

WESTWOOD SENIOR NEWSLETTER

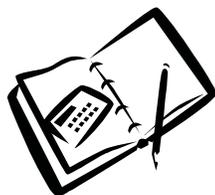
Co-sponsored by the Friends of Westwood Council on Aging
60 Nahatan Street, Westwood, MA 02090

(781) 329-8799

Director, Pat Larkin

JULY 2011

from the
DIRECTOR'S DESK



Welcome to summer! The weather is warm and days are longer. July is a great month to enjoy some of the programs at the Senior Center. This month we are having a special Senior Dinner on July 27 at 5:00pm. A complete chicken dinner and entertainment for \$4.00 per person. We are very fortunate. The Young Women's Club is sponsoring partial payment for the dinners this summer. I would like to sincerely "Thank" the Young Women's Club for their kindness. Please check the calendar on page 11 to select a program that might interest you. Have a pleasant 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.



SENIOR SUPPER

The Westwood Young Women's Club is sponsoring partial payment for this summer's special dinner.

The meal includes: Salad, Rolls, Mini Stuffed Chicken Breasts, Roasted Maple Butternut Squash, and Oven Roasted Red Potatoes, Dessert and Beverages AND entertainment.

Please see page 5 for more information.

How to Continue to be a Safe Driver

Wednesday July 20 10:00am

Jane Baker from NewBridge on the Charles will offer a presentation on Safe Driving for Seniors. The presentation will be based on materials from the Hebrew Senior Life center, the MIT Age Lab and The Hartford Insurance Company. There will be plenty of time for discussion and questions

TRIAD MEETING

The Norfolk County Sheriff's Office will present a talk about Identity Theft and how to reduce the risk of becoming a victim. Presentation is scheduled for **Thursday, July 21st at 10 am.**



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

Bereavement meetings will resume in September.

Blood Pressure Clinic **Free**
Wednesday July 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 July 27 2:00pm
I Still Dream About You Fannie Flagg
Share your thoughts and meet new friends.

Bowling League
Bowling will resume in the fall.

Bridge
Fridays July 1,8,15,22,29 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 July 5, 12, 19, 26 10:00am
Learn formatting and editing. Create a simple table and a card using *Microsoft Word*; sample the Internet.

Duplicate Bridge **Free**
Wednesdays July 6, 13, 20, 27 11:30am
We play in Foxboro on Wednesdays, and all duplicate bridge players are welcome!

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

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

Legal Advice (by appointment only) **Free**
Tuesday July 5 8:30-10:30 am
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 20-minute intervals.

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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)

Low Impact Exercise **\$2.00/session**
 Mondays July 11, 18, 25
 Wednesdays July 6, 13, 20, 27 1:00pm
 Keep fit, stay healthy!

Outdoor Walking **Free**
 Tuesdays July 5, 12, 19, 26 9:00am
 Thursdays July 7, 14, 21, 28 9:00am
 Join us at the High School track.

Painting **8 lessons- \$40.00 plus supplies**
 Painting will resume September 12.
 Supplies cost about \$75.00.

Quilting **\$1.00**
 Tuesdays July 5, 12, 19, 26 10:00am
 Bring your supplies, and join our group of quilters!

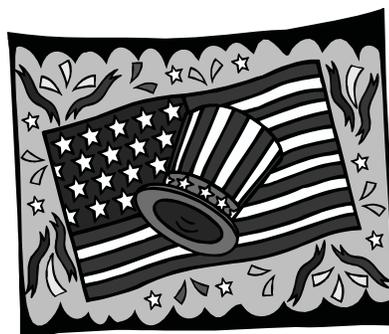
SHINE (Serving Health Insurance Needs of Elders)
 Tuesdays July 5 9:00am – 1:00pm
 The COA offers SHINE counseling assistance the first Tuesday of each month. Lori Howell, SHINE representative, will help you deal with any issues or questions you may have regarding your health insurance.

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

.....
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 July 5, 12, 19, 26 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 July 5, 12, 19, 26 8:30am
 Thursdays July 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.



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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)

Wii Games Free

Thursdays July 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

Writing Class will resume in the fall.

Yoga (Chair) \$3.00

Tuesdays July 5, 12, 19, 26 9:30am

Yoga (Mat) \$3.00

Tuesdays July 5, 12, 19, 26 11:00am
Experience the wonderful benefits of balance and strength from yoga.



I'm not sleeping.....



I'm just resting my eyes!



**SPECIAL
PROGRAMS
and
EVENTS**

AC Moore \$3.00

Wednesday July 20 Leave center 10:30am

A 60 minute program for *Making Memories* will be held at AC Moore's Dedham Plaza store. Participants will be able to make memories and be introduced to a variety of crafting ideas. We will receive instruction on scrapbooking and create our own scrapbook page for photos. We will enjoy a "buy-your-own" light snack on the way back to the Center.

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 submit your questions anonymously by dropping them in the Ask A Lawyer box.

Encompass Residential, LLC

Thursday July 14 10:00am

Advice and suggestions about getting your home ready to sell.

Seniors Real Estate Specialist Robert Ticktin, from Encompass Residential, LLC, will sort out the details with a timeline that includes time to make repairs, declutter, pack and move. He will also answer any other real estate-related questions.



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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.



SPECIAL PROGRAMS and EVENTS
 (continued)

Senior Supper \$4.00

Wednesday July 27 5:00pm

The meal includes: Salad, Rolls, Mini Stuffed Chicken Breasts, Roasted Maple Butternut Squash, and Oven Roasted Red Potatoes, Dessert, Beverages and entertainment!!!
 Seats are limited and will be sold on a first-come, first-served basis.

Reservations will be taken on July 1st.

Our thanks to The Young Women's Club for helping to sponsor this summer dinner.

TRIAD Meeting Free

Tuesday July 21 10:00am

The Norfolk County Sheriff's Office will present a talk about Identity Theft and how to reduce the risk of becoming a victim.

Protecting Your Nest Egg Free

Wednesday July 13 10:00am

This Finance Workshop covers areas of Estate Planning, Medicare Planning, Trusts and Wills, and proper Investment decisions.
 Learn techniques to guarantee that you will not outlive your assets, ways to protect your home, as well as methods to maximize what is being left to your heirs.

This talk is sponsored by a registered representative from New York Life Insurance Company. There will be plenty of time for questions and answers.



SPECIAL PROGRAMS and EVENTS

(continued)

Waxing

Friday July 1 9:00-11:00am

Licensed Aesthetician Lisa will offer waxing services to seniors at the center on the first Friday of each month.

Fees:

Brows	\$10.00
Lip	\$10.00
Chin	\$8.00
Any two services	\$15.00
All 3 services	\$20.00

ENTERTAINMENT



Bingo

Free

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

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



Exercise is Fun!!!

MOVIES

**Tuesdays-
2:00pm**



FREE

July 5

Only You

Marisa Tomei, Robert Downey Jr.
As a child, Faith (Marisa Tomei) was told she'd marry a man named Damon Bradley. When, years later and engaged, she receives a call from her fiancé's friend -- named Damon Bradley -- Faith and her sister-in-law (Bonnie Hunt) take off for Italy to hunt down her soul mate. There, she falls head over heels for the man (Robert Downey Jr.) who claims to be the companion she seeks ... only to find that a force stronger than destiny is at work.

July 12

12 O'Clock High

Gregory Peck, Dean Jagger
Hard-as-nails World War II Gen. Frank Savage (Gregory Peck) must turn a discouraged group of American bomber pilots into heroes. Along the way, the once-alienated general comes to view the men as family. No longer a heartless commander, Savage - with the aid of his loyal adjutant Major Harvey Stovall (Dean Jagger) - learns how difficult true leadership really is. Director Henry King's Oscar-winning war drama boasts actual air combat footage.

July 19

Morning Glory

Harrison Ford, Diane Keaton
Whiz-kid producer Becky Fuller (Rachel McAdams) finds her abilities put to the test when she's charged with bringing a network morning show back from ratings purgatory. Her first job: getting the show's feuding, acid-tongued co-hosts (Harrison Ford and Diane Keaton) under control. Jeff Goldblum co-stars as Fuller's network-exec boss and Patrick Wilson is Becky's put-upon boyfriend in this comedy from the writer of *The Devil Wears Prada*.



MOVIES

(continued)

July 26

The Philadelphia Story

Katharine Hepburn, Cary Grant
Socialite Tracy Lord (Katharine Hepburn) prepares to remarry, but her ex (Cary Grant) and a tabloid reporter (Best Supporting Actor Oscar-winner James Stewart) have other ideas as they converge on her home for a fateful visit. The three stars form an incomparable trio in one of the most tantalizing screwball romances ever.



DAY TRIPS

A Bit of Tuscany



Wednesday August 10 \$68.00
Enjoy a taste of Europe! Walk the Gardens, play Bocce & enjoy a Complimentary Wine Tasting. Showtime with the music and song of Ray Cavicchio and Sharon Zee. As always, Ray and Sharon will delight their audience with a wonderful blend of Italian favorites and all time hits. And don't forget your dance shoes, because they'll be offering up both line and ballroom choices.

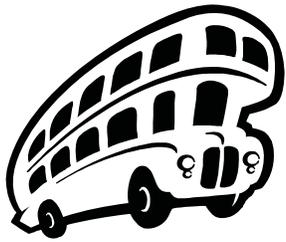
Location: Zorvino Vineyards in Sandown, NH
Meal Choices:

Grilled Marinated Chicken stuffed with Prosciutto Ham

or

Baked Haddock seasoned with Italian Bread Crumbs





DAY TRIPS

Scarborough, Maine

Twin Lobster Luncheon
with
Mystery Guest Show



Tuesday August 23 \$82.00

Our mystery entertainer will be best remembered as a regular on the hit ABC show, *Laverne & Shirley!*

Location: Clambake Restaurant, Scarborough, ME

Meal Choices:

2 whole boiled 1.25 lb lobsters
or

Baked Haddock

ROAD to the SCOTTISH HIGHLANDS



Tuesday September 13 \$75.00

ROAD TO THE SCOTTISH HIGHLANDS at the Meadowbrook pavilion, Laconia, NH

This show is like a combination of Riverdance meeting up with Black Watch!!!

There will be music, dance, drum majors and, of course, bagpipers!!!

Trip includes transportation, luncheon and show.

Meal Choices: Luncheon buffet at a Common Man Inn property.



DAY TRIPS

(continued)

New Hampshire

Fall Foliage

Train ride

Friday September 30 \$99.95pp

Join us for a special train ride through some of New Hampshire's best scenic areas. This trip is the most comprehensive foliage train ride offered in New England. We will travel for 4 hours past Lake Winnepesaukee, through the White Mountains regions of NH and through some of New England's prettiest towns such as Meredith, New Hampton, Ashland, Plymouth, Bridgewater and Livermore Falls. As we make our way north our train stops directly in front of the Common Man Inn in Plymouth, NH for a scrumptious meal. Known for their excellent cuisine and terrific service, this luncheon will leave each traveler raving about their experience. Meal Choices:

Roast Beef with a Garlic Demi-glace

or

Roast New England Turkey with Sage Stuffing



LUCIANO'S

NO transportation

Wednesday October 19 \$40.00

Join us at Luciano's on Lake Pearl in Wrentham. Be Excited ... Be Dazzled... Be Inspired!!! The show features a fabulous combination of high energy and great talent. You'll be delighted you came. Frank & Maura perform an original show of singing, comedy and celebrity impressions that the New York Post Says:

"Frank & Maura are utterly charming"

Meal Choices: Baked Haddock

or

Chicken Parmesan

OVERNIGHT TRIP



WHITE MOUNTAIN SCENIC RIDE ON THE HOBO RAILROAD

Thursday and October 6 and Double \$199.00
 Friday October 7 Single \$249.00

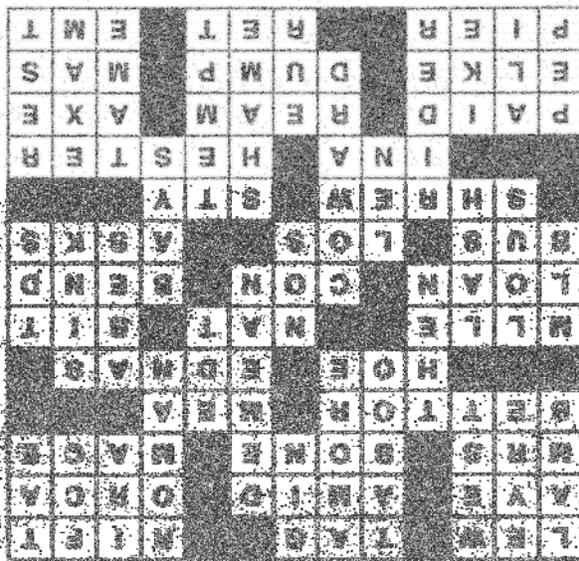
Stay overnight at the Common Man Inn in Plymouth, New Hampshire.

Trips includes: Transportation; Time to enjoy the Inn's amenities—Spa, Pool, Jacuzzi, Lounge; 3 meals: Breakfast, Lunch and Dinner; and our Tour Director.

Program Highlights: Scenic Train Ride of the White Mountains on the Hobo Railroad; Picturesque Gondola Ride to the Top of Loon Mountain; Shopping at NH's Tilton Outlets; and time to relax at the Common Man Inn.



CROSSWORD SOLUTION (Puzzle on page 9)



Protect those you love from Pertussis

Pertussis, better known to many as whooping cough, is currently the only vaccine-preventable disease on the rise in the United States. This illness is often misdiagnosed because it shares symptoms with other common respiratory ailments. Symptoms typically start seven to ten days after exposure and can include **low grade fever, runny nose, and a severe cough that can last eight weeks or more**, the cough can be so severe that children can vomit, pass out or even have a seizure. Pertussis can be fatal to the very young, the very old and those with a poor immune system.

The current recommendation from the Advisory Committee on Immunization Practices recommends the **Tdap series** for all infants, a booster dose for adolescents, and a booster for all adults over age 19 years of age. If you are a grandparent, a child care provider, or health care worker with close contact with an infant or you spend time with the elderly, you should receive a single dose of Tdap to protect against Pertussis. Help protect those you love. Ask for the Tdap vaccine at your next doctor's visit. If many people are vaccinated we can create a bubble of protection to those most vulnerable from this potentially fatal illness.

*This Cat Caught a Mouse!



*from <http://www.ahajokes.com>

CROSSWORD PUZZLE

(Solution on page 8)

ACROSS

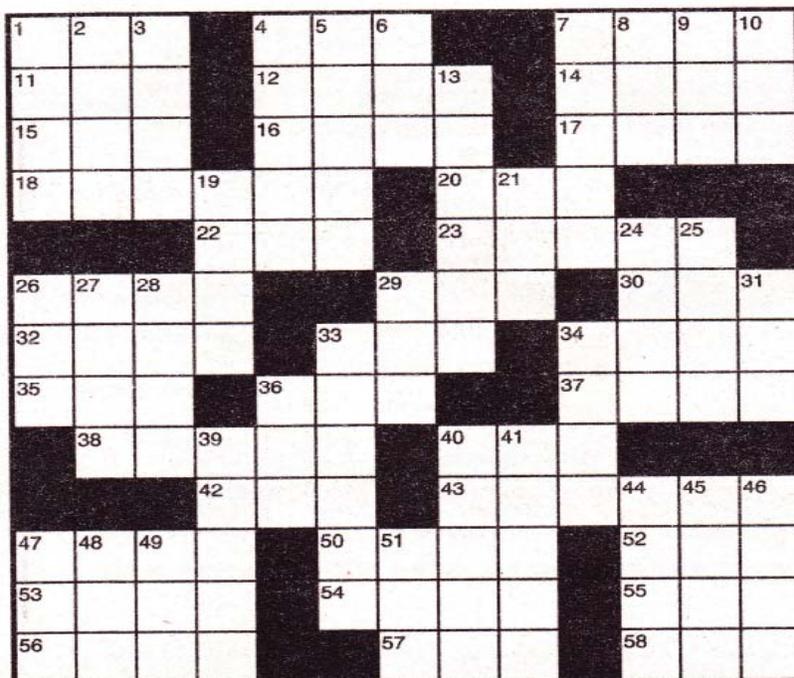
- 1. Writer Wallace
- 4. Price ____
- 7. Cleft
- 11. "Yes" vote
- 12. Between
- 14. Killer whale
- 15. "____ Miniver"
- 16. Skeleton component
- 17. Pepper spray
- 18. Racetrack patron
- 20. "Give ____ break!" (2 wds.)
- 22. Gardener's tool
- 23. Author Ferber et al.
- 26. Mme.'s
- 29. Natalie Cole's daughter
- 30. Horse's father
- 32. ____ shark
- 33. Scam
- 34. Flex
- 35. School vehicle
- 36. ____ Gatos
- 37. Makes inquiries
- 38. Mole's kin
- 40. Pigpen
- 42. ____ jiffy (2 wds.)
- 43. "Scarlet Letter" woman
- 47. Picked up the check
- 50. Paper quantity

- 52. Hewing tool
- 53. Actress Sommer
- 54. Junkyard's relative
- 55. Barker and Bell
- 56. Jetty
- 57. No longer working (abbr.)
- 58. Ambulance worker (abbr.)

DOWN

- 1. Mary's little companion
- 2. "Jane ____"
- 3. Bridge seat
- 4. No-no
- 5. Love, Italian-style
- 6. Rummy player's shout

- 7. Caesar, e.g.
- 8. George Gershwin's brother
- 9. Broadcast watchdog agency (abbr.)
- 10. Edison's inits.
- 13. Put down
- 19. After which
- 21. NYC summer setting
- 24. Lincoln and Vigoda
- 25. Fail to float
- 26. Gp. that includes the Mets
- 27. Actor Gossett et al.
- 28. Place for mascara
- 29. Numerals (abbr.)
- 31. Grid coups (abbr.)
- 33. Spineless one
- 34. Gulfs
- 36. Dawson or Cariou
- 39. Passenger
- 40. Painful emotion
- 41. Entice
- 44. Unexciting
- 45. Midterm, for one
- 46. Breather
- 47. Stamina
- 48. Frazier's rival
- 49. Eisenhower's nickname
- 51. Germany's cont.



HESSCO ELDER SERVICES - JULY 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				BAKED FISH BROCCOLI & CHEESE SCALLOPED POTATO PEAS >FRUIT MUFFIN FRESH FRUIT
	<i>CALORIES:574 SODIUM:499</i>	<i>CALORIES:261 SODIUM:437</i>	<i>CALORIES: SODIUM:</i>	<i>CALORIES:428 SODIUM:174</i>
4	5	6	7	8
4TH OF JULY 	CORN CHOWDER BBQ CHICKEN CUT GREEN BEANS >MULTIGRAIN ROLL APRICOTS	VEGETARIAN CHILI DIRTY RICE CORN BREAD #ARCTIC ICE	ROAST TURKEY W/GRAVY CRANBERRY SAUCE WHIPPED POTATO WINTER SQUASH >WHOLE WHEAT BREAD APPLE SAUCE	MEATBALL STROGANOFF STROGANOFF NOODLES BEETS WHEAT BREAD FRESH FRUIT
SENIOR CENTER CLOSED	<i>CALORIES:799 SODIUM:494</i>	<i>CALORIES:200 SODIUM:386</i>	<i>CALORIES:350 SODIUM:599</i>	<i>CALORIES:397 SODIUM:553</i>
11	12	13	14	15
CHICKEN CACCIATORE ITALIAN PASTA TUSCAN BLEND VEGETABLE >WHOLE WHEAT BREAD PEACHES	AMERICAN CHOP SUEY BROCCOLI >WHOLE WHEAT ROLL #APPLE CAKE	*BREADED CHICKEN FILLET BLACK BEANS & RICE MIXED VEGETABLES HAMBURGER ROLL FRESH FRUIT	BEEF STEW W/VEGETABLE BOILED POTATO >MULTIGRAIN ROLL #PUDDING	CRUNCHY LITE FISH TARTAR SAUCE WHIPPED POTATO ZUCCHINI & TOMATO DINNER ROLL FRESH FRUIT
<i>CALORIES:391 SODIUM:255</i>	<i>CALORIES:216 SODIUM:302</i>	<i>CALORIES:452 SODIUM:731</i>	<i>CALORIES:436 SODIUM:219</i>	<i>CALORIES:431 SODIUM:631</i>
18	19	20	21	22
LASAGNA W/TOMATO SAUCE ITALIAN BLEND VEGETABLE >WHOLE WHEAT ROLL #ARCTIC ICE	CREAM OF CARROT and CELERY SOUP HERB BAKED CHICKEN PARMESIAN WHIPPED POT. DINNER ROLL FRESH FRUIT	MEATLOAF W/MUSHROOM GRAVY WHIPPED POTATO RIVIERA BLEND VEGETABLE FRUIT MUFFIN PEACHES	CHICKEN DIVAN W/BROCCOLI CONFETTI RICE >MULTIGRAIN ROLL #APPLE CRISP	ROAST PORK W/GRAVY O'BRIEN POTATOES BEETS FINGER ROLL FRESH FRUIT
<i>CALORIES:233 SODIUM:665</i>	<i>CALORIES:486 SODIUM:602</i>	<i>CALORIES:474 SODIUM:309</i>	<i>CALORIES:350 SODIUM:497</i>	<i>CALORIES:457 SODIUM:310</i>
25	26	27	28	29
SLOPPY JOE SANDWICH HASH BROWN POTATO SUMMER BLEND VEG. HAMBURGER ROLL APRICOTS	MAC & CHEESE ESCALLOPED TOMATO >MULTIGRAIN ROLL PEARS	<u>HAPPY BIRTHDAY</u> SWEET & SOUR BONELESS CHICKEN BREAST ASIAN RICE ORIENTAL BLEND VEG. >WHOLE WHEAT BREAD #BIRTHDAY CAKE	*LOW SODIUM HOT DOT MUSTARD VEG. BAKED BEANS HOT GERMAN SLAW HOT DOG ROLL PEACHES	SHRIMP NEWBURG NOODLES JARDINAIE BLEND VEG. >WHOLE WHEAT ROLL FRESH FRUIT
<i>CALORIES:387 SODIUM:400</i>	<i>CALORIES:517 SODIUM:700</i>	<i>CALORIES:300 SODIUM:144</i>	<i>CALORIES: 418 SODIUM:737</i>	<i>CALORIES:375 SODIUM:511</i>

SYMBOLS: >High Fiber, *Added Salt, #Added Sugar, Sodium and calories listed above are for entrees only. Modified Desserts are available.

ACTIVITIES – JULY 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				9:00 Waxing 9:30 Shaw's Market. 10:00 Coffee Hour 11:30 Rubber Bridge
4	5	6	7	8
4th OF JULY SENIOR CENTER CLOSED	8:30 Legal Advice Mary J Roque 8:30 Walk Fit 9:00 SHINE Assistance 9:00 Outdoor Walking 9:30 Chair Yoga 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 Exercise Class	8:30 Walk Fit 9:00 Outdoor Walking 9:30 Wii Games 1:15 Bingo 1:30 Knit & Crochet	9:30 Hannaford's Mkt. 10:00 Coffee Hour 11:30 Rubber Bridge
11	12	13	14	15
10:00 Ladies Craft Gr 1:00 Exercise Class	8:30 Walk Fit 9:00 Outdoor Walking 9:30 Chair Yoga 9:30 Walmart 10:00 Begin.Computer 10:00 Quilting 11:00 Floor Yoga 1:00 Tai Chi 2:00 Movie	10:00 Finance Workshop 11:30 Duplicate Bridge-Fox 1:00 Exercise Class	8:30 Walk Fit 9:00 Outdoor Walking 9:30 Wii Games 10:00 Encompass Residential 1:15 Bingo 1:30 Knit & Crochet 1:15 Bingo	9:30 Stop & Shop 10:00 Coffee Hour 11:30 Rubber Bridge
18	19	20	21	22
10:00 Ladies Craft Gr 1:00 Exercise Class	8:30 Walk Fit 9:00 Outdoor Walking 9:30 Walpole Mall 9:30 Chair Yoga 10:00 Begin.Computer 10:00 Quilting 11:00 Floor Yoga 1:00 Tai Chi 2:00 Movie	9:00 BLOOD PRESSURE CLINIC 10:00 SAFE DRIVING 10:30 AC Moore Trip 11:30 Duplicate Bridge-Fox 1:00 Exercise Class	8:30 Walk Fit 9:00 Outdoor Walking 9:30 Wii Games 10:00 Triad Meeting 1:15 Bingo 1:30 Knit & Crochet	9:30 Roche Bros 10:00 Coffee Hour 11:30 Rubber Bridge
25	26	27	28	29
1:00 Exercise Class	8:30 Walk Fit 9:00 Outdoor Walking 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	11:30 Duplicate Bridge-Fox 1:00 Exercise Class 2:00 Book Club 5:00 Senior Supper	8:30 Walk Fit 9:00 Outdoor Walking 9:30 Wii Games 1:15 Bingo 1:30 Knit & Crochet	9:30 Shaw's Mkt 10:00 Coffee Hour 11:30 Rubber Bridge

BLOOD PRESSURE CLINIC

Senior Center July 20 9:00am – 11:30am

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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.

July	DATE	DESTINATION	PICK-UP	FEE
	1	Shaw's Mkt	9:30am	\$2.00
	8	Hannaford's Mkt	9:30am	\$2.00
	12	Walmart	9:30am	\$2.00
	15	Stop & Shop	9:30am	\$2.00
	19	Walpole Mall	9:30am	\$2.00
	22	Roche Bros	9:30am	\$2.00
	26	Braintree Mall	9:30am	\$2.00
	29	Shaw's Mkt	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. Westwood Glen and 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 weekdays between 9:30am and 1:30pm. 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, at 1-800-585-8294, for \$25.00. Twenty-four hours notice is required, and the rides are available only between 9am-noon on Mondays and Wednesdays.

Westfare Taxi Vouchers are available to eligible seniors. A purchase of \$12.00 will buy \$48.00 worth of transportation. Jean Stahl, COA Outreach Worker, administers this program. For more information, call Jean on Monday, Tuesday or Thursday at (781) 329-8799.

Council on Aging Board Members	Friends of Westwood Council on Aging 60 Nahatan Street WESTWOOD, MA 02090	NONPROFIT ORGANIZATION U.S. POSTAGE PAID WESTWOOD, MA 02090 PERMIT #16
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