 years into the desert in order to bring us to the one place in the Middle East that has no oil.

- Golda Meir

HAPPY HANUKKAH



FUEL ASSISTANCE

Fuel assistance applications are being taken by Jean Stahl. Jean is scheduling appointments on Mondays, Tuesdays, and Thursdays between 8:00am and 4:00pm. Below is a list of the documentation needed to apply to the Fuel Assistance Program. Please call Jean at 781-329-8799 for an appointment. Appointments are available Monday to Thursday, between 8:00 and 4:00pm.






REQUIRED DOCUMENTATION

- Driver's license or Picture ID of head of household.
- Social Security Card for everyone living in the household.
- Last paychecks of everyone over 18 years of age in the household.
- Fuel bill
- Electric bill
- Telephone bill.
- Real Estate Tax Bill with the total yearly amount on it.
- Mortgage
- Social Security letter.
- Pension letter
- Checking statement if Social Security or Pension is directly deposited.
- Home Owner's Insurance bill.
- Sewer bill
- Water bill
- *If someone else's name is on a bank account-MUST have proof of their home address*
- Self employment must be notarized
- Bank interest over \$100,000
- Renters' lease or letter from landlord including their telephone and address
- No income proof-letter from person who is helping with their bills
- Child Support proof
- Alimony proof
- Fuel company MUST be a self help provider

Please bring those *Proofs of Documentation* that pertain to you.

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
		TOMATO FLORENTINE SOUP CHICKEN MARSALA FLORENTINE RICE >WHOLE WHEAT ROLL GRAHAM CRACKER	BEEF CIDER STEW WI VEGETABLES BOILED POTATO DINNER ROLL APRICOTS	TUNA NOODLE CASSAROLE PEAS >FRUIT MUFFIN ORANGE
		CALORIES:344 SODIUM:405	CALORIES: 428 SODIUM:175	CALORIES: 346 SODIUM:301
6	7	8	9	10
VEGETARIAN CHILI COUSCOUS MULTIGRAIN ROLL APPLE	BONELESS PINEAPPLE GINGER CHICKEN O'BRIEN POTATO CAULIFLOWER BLEND >WHOLE WHEAT BREAD PEACHES	MEATLOAF WITH MUSHROOM GRAVY MASHED POTATO CARROT COINS >FRUIT MUFFIN #SMOOTHIE	*HOT DOGS WITH MUSTARD VEG. BAKED BEANS HOT GERMAN SLAW HOT DOG ROLL UNSWEETENED APPLESAUCE	FIESTA FISH SPANISH RICE WAXED & GREEN BEANS WHEAT BREAD PINEAPPLE
CALORIES:271 SODIUM:333	CALORIES:399 SODIUM:188	CALORIES:462 SODIUM:366	CALORIES:403 SODIUM:1032	CALORIES:281 SODIUM: 249
13	14	15	16	17
SWEDISH MEATBALLS WITH NOODLES SCANDINAVIAN VEG. WITE BREAD #ORANGE ARTIC ICE	MAC & CHEESE SCALLOPED TOMATO WHOLE WHEAT ROLL APRICOTS	CREAM OF CARROT & CELERY SOUP CRUMB BAKED CHICK. GARLIC WHIPPED POT DINNER ROLL APPLE	ROAST TURKEY/GRAVU & CRANBERRY SAUCE MASHED POTATO WINTER SQUASH WHOLE WHEAT BREAD #HOLIDAY CAKE	SLOPPY JOE HASH BROWN POTATO CHUCK WAGON VEG. HAMBURGER ROLL MANDARIN ORANGES
CALORIES: 458 SODIUM:643	CALORIES:483 SODIUM:674	CALORIES:603 SODIUM:659	CALORIES:337 SODIUM:576	CALORIES:389 SODIUM:345
20	21	22	23	24
BONELESS HONEY MUSTARD CHICKEN DEL MONACO POTATO JARDINIERE VEG. >FRUIT MUFFIN PINEAPPLE	CHEESE LASAGNA WI TH MEAT SAUCE GREEN BEANS MULTIGRAIN ROLL SLICED APPLE	ROAST PORK WITH APPLE CINNAMON GRAVY RED BLISS POTATO CUT BROCCOLI SLICED BREAD #HOLIDAY DESSERT	SHEPPARD'S PIE PEAS & CARROTS SNOWFLAKE ROLL PEACHES 	
CALORIES:389 SODIUM:340	CALORIES:483 SODIUM:814	CALORIES 366 SODIUM:150	CALORIES:493 SODIUM:397	
27	28	29	30	27
GROUND BEEF STROGANOFF NOODLES DICED BEETS >WHOLE WHEAT BREAD MANDARIN ORANGES	BEEF STEW WI FALL VEGETABLES MASHED POTATO DINNER ROLL APRICOTS	<u>BIRTHDAY MEAL</u> MEAT BALLS SUB ROLL ITALIAN STYLE PASTA TUSCANY BLEND VEG #BIRTHDAY CAKE	POTATO PARMESAN SOUP SAVORY BAKED CHICKEN WINTER BLEND VEG. MULTIGRAIN ROLL ORANGE	
CALORIES: 282 SODIUM: 386	CALORIES: 442 SODIUM: 267	CALORIES:391 SODIUM: 624	CALORIES:472 SODIUM: 640	CALORIES: SODIUM:

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.

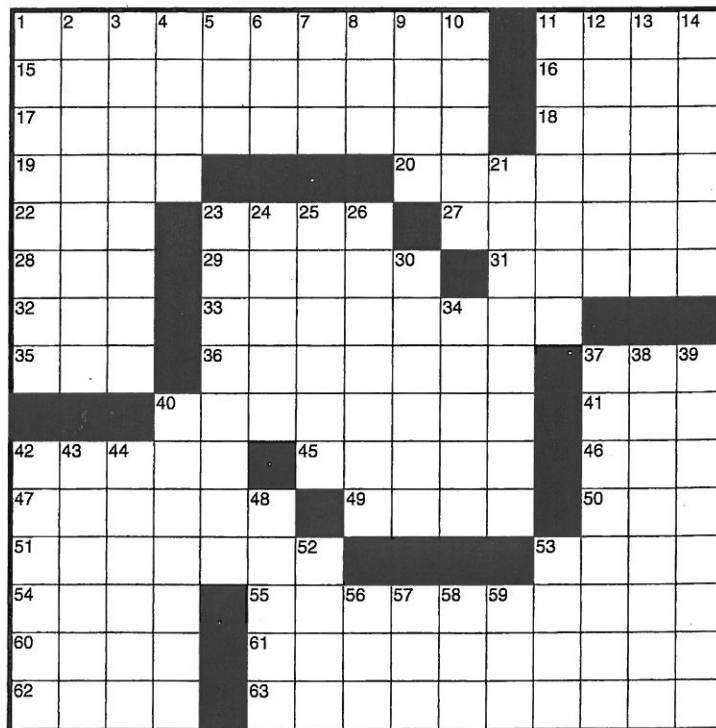
ACROSS

- 1 Famous outlaw from Centerville
- 11 Agitate
- 15 Thrill
- 16 Best or Ferber
- 17 Ready to entertain new ideas
- 18 Comedian Caesar et al.
- 19 11th U.S. president
- 20 Grave
- 22 Gallery display
- 23 Dignitaries, briefly
- 27 Cut down
- 28 AAA recommendation
- 29 Regions
- 31 Does some light housework
- 32 "___ Rosenkavalier"

- 33 Meld
- 35 Mile divisions: Abbr.
- 36 Ill-defined
- 37 Simile center
- 40 Decide hastily
- 41 Director's cry
- 42 Oregon's capital
- 45 Himalayan horrors
- 46 I, to Einstein
- 47 Cries on camera
- 49 Mob leaders
- 50 650, to Ovid
- 51 Made up one's mind
- 53 French cheese
- 54 Banned apple spray
- 55 Eatery
- 60 World's longest river
- 61 "Hard to Swallow" rapper
- 62 Lip
- 63 Escapes, of a sort

DOWN

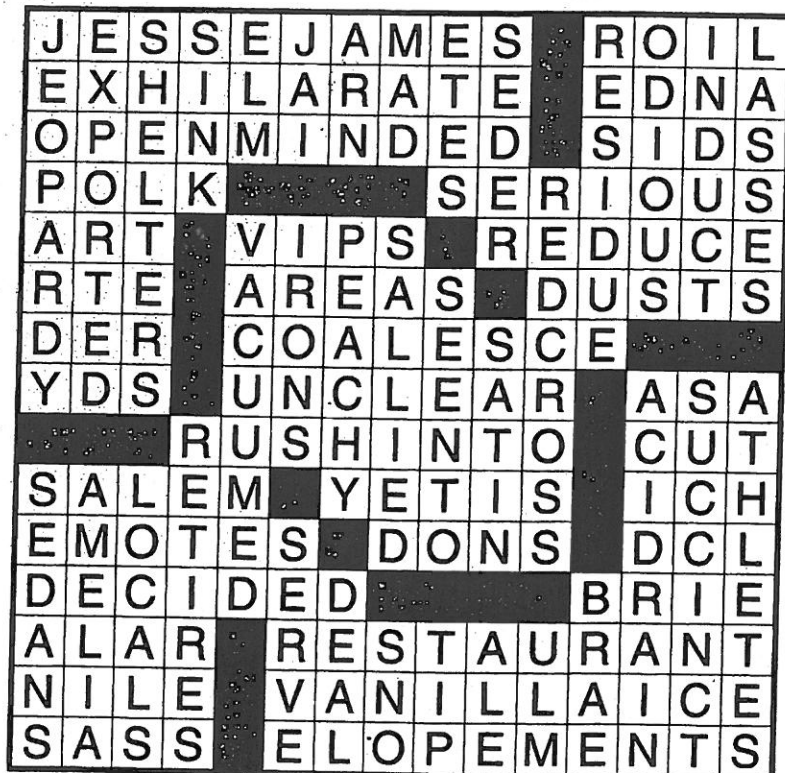
- 1 Peril
- 2 Sold abroad
- 3 Protective structures
- 4 Kitchen fixture
- 5 Shade tree
- 6 ___ alai
- 7 Prince Valiant's son
- 8 Nuts
- 9 Vous ___ (you are, in Montreal)
- 10 Passover meal
- 11 Remainder
- 12 Abominable
- 13 Place formally in office
- 14 Scottish maidens
- 21 Blood group?
- 23 Cleaned, as a carpet
- 24 Does pressing work?
- 25 "Neato!"
- 26 Set out briskly
- 30 Taken care of
- 34 Glossy fabric
- 37 Corrosive precipitation
- 38 Concise
- 39 Olympic Games competitors
- 40 Collects a pension
- 42 Family cars
- 43 Aviation pioneer Earhart
- 44 Residents
- 48 Wait tables
- 52 "Let's Make a ___"
- 53 Highland hillside
- 56 Cat or cone prefix
- 57 Iceberg apex
- 58 Maugham's "Cakes and ___"
- 59 Danube city





Wednesday, December 15th 10:30 AM

The Ellis Skilled Nursing and Rehabilitation Center from Norwood will be presenting a free lecture about the details involved in having a total knee or total hip replacement. This exciting lecture will discuss the ins and outs of the procedure as well as provide a demonstration of the key exercises and activities involved in the rehabilitation process. Come learn everything you always wanted to know about rehabilitation for the total hip and knee replacement.



AARP Income Tax Assistance Program

Income Tax Assistance appointments will be scheduled starting the first week in Feb. The checklist below includes those items you need to bring with you when you visit an AARP Tax Assistance volunteer.

- Last year's tax return
- Current year's tax forms and booklet.
- Social Security Cards or other official documentation for yourself and all dependants.
- Check book if you want to direct deposit any refunds.
- Unemployment compensation statements.
- SSA-1099 form showing the total Social Security benefits paid to you for the year, or Form RRB-1099, Tier 1 Railroad Retirement benefits.
- 1099 forms reporting interest (1099-INT), dividends (1099-DIV)

The Amusing Story of the Two Sweaters
My mother once gave me two sweaters for Hanukkah. The next time we visited, I made sure to wear one.

As we entered her home, instead of the expected smile, she said, 'Aaron, what's the matter? You didn't like the other one?'



Happy Hanukkah and Merry Christmas



Father Christmas: What's your favorite Christmas story?

Elf: The one where the three creatures are scared of the Big Bad Wolf and they grow on trees!

Father Christmas: You mean 'The Three Little Figs'.

Time to subscribe for the 2011 newsletter. Please make your \$4.00 check payable to the: Friends of Westwood COA – 60 Nahatan Street, Westwood, MA 02090

NAME _____


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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.

DEC.	DATE	DESTINATION	PICK-UP	FEE
	3	Stop & Shop	9:30am	\$2.00
	7	Day of Beauty	8:30am	\$20.00
	10	Hannaford's Market	9:30am	\$2.00
	14	Braintree Mall	9:30am	\$2.00
	16	Friend's Meeting	1:00pm	FREE
	17	Roche Bros.	9:30am	\$2.00
	21	X-Mas Tree – Fox	9:30am	\$2.00
	23	Shaw's Market	9:30am	\$2.00
	28	Braintree Mall	9:30am	\$2.00
	30	Stop and Shop	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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**Friends of Westwood
Council on Aging
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