

WESTWOOD SENIOR NEWSLETTER

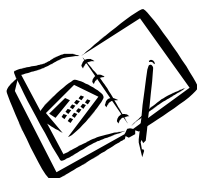
Co-sponsored by the Friends of Westwood Council on Aging
60 Nahatan Street, Westwood, MA 02090

(781) 329-8799

Director, Pat Larkin

APRIL 2011

from the DIRECTOR'S DESK



April is finally here. The long winter is over and now we can look forward to sunny days and spring flowers popping up in our gardens. April is a great month to get out and enjoy life.

This month the COA is co-sponsoring "Westwood Sings" with the Library and the Early Childhood Advisory Council. David Polanski will sing patriotic songs that everyone can enjoy. Stop by the Senior Center on April 13th at 10:00am and join in the fun. We have also received a grant from the Westwood Educational Foundation to present Kate Carney in "Paul Revere's Mother-in-Law". This whimsical production will have you laughing in your seat. I hope to see you this month.

Sincerely,

Pat Carty-Larkin
Director, Westwood COA

HESSCO HOT LUNCH

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, but please call Rita at least 48 hours in advance to place your reservation. You can reach Rita at (781) 329-6514.

A donation of \$2.50 per person is suggested.

BLUE HILLS DAY of BEAUTY

Be treated to a Day of Beauty at Blue Hills Regional Technical School. You will receive a facial, manicure, scalp treatment with massage, and a blow dry. ALSO LUNCH IS INCLUDED!!! We are limited to only 9 participants, so please sign up early.

For more details, please see page 6.

WHIST GROUP FORMING

We need 12 people to start a Whist Group. We will play on Wednesday afternoon from 1:00-3:15pm. The cost is only \$1.00. If you are interested in playing Whist please call the Senior Center.

MBTA SENIOR PASS RENEWAL

To renew an expiring MBTA Senior Pass call *The Tap Office* at 617-222-5976.

You will be asked if your previous Photo can be used. Then you will be sent a new pass in about 4-6 weeks at your current address.

BREAKFAST WITH THE BUNNY!!!

The Westwood Rotary Club will hold its annual Pancake Breakfast—"Breakfast with the Easter Bunny"—on Sunday, April 11, at the Westwood High School cafeteria from 8 am to noon. Cost of the meal is \$5.00 for adults, with children under 5 admitted FREE.

In addition to the Easter bunny, patrons will be greeted by Mickey Mouse. Please mark this date on your calendar.

REGISTRATION REQUIRED FOR ALL EVENTS.
 To register, or for more information on any of these activities, please call the Senior Center at (781) 329-8799.



CLASSES & REGULARLY SCHEDULED ACTIVITIES

Bereavement Group

Wednesday April 13 1:00pm
 Alice Barkin's Bereavement Group meets once a month.

Blood Pressure Clinic

Free

Wednesday April 20 9:00am
 Westwood's Board of Health nurse is available to check your blood pressure the 3rd Wednesday of every month.

Book Club

Free

Wednesday April 27 2:00pm
The Postmistress Sarah Blake
 Share your thoughts and meet new friends.

Bowling League

Mondays April 4, 11, 18, 25 9:30am
 Have fun while exercising! We meet at the Norwood Bowling Alley.

Bridge

Fridays April 1, 8, 15, 29 11:30am
 Join us for Rubber Bridge. Bring your partner, or come alone.

CLASSES & REGULARLY SCHEDULED ACTIVITIES (continued)

Chair/floor Yoga

\$3.00/session

Tuesdays April 5, 12, 19 9:30am-11:15am

Experience the wonderful benefits of balance and strength from yoga. Register soon as space is limited. This session goes through early April.

Computer for Beginners

Westwood residents \$10.00
 non-residents \$15.00

Tuesdays April 5, 12, 19 10:00am
 Learn formatting and editing. Create a simple table and a card using *Microsoft Word*; sample the Internet.

Duplicate Bridge

Free

Wednesdays April 6, 13, 20, 27 11:30am
 We play in Foxboro on Wednesdays, and all duplicate bridge players are welcome!

Elder Law and Estate Planning

Free

Wednesday April 20 10:00am
 Attorney Pellegrini will take questions on Elder Law the 3rd Wednesday of each month.

Indoor Walking

Tuesdays April 5, 12
 Thursdays April 7, 14 3:15pm

We walk the halls of Westwood High School on Tuesdays and Thursdays. Walk at your own pace, and bring your friends to join you!

(classes continued page 3)

REGISTRATION REQUIRED FOR ALL EVENTS.
 To register, or for more information on any of these activities, please call the Senior Center at (781) 329-8799.



**CLASSES
 and REGULARLY
 SCHEDULED ACTIVITIES**
 (continued from page 2)

Knit and Crochet **Free**
 Thursdays April 7, 14, 21, 28 1:30pm
 Bring your materials and patterns, and join us for a relaxing session.

Ladies Craft Group **Free**
 Mondays April 4, 11, 18 10:00am
 The Ladies Craft Group usually meets the first three Mondays of each month.

Legal Advice (by appointment only) **Free**
 Tuesday April 5 8:30am – 10:00am
 Mary J Roque, Attorney, specializing in Elder Law and Estate Planning, will provide free legal guidance to seniors on the first Tuesday of each month. Appointments are scheduled at about half hour intervals, between the hours noted.

Low Impact Exercise **\$2.00/session**
 Mondays April 4, 11, 25
 Wednesdays April 6, 13, 20, 27 1:00pm
 Keep fit, stay healthy!

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

Painting **8 lessons- \$40.00 plus supplies**
 Mondays April 4, 11, 25 1:00pm
 Dive in and enjoy! Supplies cost around \$75.00.

Quilting **\$1.00**
 Tuesdays April 5, 12, 19 10:00am
 Bring your supplies, and join our group of quilters!

SHINE (Serving Health Insurance Needs of Elders)
 Tuesday April 5 9:00am – 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.

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.



ACTIVITIES – APRIL 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				9:30 Roche Bros. 10:00 Coffee Hour 11:30 Rubber Bridge
4	5	6	7	8
9:00 Free Tax Preparation 9:30 Bowling League 10:00 Ladies Craft Gr 1:00 Exercise Class 1:00 Painting	8:30 DAY OF BEAUTY 8:30 LEGAL ADVICE 8:30 Walk Fit 9:00 SHINE 9:30 Chair /floor Yoga 10:00 Begin.Computer 10:00 Quilting 1:00 Tai Chi 2:00 Movie 3:15 Indoor Walking	9:00 NUTRITION SERIES 9:00 WOMAN'S CLUB EXEC. MEETING 10:00 WOMAN'S CLUB GREAT DECISIONS 11:30 Duplicate Bridge-Fox 11:45 Intergenerational Program 1:00 Exercise Class	8:30 Walk Fit 9:30 Wii Games 1:15 Bingo 1:30 Knit & Crochet 2:00 Writing Class 3:15 Indoor Walking	9:30 Shaw's Mkt. 10:00 Coffee Hour 11:30 Rubber Bridge
11	12	13	14	15
9:00 Free Tax Preparation 9:30 Bowling League 10:00 CHILDREN'S MUSICAL PROG. 10:00 Ladies Craft Gr 1:00 Exercise Class 1:00 Painting	8:30 Walk Fit 9:30 Chair /floor Yoga 9:30 Walpole Mall 10:00 Begin.Computer 10:00 Quilting 1:00 Tai Chi TWIN RIVER CASINO TRIP	9:00 NUTRITION SERIES 10:00 DAVID POLANSKI WESTWOOD SINGS 11:30 Duplicate Bridge-Fox 1:00 BEREAVEMENT - ALICE BARKIN 1:00 Exercise Class	8:30 Walk Fit 9:30 Wii Games 10:00 HEARING AID SCREENING, etc. 10:00 SR. MEN'S CLUB MEETING 1:00 Kate Carney 1:15 Bingo 1:30 Knit & Crochet 2:00 Writing Class 3:15 Indoor Walking	9:30 Hannaford's Mkt 10:00 Coffee Hour 11:30 Rubber Bridge
18	19	20	21	22
PATRIOTS' DAY SENIOR CENTER is CLOSED	8:30 Walk Fit 9:30 Chair /floor Yoga 9:30 Xmas Tree-Avon 10:00 Begin.Computer 10:00 Quilting 1:00 Tai Chi 2:00 Movie	9:00 BLOOD PRESSURE CLINIC 9:00 NUTRITION SERIES 10:00 ELDER LAW-ATTY PELLEGRINI 10:00 WOMAN'S CLUB GREAT DECISIONS 11:30 Duplicate Bridge-Fox 1:00 Exercise Class	8:30 Walk Fit 9:30 Wii Games 1:15 Bingo 1:30 Knit & Crochet	8:30 FACIAL WAXING 9:30 Stop & Shop 10:00 Coffee Hour SENIOR CENTER CLOSSES AFTER LUNCH
25	26	27	28	29
9:30 Bowling League 1:00 Exercise Class 1:00 Painting	CLOSED for VOTING Call the Center for a ride.	9:00 NUTRITION SERIES 11:30 Duplicate Bridge-Fox 1:00 Exercise Class 2:00 Book Club	8:30 Walk Fit 9:30 Wii Games 10:00 BC/BS MEDICARE TALK 1:15 Bingo 1:30 Knit & Crochet 2:00 Writing Class	9:30 Roche Bros. 10:00 Coffee Hour 11:30 Rubber Bridge

BLOOD PRESSURE CLINIC

Senior Center

April 20

9:00am – 11:30am





**CLASSES
and REGULARLY
SCHEDULED
ACTIVITIES**

(continued from page 3)

Tai Chi **\$3.00/session**

Tuesdays April 5, 12, 19 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 April 5, 12, 19 8:30am
Thursdays April 7, 14, 21, 28 8:30am
Join Eileen and a lively group for quicker paced exercise and strength training class. Good for balance and posture. Please bring water and a 1 or 2 lb weight.

Wii Games **Free**

Thursdays April 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 CLASS 6 - 2 hour sessions - \$50.00

Thursday April 7, 14
May 5, 12, 19 2:00pm

A new six week series begins this month. You won't want to miss any of this super course!



**SPECIAL
PROGRAMS
and
EVENTS**

Ask a Lawyer **Free**

The attorneys at the Dedham law firm of *Samuel, Sayward & Baler LLC* will answer a question each month related to wills, trusts, powers of attorney, health care proxies and other health care documents, probate, estates, Medicaid/MassHealth, veteran's benefits, declarations of homestead, asset protection or any other estate planning or elder law issue.
page 6

SPECIAL PROGRAMS and EVENTS

(continued)

Ask a Lawyer (continued)

Please feel free to submit your questions anonymously by dropping them in the **Ask A Lawyer** box located at the Senior Center.

This month's question is:

Q: My neighbor says my power of attorney cannot be used after I die. Is this correct?

A: Yes, your neighbor is correct. A power of attorney is a document you create that appoints a person (your "agent" or "attorney-in-fact") to act on your behalf, usually to handle financial matters. Powers of attorney are generally intended to be used if you are incapacitated and unable to handle these matters yourself. A power of attorney terminates when the person who creates the document dies, and the attorney-in-fact named in the document has no further authority to act on behalf of the deceased person. After a person's death, the Executor of his Will (or the Administrator of his estate if he died without a Will) after appointment by the Court is the only person who has authority to act on behalf of the deceased person or to handle assets owned by the deceased person, unless assets are held in trust.

Attorney Maria Baler is an estate planning attorney and a partner with the Dedham firm Samuel, Sayward & Baler LLC. She is also a director of the Massachusetts Chapter of the National Academy of Elder Law Attorneys (MassNAELA). For more information, visit www.ssbllc.com or call 781/461-1020.

Blue Cross Blue Shield **Free**

Thursday	April 28	10:00am
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This popular seminar "Health Plan Options for People with Medicare" will be offered in our senior center. This presentation includes an explanation of Medicare, including the new

Continued next page 6

REGISTRATION REQUIRED FOR ALL EVENTS.

To register, or for more information on any of these activities, please call the Senior Center at (781) 329-8799.



SPECIAL PROGRAMS and EVENTS

Blue Cross Blue Shield (continued)
Medicare drug benefit. It also shows how Medigap plans and Medicare Advantage plans work with Medicare. This seminar is often praised for the way it makes complex information easy to understand. All are welcome regardless of your insurance coverage.

Blue Hills Day of Beauty **\$20.00**
Tuesday April 5 8:30 – 2:00
Come and be treated to a Day of Beauty at Blue Hills Regional Technical School, Department of Cosmetology. You will receive a facial, manicure, scalp treatment with massage, and a blow dry.

LUNCH IS INCLUDED!!! What a great way to spruce up for the new season.
We are limited to only 9 participants, so please sign up early.

Children’s Musical Program **Free**
Monday April 11 10:00am
Everyone is most welcome! If you have grandchildren who would like to spend a fun hour singing, please bring them, or just come yourself to enjoy the laughter.

Hearing Aid Check-up and Screening **Free**
Thursday April 14 10:00am-1:00pm
Once again Dr. Mario will offer a Hearing Aid Screening and Check-ups. Please call the Center to schedule your appointment.

Hessco Nutrition Class
(Health and Social Services Consortium, Inc.)
Wednesdays April 6, 13, 20, 27 9:00am
May 4

Hessco’s Nutrition Class continues.

SPECIAL PROGRAMS and EVENTS

(continued)

Intergenerational Program

This program is sponsored by the Council on Aging. It is for Seniors and 4th Graders, and usually meets at the Deerfield School.

April 6	Deerfield School	11:45am
May 4	Deerfield School	11:45am
June 15	Senior Center. Pizza Party and flower planting	11:45am

Join us for a good time! Prove seniors are fun, and interesting. We have plenty of kids, but we need more seniors!

For more information please call Mary Hunt, Program Coordinator, at 781-326-9361 or call the Senior Center.

Kate Carney **Free**
Thursday April 14 1:00pm
Kate Carney will present “Paul Revere’s Mother-in-law”. The story of Mrs. Rachel Walker, Inn-keeper, tells of the Revolution, taxes, Boston Tea Party, Paul Revere’s Ride and the Boston Coffee Party.

Tax Preparation **Free**
Mondays April 4, 11 9:00am-3:00pm
The Council on Aging offers free tax preparation each Monday beginning February 7th and ending on April 11. This service is provided through AARP.

As always, please call the Senior Center to schedule your appointment and be sure to bring the following documents to your appointment:

- Last year’s tax return
- Current year’s tax forms

Tax Preparation (continued from page 5)

- Social Security card (if not processed through COA last year)
- Checkbook

Income:

- W-2 from each employer
- Unemployment compensation statements

REGISTRATION REQUIRED FOR ALL EVENTS.
 To register, or for more information on any of these activities, please call the Senior Center at (781) 329-8799.



SPECIAL PROGRAMS and EVENTS

(continued)

Tax Preparation (continued from page 5)

Income:

- SSA-1099 form showing Social Security benefits paid to you
- 1099 forms reporting interest

Credits:

- 1099-R form if you received a pension or annuity
- 1099-Misc form if any miscellaneous income
- Dependent care provider information (name, employer ID or Social Security Number)
- Receipts/canceled checks or 1099 forms relating to continuing education (beyond high school)

Deductions: (If you want to itemize)

- 1098 form showing any home mortgage interest
- Receipts/canceled checks for medical/dental expenses
- Receipts for contributions to charities

Voting Day

Free Rides

Monday April 26 9:00am -12:00noon
 The COA will provide rides to and from the polls.
 Call the Center at 781-329-8799 to schedule



SPECIAL PROGRAMS and EVENTS (cont.)

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Waxing - Brow, Lip, Chin

Friday April 22 8:30-11:00am

Licensed Aesthetician Lisa will offer waxing services to seniors at the center. Appointments are required.

Brow wax	\$10-	ANY 2	ALL 3
Lip	\$10-	SERVICES –	SERVICES –
Chin	\$8-	\$15.00	\$20.00

Westwood Senior Men’s Club Meeting

Thursday April 14 10:00am

Executive Board Mtg

Westwood Sings

Free

Wednesday April 13 10:00am

Join us in our Patriotic sing-a-long with Pianist David Polansky.

This program is funded through a grant from the Westwood Educational Foundation, the Community Family Engagement Grant, Community Partnerships for Children MA Dept. of Early Education and Care and the Westwood Early Childhood Council.

Westwood Woman’s Club Executive Board

Wednesday April 6 9:00am

Executive Board Meeting

Westwood Woman’s Club

Wednesdays April 6, 20 10:00am

Great Decisions.

ENTERTAINMENT



Bingo









Free

Thursdays April 7, 14, 21, 28 1:15-2:45

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

HESSCO ELDER SERVICES - APRIL 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 (\$2.50 per meal) will be distributed on Monday and collected on Friday.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
CONFIDENTIAL DONATION IS \$2.50 PER MEAL. TO CANCEL, PLEASE CALL: (781) 329-6514				PIZZA 
	CALORIES: SODIUM:	CALORIES: SODIUM:	CALORIES: SODIUM:	CALORIES: SODIUM:
4	5	6	7	8
AMERICAN CHOP SUEY CUT GREEN BEANS >WHOLE WHEAT ROLL PEARS	BEEF BERGUNDY NOODLES DICED BEETS >WHOLE WHEAT BREAD APPLESAUCE	SALISBURY STEAK with MUSHROOM GRAVY WHIPPED POTATO BROCCOLI WHITE BREAD APRICOTS	CORN CHOWDER BBQ CHICKEN MIXED VEGETABLES >MULTIGRAIN ROLL #APPLE TURNOVER	SEAFOOD SALAD PASTA SALAD 3 BEAN SALAD FINGER ROLL FRESH FRUIT
CALORIES:328 SODIUM:442	CALORIES:409 SODIUM:369	CALORIES:358 SODIUM:201	CALORIES:416 SODIUM:552	CALORIES:360 SODIUM:820
11	12	13	14	15
PORK LOMEIN ORIENTAL BLEND VEG. WHOLE WHEAT ROLL PINEAPPLE CHUNKS	CHICKEN DIJON CONFETTI RICE CALIFORNIA BLEND VEG. WHITE BREAD #BREAD PUDDING	MEATLOAF with GRAVY WHIPPED POTATO CARROT COINS >FRUIT MUFFIN PEACHES	ROAST TURKEY with GRAVY & CRANBERRY WHIPPED POTATO WHITE SQUASH WHITE BREAD MIXED FRUIT	PIZZA 
CALORIES: SODIUM:	CALORIES:327 SODIUM:128	CALORIES:466 SODIUM:346	CALORIES:285 SODIUM:593	CALORIES: SODIUM:
18	19	20	21	22
CLOSED PATRIOTS DAY 	TURKEY STEW with VEGETABLES WHITE RICE DINNER ROLL MANDARIN ORANGE	LENTIL SOUP CRUMB BAKED CHICKEN SPRING BLEND VEG. >WHOLE WHEAT ROLL #CHERRY TURNOVER	SHEPPARD'S PIE CUT GREEN BEANS >MULTIGRAIN ROLL APPLESAUCE	 PIZZA
CALORIES: SODIUM:	CALORIES:394 SODIUM:484	CALORIES:495 SODIUM:700	CALORIES:475 SODIUM:328	CALORIES: SODIUM:
25	26	27	28	29
TERIYAKI CHICKEN ASIAN RICE TAHITIAN BLEND VEG. >WHOLE WHEAT BREAD APRICOTS	CLOSED FOR VOTING 	HAPPY BIRTHDAY SWEDISH MEATBALLS BUTTERED NOODLES CALIFORNIA BLEND VEG. WHEAT ROLL #BIRTHDAY CAKE	TURKEY DIVAN with BROCCOLI WHIPPED POTATO MULTIGRAIN ROLL APPLESAUCE	PORTUGUESE HAWAIIAN PORK RIBLET DELMONICO POTATO PEAS SLICED BREAD FRESH FRUIT
CALORIES:311 SODIUM:219	CALORIES:474 SODIUM: 400	CALORIES:463 SODIUM:624	CALORIES:353 SODIUM: 509	CALORIES:757 SODIUM:1029

SYMBOLS: >High Fiber, *Added Salt, #Added Sugar,

Sodium and calories listed above are for entrees only. Modified Desserts are available.

MOVIES



**Tuesdays-
2:00pm**

FREE

April 5

Arranged

Zoe Lister Jones, Francis Benhamou
When Rochel and Nasira, an Orthodox Jew and a Muslim, respectively, meet as new teachers at a Brooklyn school, co-workers and students expect friction. But the women discover they have a shared expectation of entering into arranged marriages. As they experience tension between their traditional cultures and life in contemporary America, Rachel and Nasira form a special bond.

April 19

Eat Pray Love

Julia Roberts

An adaptation of Elizabeth Gilbert's best-selling memoir about coping with a depressing divorce. After deciding to reshape her life, Liz (Roberts) travels the world in search of direction.

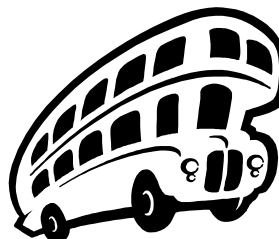
LET US KNOW OF MOVIES YOU WOULD LIKE TO SEE.

***APRIL FOOLS' DAY**

April Fools' Day is sometimes referred to as All Fools' Day. April 1st is not a [legal holiday](#), but is widely recognized and celebrated as a day which tolerates [practical jokes](#) and general foolishness. The day is marked by the commission of good humored or funny jokes, [hoaxes](#) and other practical jokes of varying sophistication on friends, family members, teachers, neighbors, work associates, etc.

The earliest recorded association between April 1 and foolishness can be found in [Chaucer's Canterbury Tales](#) (1392). Many writers suggest that the restoration of January 1 as [New Year's Day](#) in the 16th century was responsible for the creation of the holiday, but this theory does not explain earlier references.

from <http://en.wikipedia.org>



DAY TRIPS



Twin River Casino

Rhode ISLAND

Tuesday

April 12

\$60.00pp

Singer, producer and comedian Jeff Trachta is known for his role on *The Bold & The Beautiful*, and he also is a singer, producer and comedian. Enjoy his performance and try your luck at the Casino.

Package includes transportation, show, luncheon buffet & gaming package.

Laughs – Giggles & Grins with Pete Michaels and his "Friends"



at Luciano's on Lake Pearl in Wrentham

Transportation **NOT** Provided

Thursday

May 19

\$40.00pp

Pete Michaels was an opening act for Neil Sedaka and Bobby Vinton. With major Film and TV credits like: *Late Night with Conan O'Brien*; *Showtime at the Appolo*; *Comedy Central*; *Let's Laugh* with Sherman Hemsley, and many others, it's no wonder why Pete Michaels is one of the most in demand performers today.

Meal Choice: Chicken Parmesan with Pasta or Baked Haddock with Potato

(Day Trips continued next page)

RIDDLE

From www.thinkriddles.com

What's the difference between gossip and a mirror?

One speaks without reflecting and the other reflects without speaking

DAY TRIPS (from page 9)



Tuesday June 28 \$98.00
 Indulge yourself in a one-of a kind special day trip to aboard beautifully restored vintage railcars for a carefree 4 hr journey through mid-coast Maine. Our day includes a 2+ hrs in downtown Rockland, Maine, and a buffet dinner at the Portland ,Maine, Old Country Buffet. Trip includes transportation, train excursion and buffet dinner.

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***Nixon for President**

1992: National Public Radio's *Talk of the Nation* program announced that Richard Nixon, in a surprise move, was running for President again. His new campaign slogan was, "I didn't do anything wrong, and I won't do it again." Accompanying this announcement were audio clips of Nixon delivering his candidacy speech. Listeners responded viscerally to the announcement, flooding the show with calls expressing shock and outrage. Only during the second half of the show did the host John Hockenberry reveal that the announcement was a practical joke. Nixon's voice was impersonated by comedian Rich Little.



*www.museumofhoaxes.com

DAY TRIPS (continued)



TANGLEWOOD

Final payment is due by June 6.

Sunday July 17 \$125.00pp
 Keith Lockhart conducts the *Boston Pops* at Tanglewood for a program of Pops orchestral favorites that includes a tribute to the great American composer and songwriter, Cole Porter. This trip includes deluxe motorcoach transportation, luncheon at the HuKeLau restaurant in Chicopee, MA, reserved ticket/seat under the Koussevitzky Shed and tour director.
 Meal Choice: Prime Rib au jus or Baked Stuffed Breast of Chicken.

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***Real Love**

Woman: "Do you remember when you proposed to me? I was so overwhelmed, I couldn't speak for an hour."

Man: "Yes Darling, that was the happiest hour of my life."

*www.coolquiz.com

.....
CROSSWORD SOLUTION

PUZZLE ON PAGE 11

K	N	O	T	W	E	D	D	E	D	D	E	D	D	E	D
S	E	T	S	A	C	T	E	D	E	D	E	N	E	N	E
A	X	L	E	S	N	A	R	E	D	U	N	E	E	N	E
O	A	T	M	E	A	L	S	P	A	N	K	S	S	P	A
R	E	D	R	E	D	S	P	A	R	S	P	A	R	S	P
C	A	R	A	T	S	S	L	A	N	T	E	D	E	D	E
S	E	F	E	M	S	S	E	A	L	S	S	E	W	S	E
I	R	I	S	G	E	N	I	E	S	O	R	E	S	O	R
D	O	C	E	N	D	E	D	S	N	O	R	T	S	N	O
K	I	S	S	I	N	G	S	M	I	L	E	S	S	M	I
N	I	N	A	N	I	R	S	T	I	R	S	T	I	R	S
S	A	F	A	R	I	N	E	E	D	I	N	G	I	N	G
G	L	A	D	A	B	O	V	E	P	I	N	K	P	I	N
G	L	B	E	R	B	U	R	A	L	S	O	U	L	S	O
F	E	L	S	T	I	E	S	A	C	R	E	A	C	R	E

CROSSWORD

Solution on page 10

ACROSS

1. Aquatic slitherers
5. Gifts for Dad
9. Field measure
13. Giddy mirth
14. Of the country
15. Human spirit
16. Joyful
17. On top of
18. "Pretty in —," movie
19. African tour
21. In want of
23. Craft of 1492
25. Mix (cake batter)
26. Greeting affectionately
29. Broad grins
33. Disney dwarf
34. Finished up
36. Bull's sound
37. Flashy flower
39. Lamp dweller of legend
41. Painfully tender
42. Appears to be
44. Circus animals
46. Close a seam
47. Gold units
49. Inclined
51. Hollow grass
53. Boat's mast
54. Mushy cereal
57. Does not "spare the rod"
61. Wheel part
62. Hunter's trap
64. Hill of sand
65. Matched pairs
66. Played a role
67. Bible garden

68. Rope tangle

69. Pesky plant

70. Brave feat

DOWN

1. Hen products
2. Fitzgerald of jazz
3. Autumn sight
4. Family autos
5. Bath locale
6. Clothes-pressing device
7. Roof edges
8. Falls in frozen pellets
9. Headache-remedy tablets
10. Dime, for one
11. Ladder step
12. Deer's cousin
14. In the middle of a shower
20. Start the day
22. Becomes less bright
24. Peru's mountains
26. South —, Seoul's site
27. More chilling
28. DNA carriers
30. Baggy, as pants
31. Blundered
32. Hearty meat dish
33. Flat, round object
35. Clock faces

38. Most intelligent

40. Passed, as time

43. Daisy's stalk

45. Crisp cookie

48. Playground attraction

50. Bartered

52. Do a tango

54. Plow pullers

55. A vocal range

56. Tardy

58. In the buff

59. Midleg joint

60. Convey (mail)

61. Pose a query

63. Blushing shade

Solution is on page 119

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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.

April	DATE	DESTINATION	PICK-UP	FEE
	1	Roche Bros.	9:30am	\$2.00
	5	Day of Beauty	9:30am	\$20.00
	8	Shaw's Mkt.	9:30am	\$2.00
	12	Walpole Mall	9:00am	\$2.00
	15	Hannaford's Mkt	9:30am	\$2.00
	19	X-Mas Tree	9:30am	\$2.00
	22	Stop & Shop	9:30am	\$2.00
	26	Voting Day	9:00 – 12:00	Free

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 **their buildings**. 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, Tuesdays and Wednesdays. 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.

<p style="text-align: center;">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 style="text-align: center;">Friends of Westwood Council on Aging 60 Nahatan Street WESTWOOD, MA 02090</p>	<p style="text-align: center;">NONPROFIT ORGANIZATION U.S. POSTAGE PAID WESTWOOD, MA 02090 PERMIT #16</p>
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