

WESTWOOD SENIOR NEWSLETTER

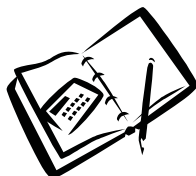
Co-sponsored by the Friends of Westwood Council on Aging
60 Nahatan Street, Westwood, MA 02090

(781) 329-8799

Director, Pat Larkin

MAY 2011

from the **DIRECTOR'S DESK**



May is always a beautiful month. It's wonderful to wake up to a beautiful sunny day with lots of fresh air and flowers popping up everywhere. May is also a great month for taking advantage of some of the programs at the Senior Center. Please look through our schedule and plan on joining us.

We look forward to seeing you.

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.

HESSCO PRESENTATION

Please join us for an informative talk by our HESSCO Nutritionist. The topic will be the interrelationship between Calcium and Vitamin D... there will be time for discussion and questions.

Please see page 6 for more information.

ELLIS NURSING AND REHABILITATION PRESENTATION

The Ellis Nursing and Rehabilitation Center will present an informational talk about Total Knee and Total Hip Replacements.

For more information see page 5.

WORTH PARTNERS PRESENTATION

Worth Partners will present an informational talk about "A Taste of Financial Freedom". Learn about Budget Planning, Investment & Retirement Planning, intestacy Statute and more. A question and answer period will follow. See page 6 for more information.

HOME INSTEAD

Home Instead will host a lively presentation about how to talk with your children about everyone's needs and concerns as people age. Please join us on Thursday, May 19th at 11 AM to learn how to begin or continue this discussion.

BOARDER WANTED

A Westwood Senior is looking for a boarder to share his home. All interested parties are requested to call Pat Larkin at 781-329-8799 for more information.

Town Meeting is May 2nd at 7:30 pm at the High School.

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 May 11 1:00pm
Alice Barkin's Bereavement Group meets once a month.

Blood Pressure Clinic

Wednesday May 18 9:00am **Free**
Westwood's Board of Health nurse is available to check your blood pressure the 3rd Wednesday of every month.

Book Club

Wednesday May 25 2:00pm **Free**
House Rules Jodi Picoult
Share your thoughts and meet new friends.

Bowling League

Mondays May 2, 9, 16, 23 9:30am
Have fun while exercising! We meet at the Norwood Bowling Alley.

Bridge

Fridays May 6, 13, 20, 27 11:30am
Join us for Rubber Bridge. Bring your partner, or come alone.

CLASSES & REGULARLY SCHEDULED ACTIVITIES (continued)

Computer for Beginners

Westwood residents \$10.00
non-residents \$15.00
Tuesdays May 3, 10, 17, 24 10:00am
Learn formatting and editing. Create a simple table and a card using *Microsoft Word*; sample the Internet.

Duplicate Bridge

Wednesdays May 4, 11, 18, 25 11:30am **Free**
We play in Foxboro on Wednesdays, and all duplicate bridge players are welcome!

Knit and Crochet

Thursdays May 5, 12, 19, 26 1:30pm **Free**
Bring your materials and patterns, and join us for a relaxing session.

Ladies Craft Group

Mondays May 9, 16 10:00am **Free**
The Ladies Craft Group usually meets the first three Mondays of each month.

Legal Advice (by appointment only)

Tuesday May 3 8:30am – 10:00am **Free**
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.

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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)

Legal Advice (by appointment only) **Free**
 Tuesday May 3 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 May 2, 9, 16, 23
 Wednesdays May 4, 11, 18, 25 1:00pm
 Keep fit, stay healthy!

Outdoor Walking **Free**
 Outdoor walking begins in June. Please check our June Newsletter.

Painting **8 lessons- \$40.00 plus supplies**
 Mondays May 2, 9, 16, 23 1:00pm
 Dive in and enjoy! Supplies cost around \$75.00.

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

Quilting **\$1.00**
 Tuesdays May 3, 10, 17, 24, 31 10:00am
 Bring your supplies, and join our group of quilters!

SHINE (Serving Health Information Needs of Elders)
 Tuesday May 3 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.

Tai Chi **\$3.00/session**
 Tuesdays May 3, 10, 17, 24, 31 1:00pm
 Practice the ancient art of Tai Chi, a gentle physical, stretching exercise that reduces stress and improves flexibility.

Town Meeting - May 2nd, 7:30 pm at the High School.

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ACTIVITIES – MAY 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9:30 Bowling League 1:00 Exercise Class 1:00 Painting	8:30 Walk Fit 8:30 <i>Legal Advice</i> <i>Mary J Roque</i> 9:00 <i>SHINE</i> 9:30 Chair Yoga 10:00 Begin.Computer 10:00 Quilting 11:00 Floor Yoga 1:00 Tai Chi 2:00 Movie	9:00 <i>NUTRITION SERIES-HESSCO</i> 11:00 <i>Ellis Nursing and Rehabilitation</i> 11:30 Duplicate Bridge-Fox 11:45 <i>Intergenerational Program</i> 1:00 Exercise	8:30 Walk Fit 9:30 Wii Games 1:15 Bingo 1:30 Knit & Crochet 2:00 Writing Class	9:30 Shaw's Market. 10:00 Coffee Hour 10:00 <i>Triad Meeting - Identity Theft</i> 11:30 Rubber Bridge
9	10	11	12	13
9:30 Bowling League 10:00 Ladies Craft Gr 1:00 Exercise Class 1:00 Painting	8:30 Walk Fit 9:30 Chair Yoga 9:30 Braintree Mall 10:00 Begin.Computer 10:00 Quilting 11:00 Floor Yoga 1:00 Tai Chi 2:00 Movie	11:30 Duplicate Bridge-Fox 1:00 <i>Bereavement Group</i> 1:00 Exercise Class	8:30 Walk Fit 9:30 Wii Games 10:00 <i>SR. MEN'S CLUB MEETING</i> 10:30 <i>FINANCIAL TALK</i> 1:15 Bingo 1:30 Knit & Crochet 2:00 Writing Class	9:30 Hannaford's Mkt. 10:00 Coffee Hour 11:30 Rubber Bridge
16	17	18	19	20
9:30 Bowling League 10:00 Ladies Craft Gr 1:00 Exercise Class 1:00 Painting	8:30 Walk Fit 9:30 Chair Yoga 9:30 Xmas Tree-Fox. 10:00 Begin.Computer 10:00 Quilting 11:00 Floor Yoga 1:00 Tai Chi 2:00 Movie	9:00 <i>BLOOD PRESSURE CLINIC</i> 10:00 <i>Attorney Pellegrini</i> 11:30 Duplicate Bridge-Fox 1:00 Exercise Class	8:30 Walk Fit 9:30 Wii Games 11:00 <i>Home instead</i> 1:15 Bingo 1:30 Knit & Crochet 2:00 Writing Class <i>LUCIANO'S DAY TRIP</i>	9:30 Stop & Shop 10:00 Coffee Hour 11:30 Rubber Bridge
23	24	25	26	27
9:30 Bowling League 1:00 Exercise Class 1:00 Painting	8:30 Walk Fit 9:30 Braintree Mall 9:30 Chair Yoga 10:00 Begin.Computer 10:00 Quilting 11:00 Floor Yoga 1:00 Tai Chi 2:00 Movie	10:00 <i>VNA CARE NETWORK</i> 11:30 Duplicate Bridge-Fox 1:00 Exercise Class 2:00 Book Club	8:30 Walk Fit 9:30 Wii Games 11:00 <i>CALCIUM and VITAMIN D</i> 1:00 MA Bar Assoc. 1:15 Bingo 1:30 Knit & Crochet	8:30 <i>WAXING</i> 9:30 Roche Bros 10:00 Coffee Hour 11:30 Rubber Bridge
30	31			
MEMORIAL DAY SENIOR CENTER CLOSED	8:30 Walk Fit 9:30 Chair Yoga 10:00 Begin.Computer 10:00 Quilting 11:00 Floor Yoga 1:00 Tai Chi 2:00 Movie			

BLOOD PRESSURE CLINIC

Senior Center

May 18

9:00am – 11:30am



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CLASSES and REGULARLY SCHEDULED ACTIVITIES

(continued from page 3)

Walk-Fit- Cardio-Strength Training

\$3.00/class

Tuesdays May 3, 10, 17, 24, 31 8:30am

Thursdays May 5, 12, 19, 26 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 May 5, 12, 19, 26 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 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!

Yoga (Chair)

\$3.00

Tuesdays May 3, 10, 17, 24, 31 9:30am

Yoga (Mat)

\$3.00

Tuesdays May 3, 10, 17, 24, 31 11:00am

Experience the wonderful benefits of balance and strength from yoga. This session goes through early April.

Ask A Lawyer

The attorneys at the Dedham law firm of Samuel, Sayward & Baler LLC will answer a question each month related to estate planning or elder law issues such as wills, trusts, probate, estates, Medicaid, or veteran's benefits. Please feel free to submit your questions anonymously by dropping them in the Ask A Lawyer.

(continued next column)



SPECIAL PROGRAMS and EVENTS

Ask A Lawyer (continued)

This month's question:

Q: How much of the year do I need to spend in Florida to avoid the Massachusetts estate tax?

A: As a general rule, you should plan to spend more than half the year in Florida if you intend to claim it as your residence. However, the determination of a person's state of residency at the time of death is based on many factors, not just the length of time spent in a state. Further, the claim of non-residency is closely scrutinized by the Massachusetts Department of Revenue.

Attorney Suzanne R. Sayward is an estate planning attorney and a partner with the Dedham firm Samuel, Sayward & Baler LLC. For more information, visit www.ssbllc.com or call 781/461-1020.

This article is not intended to provide legal advice or create or imply an attorney-client relationship. No information contained herein is a substitute for a personal consultation with an attorney.

Attorney Pellegrini

Wednesday May 18 10:00am

Attorney Pellegrini will be available to answer your questions on estate planning and related legal issues.

Ellis Nursing and Rehabilitation Center

Wednesday May 4 11:00am

The Ellis Nursing and Rehabilitation Center will present an informational talk about *Total Knee and Total Hip Replacements.

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

HESSCO Nutrition Class

(Health and Social Services Consortium, Inc.)
Wednesday May 4 9:00am
HESSCO's Nutrition Class.

HESSCO Presentation **FREE**

Thursday May 26 11:00am
Join us for a talk about the interrelationship between Calcium and Vitamin D, then stay for lunch.

Home Instead

Thursday May 19 11:00am
Home Instead will host a lively presentation about ways to talk with your children about everyone's needs and concerns as you age. Join us and learn how to begin or continue this discussion.

Identity Theft **Free**

Friday May 6 10:00am
Julie Soforenko, from American Consumer Credit Counseling, is the speaker for this month's Westwood Triad Meeting. Ms Soforenko will offer a presentation on Identity Theft and will provide information about how seniors can reduce the risk of becoming a victim and what to do if identity theft occurs.

.....
HAPPENED IN MAY

Empire State Building opened May 1, 1931.

First U.S. medical school opened in Philadelphia, May 3, 1765.

SPECIAL PROGRAMS and EVENTS (cont)

Intergenerational Program

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

This program is sponsored by the Council on Aging. It is for Seniors and 4th Graders, and usually meets at the Deerfield School. For more information please call Mary Hunt, Program Coordinator, at 781-326-9361 or call the Senior Center.

VNA Care Network & Hospice

Wednesday May 25 10:00am-1:00pm
The VNA will offer a "Be Safe, Smart and Strong—Bone Density, Foot and Balance Screenings".

Get checked, prevent falls and stay upright! Screenings take approximately 20 minutes, and an appointment is required!

Waxing - Brow, Lip, Chin

Friday May 27 8:30-11:00am
Licensed Aesthetician Lisa Mario 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 May 12 10:00am
Executive Board Mtg

Worth Partners

Thursday May 12 10:30am
Worth Partners will present an informational talk about "A Taste of Financial Freedom". Learn about Budget Planning, Investment & Retirement Planning, intestacy Statute and more. A question and answer period will follow.



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.

MOVIES

**Tuesdays-
2:00pm**



FREE

May 3

High Noon

Gary Cooper, Grace Kelly
Retiring Marshall Will Kane (Gary Cooper) insists on defending his town from a gang of hooligans who are due on the **noon** train -- but he faces the task alone as the cowardly townspeople flee like rats from a sinking ship. Director Fred Zinnemann creates an incredibly tense Western (rightly considered one of the true genre classics) that unfurls in real time -- as the clocks on the wall constantly remind us.

ENTERTAINMENT



Bingo

Free

Thursdays May 5, 12, 19, 26 1:15-2:45
Seniors are invited to play Bingo every Thursday afternoon. Join us and bring a friend!

Movies continued on page 9


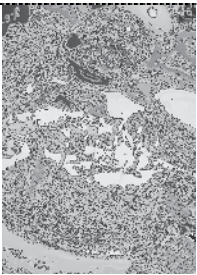

Our happy exercise group



Who said exercise isn't fun????

HESSCO ELDER SERVICES - MAY 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
2	3	4	5	6
BEEF STROGANOFF NOODLES BROCCOLI >WHOLE WHEAT BREAD PEACHES	STUFFED SHELLS/ VEG. SAUCE GREEN BEANS >MULTIGRAIN ROLL #ARCTIC ICE	SAUSAGE/PEPPER & ONIONS HASH BROWN POTATO CHUCK WAGON VEG WHEAT BREAD PINEAPPLE	MOTHER'S DAY CHICKEN BREAST W/ SUPREME SAUCE RED BLISS POTATO SPRING BLEND VEG DINNER ROLL #STRAWBERRY SHORTCAKE	BAKED FISH *TARTAR SAUCE BLACK BEANS W/RICE PEAS & CARROTS >WHOLE WHEAT ROLL ORANGE
<i>CALORIES:574 SODIUM:499</i>	<i>CALORIES:261 SODIUM:437</i>	<i>CALORIES:463 SODIUM:608</i>	<i>CALORIES:394 SODIUM:273</i>	<i>CALORIES:535 SODIUM:580</i>
9	10	11	12	13
KALE SOUP CRUMB BAKED CHICKEN DELMONICO POTATO >FRUIT MUFFIN APPLE	SENIOR APPRECIATION DAY MEATLOAF W/ MUSHROOM GRAVY MASHED POTATO BEETS/ WHITE BREAD #CHERRY TURNOVER	ROAST PORK W/ APPLE GRAVY ESCALLOPED POTATO RIVERA BLEND VEG >WHOLE WHEAT ROLL #APPLESAUCE	ITALIAN MEATBALLS PASTA ITALIAN BLEND VEG >MULTIGRAIN ROLL APRICOTS	CHICKEN STEW W/VEGETABLES CONFETTI RICE DINNER ROLL MANDARIN ORANGES
<i>CALORIES:625 SODIUM:699</i>	<i>CALORIES:460 SODIUM:450</i>	<i>CALORIES:367 SODIUM:179</i>	<i>CALORIES:387 SODIUM:537</i>	<i>CALORIES:471 SODIUM:237</i>
16	17	18	19	20
PIZZA 3 BEAN SALAD COLE SLAW	APPLE CIDER STEW W/VEGGIES MASHED POTATO >WHOLE WHEAT ROLL #PUDDING	BREADED CHICK PATTY FLORENTINE RICE BROCCOLI HAMBURGER ROLL PEARS	STUFFED CABBAGE CASSEROLE BOILED POTATO >MULTIGRAIN ROLL APRICOTS	SEAFOOD CASSEROLE CONFETTI RICE COUNTRY STYLE VEG DINNER ROLL FRESH ORANGES
<i>CALORIES:395 SODIUM:487</i>	<i>CALORIES:434 SODIUM:223</i>	<i>CALORIES:365 SODIUM:760</i>	<i>CALORIES: SODIUM:</i>	<i>CALORIES: SODIUM:</i>
23	24	25	26	27
AMERICAN CHOP SUEY GREEN BEANS >MULTIGRAIN ROLL PEACHES	CREAM OF CARROT & CELERY SOUP CHICKEN L'ORANGE PARSLEY WHIPPED POT >WHOLE WHEAT ROLL FRESH FRUIT	HAPPY BIRTHDAY ROAST TURKEY W/GRAVY W/GRAVY WHIPPED POT WINTER SQUASH CRANBERRY SAUCE >WHOLE WHEAT BREAD #BIRTHDAY CAKE	HAM & CHEESE ON CROISSANT TOSSED SALAD w DRESSING CALORIES 233 SODIUM 489	LOW SALT HOT DOG *MUSTARD HOT GERMAN SLAW O'BRIEN POTATO HOT DOG ROLL #APPLESAUCE
<i>CALORIES:214: SODIUM:293</i>	<i>CALORIES:555 SODIUM:526</i>	<i>CALORIES:347 SODIUM:599</i>	<i>CALORIES:233 SODIUM:489</i>	<i>CALORIES:459 SODIUM:738</i>
30	31			
CLOSED  MEMORIAL DAY	HAMBURGER PATTY VEG BAKED BEANS ZUCCHINI & TOMATO HAMBURGER ROLL #ARCTIC RICE CALORIES 403 SODIUM			CONFIDENTIAL DONATION IS \$2.50 PER MEAL. TO CANCEL, PLEASE CALL: (781) 329-6514
<i>CALORIES:311 SODIUM:219</i>	<i>CALORIES:403 SODIUM:</i>	<i>CALORIES: SODIUM:</i>	<i>CALORIES: SODIUM:</i>	<i>CALORIES: SODIUM:</i>

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

May 10 The Lightkeepers

Richard Dreyfuss, Blythe Danner
Richard Dreyfuss stars as solitary lighthouse keeper Seth Atkins, who no longer thinks he needs women until well-kept Ruth (Mamie Gummer) and her housekeeper, Mrs. Bascom (Blythe Danner), arrive. An unexpected romance is rekindled when Seth is forced to confront a past love. Daniel Adams writes and directs this period drama set on **the** shores of Cape Cod in **the** summer of 1912; Tom Wisdom co-stars.

May 17 Marjorie Morningstar

Natalie Wood, Grace Kelly, Gene Kelly
At the urging of a friend, aspiring actress Marjorie Morgenstern (Natalie Wood) takes a job at a summer camp in upstate New York, where she finds herself falling for carefree Noel Airman (Gene Kelly), the entertainment director at a nearby resort. But amid pressures beyond the walls of the camp, their smoldering romance begins to crumble. A delightful Ed Wynn practically steals the movie as Wood's oddball uncle.

May 24 Pay it Forward

Helen Hunt, Kevin Spacey, Haley Joel Osment
In this gentle drama from director Mimi Leder, young Trevor McKinney (Haley Joel Osment) responds to a school assignment with a plan to help three people who will, in turn, help three more, and so on, in an ever-widening circle. But Trevor touches more people than he expected, including his abused mother (Helen Hunt), his physically and emotionally scarred teacher (Kevin Spacey) and a journalist (Jay Mohr) who's investigating the plan.

HAPPENED IN MAY

Niccolo Machiavelli, author of *The Prince*, born May 3, 1469.

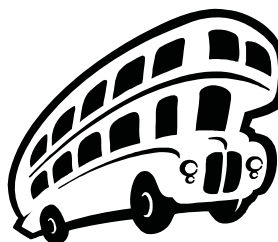
Karl Marx, author of *Das Kapital*, born May 5, 1818.

MOVIES (continued)

May 31 Show Boat

Ava Gardner, Howard Keel, Kathryn Grayson
Married entertainers (Ava Gardner and Robert Sterling) are forced to leave the showboat Cotton Blossom because of the wife's mixed blood. The captain's daughter (Kathryn Grayson) and gambler Gaylord Ravenal (Howard Keel) take over the act, fall in love, marry and leave the **boat** for Chicago. There, they live off his gambling earnings, which dry up fast. Jerome Kern and Oscar Hammerstein provide the score for this adaptation of the Broadway hit.

LET US KNOW OF MOVIES YOU WOULD LIKE TO SEE.



DAY TRIPS

**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)



CROSSWORD
Solution on page 10

ACROSS

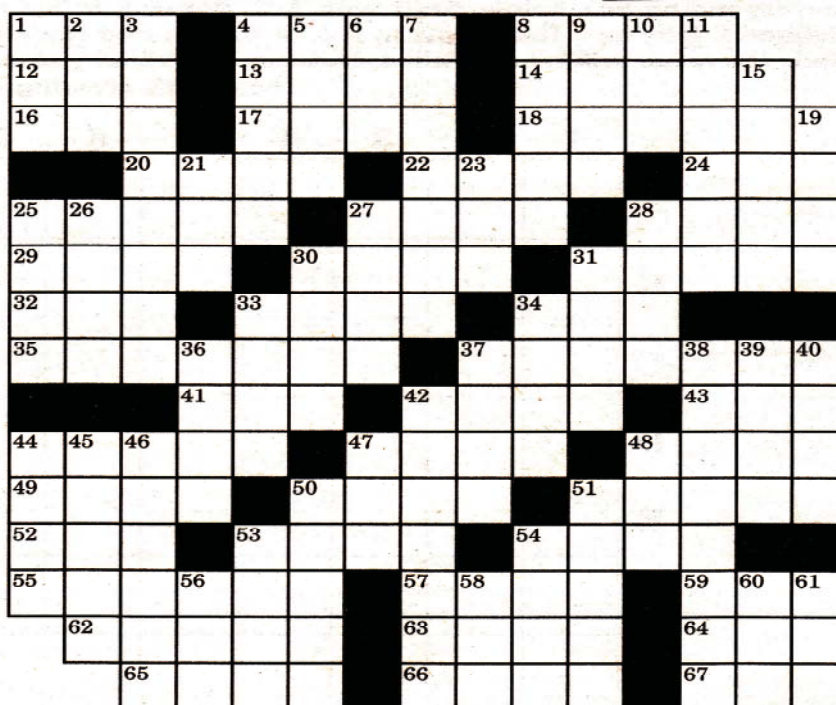
1. Quick humor
4. Petty dispute
8. Financial setback
12. December 31st, for one
13. Hooded cloak
14. Tie together
16. Color (hair)
17. Eternally
18. Silver and platinum
20. On cloud —
22. Sharp knocks
24. And yet
25. Work very hard
27. Flock outbursts
28. Alan of TV
29. Gigantic
30. Well-to-do
31. Insincere smile
32. Function
33. Doggy treat
34. Enjoyed chili
35. Thin strings
37. Garden blooms
41. Be rivals
42. Panorama
43. Give an OK to
44. Snowy rain
47. Noted Harpo
48. Diner list
49. Alert to danger
50. Moral wrongs
51. Breakfast strip
52. Broadcast
53. Cabbie's car
54. Infield hit
55. Rio de Janeiro's locale
57. Harsh cleansers
59. Lovely Lupino
62. Sleep noisily

63. Fasting time
64. Wilder play, "— Town"
65. Fawns' moms
66. Hill dwellers
67. Mesh cloth

DOWN

1. Exchange vows
2. Climbing vine
3. Adolescent
4. Movie chapter
5. Cover (roads)
6. Copy
7. Raised lawn
8. Gravy no-nos
9. Single things
10. Take a chair
11. Horse's home
15. Dodge cleverly
19. Cast bigwig
21. "— been bad!"
23. Relaxed sigh
25. Close up
26. Thick, as vegetation
27. Coal boxes
28. Once more
30. Was a jockey
31. Pack away
33. Fish lure
34. Mr. Trebek
36. Flat, as land
37. Certain evergreens
38. Early November event
39. Casino city

40. Astound
42. Popular ice-cream flavor
44. Sailor's mop
45. Dragons' dens
46. Assigned task
47. Blender setting
48. Chess piece
50. Retail transactions
51. Sculpted heads
53. Bike roller
54. Not straight
56. Animal park
58. Strong urge
60. Payable (to)
61. Gallery sight



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For more information, please call

800-732-8070

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.

May	DATE	DESTINATION	PICK-UP	FEE
	6	Shaw's Mkt	9:30am	\$2.00
	10	Braintree Mall	9:30am	\$2.00
	13	Hannaford's Mkt	9:30am	\$2.00
	17	Xmas Tree-Fox	9:30am	\$2.00
	20	Stop & Shop	9:30am	\$2.00
	24	Braintree Mall	9:30am	\$2.00
	27	Roche Bros	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 **their building**. 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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