

WESTWOOD SENIOR NEWSLETTER

Co-sponsored by the Friends of Westwood Council on Aging

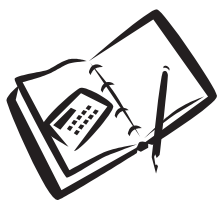


60 Nahatan Street, Westwood, MA 02090
(781) 329-8799

Director, Pat Larkin

AUGUST 2011

from the **DIRECTOR'S DESK**



August is a beautiful month to think about enjoying our lives. The weather is beautiful, the days are longer and we are very fortunate to have friends and neighbors who care about our well being. The COA has a program that supports your well being. We have the Reassurance Line. This program assists seniors who live alone. We have seven Volunteers who make a quick telephone call to your home daily around 9:00am. Our Volunteer simply checks to see how you are doing. If we do not reach you, the Volunteer calls the COA Outreach Worker or Director and we continue to attempt to call your home for approximately 15 minutes. If we cannot reach you, we call the Police Department for assistance. We have found several seniors in need of assistance over the years. Thanks to the quick response from the Police, our Seniors were taken to the hospital and are very grateful today for the Telephone Reassurance program. If you would like to take part in our program, please call Jean Stahl or Pat Larkin. We will give you more information in reference to the program. Please think about joining our program. It could save your life.

Sincerely,
Pat Carty-Larkin
Director, Westwood COA

SENIOR DINNER - \$ 4.00

August Senior Dinner. Please see page 4 for complete information.

WANTED - KNIT & CROCHET INSTRUCTOR

We are looking for someone to lead our knitting and crochet group on Tuesday afternoons. If you can help us out, please call the center and ask for Carol or Pat. Thank you very much.

CHESS, CRIBBAGE, WHIST and MAHJONG

We're looking for a few good men ... and women ... to play Chess, Cribbage, Whist and Mahjong beginning soon. If you are interested, please call the senior center and put your name on our list. We will call you and find mutually-agreed upon days and times. Hope to see you here soon!

GOT COMPUTER QUESTIONS???

We have a young man who will help you with any and all computer questions.. setting up email, downloading pictures, getting the most from Internet searches... He will be at the senior center Wednesdays in August from 11 am to 1 pm. PLEASE SCHEDULE your one-on-one session by calling the senior center.

NEW FRIDAY EXERCISE CLASS

A new low impact exercise class will begin this month. This class, led by Fitness Instructor, Stephanie, will be held on Friday mornings. Please see page 2 for complete listings.

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 August 17 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 August 31 2:00pm
Olive Kitteridge Elizabeth Strout
 Share your thoughts and meet new friends.

Bowling League

Bowling will resume in the fall.

Bridge

Fridays August 5, 12, 19, 26 11:30am
 Join us for Rubber Bridge. Bring your partner, or come alone.

Computer for Beginners

Westwood residents \$10.00
 non-residents \$15.00
 Tuesdays Aug. 9, 16, 23, 30 10:00am
 Learn formatting and editing. Create a simple table and a card using *Microsoft Word*; sample the Internet. Registration Required.

CLASSES & REGULARLY SCHEDULED ACTIVITIES
 (continued)

Duplicate Bridge **Free**

Wednesdays Aug.3, 10, 17, 24, 31 11:30am
 We play in Foxboro on Wednesdays, and all duplicate bridge players are welcome!

Knit and Crochet **Thursdays 1:30 pm** **Free**

Knit and Crochet group meets.

Ladies Craft Group **Free**

The Ladies Craft Group usually meets the first three Mondays of each month.

Legal Advice (by appointment only) **Free**

Tuesday August 2 8:30am
 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 Aug. 1, 8, 15, 22, 29
 Wednesdays Aug. 3, 10, 17, 24, 31 1:00pm
 Keep fit, stay healthy!

Low Impact Exercise **\$2.00/session**

Fridays August 12, 19, 26 10:00am
 This class is led by Fitness Instructor, Stephanie. Keep fit, stay healthy!

Outdoor Walking **Free**

Wednesdays Aug 3, 10, 17, 24, 31 8:30am
 Fridays Aug 5,12,19,26 8:30am
 Bring some water and join us at the High School track.

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

Painting 8 lessons- \$40.00 plus supplies

Painting will resume September 12.

Supplies cost about \$75.00.

Quilting \$1.00

Quilting continues through the summer! Come in!

SHINE (Serving Health Insurance Needs of Elders)

Tuesday August 2 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 using the internet and searching the WEB is offered as a one-on-one class.

Call to reserve your private session.

Tai Chi \$3.00/session

Tuesdays August 16, 23, 30 1:00pm

Practice the ancient art of Tai Chi, a gentle physical, stretching exercise that reduces stress and improves flexibility.

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

Walk-Fit- Cardio-Strength Training \$3.00/class

Tuesdays August 2, 9, 16, 23, 30 8:30am

Thursdays August 4, 11, 18, 25 8:30am

Join Eileen and a lively group for quicker paced exercise and strength training class. It's good for your balance and posture. Bring water and a 1 or 2 lb weight.

Wii Games Free

Thursdays August 4, 11, 18, 25 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 August 2, 9, 16, 23, 30 9:30am

Yoga (Mat) \$3.00

Tuesdays August 2, 9, 16, 23, 30 11:00am

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



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



SPECIAL PROGRAMS and EVENTS

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.

This month’s question is:

Q: Will a Declaration of Homestead protect my home against nursing home costs?

A: No. Although it is a good idea to declare a Homestead to protect your home against claims of creditors, there are certain types of claims that a Homestead will not protect against. If you receive Medicaid/MassHealth benefits during your lifetime, under some circumstances MassHealth can place a lien on your home which will allow MassHealth to be repaid benefits paid to you if the property is sold. Through the probate process, MassHealth can also file a claim for repayment against your estate after your death. If you are concerned about protecting your home against nursing home costs you should consult with an elder law attorney about your specific situation.

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.sballc.com or call 781/461-1020.

SPECIAL PROGRAMS and EVENTS (cont.)

REIKI by appointment

Thursday August 11 10:00am

Joan Cremin, REIKI Practitioner

REIKI is an ancient healing technique for stress reduction and relaxation that also promotes healing. It is a gentle laying on of hands by a trained practitioner. A treatment feels like a wonderfully glowing radiance that flows through and around us. REIKI treats the whole person - the physical body, the mind, the emotions and the spirit. REIKI creates many beneficial effects including feelings of peace, security and well-being. **This is a FREE INTRODUCTION.**

Bliss Health Care.. AGING AT HOME Thursday, August 11th 10 AM

Bliss Health Care will present a free talk with question and answer time regarding issues for seniors aging in their homes. Please join us for this very informative discussion.

Senior Supper \$4.00

Wednesday August 24 5:00pm

The meal includes: Salad, Rolls, Pork Tenderloin, Herb Cranberry Stuffing, Fresh Seasonal Vegetables, Roasted Fingerling Potatoes, Dessert and Beverages. Entertainment is included.

Our thanks to The Young Women’s Club for sponsoring partial payment for the dinners this summer.

Waxing Appointments required

Friday August 5 9:00 – 11:00 am

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

Please call the senior center to schedule your appointment.

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****August 2****How Do You Know**

Reese Witherspoon, Paul Rudd, Owen Wilson
Feeling spurned after being cut from the national team due to her age, newly single softball player Lisa (Reese Witherspoon) finds herself in the middle of a heated love triangle, as a professional baseball player (Owen Wilson) and a business executive (Paul Rudd) compete for her affections.

August 9**Shall We Dance**

Fred Astaire, Ginger Rogers
Fred Astaire and Ginger Rogers kick up their heels on an ocean liner in this musical. Ballet star Pete Peters (Astaire) is in love with celebrity Linda Keene (Rogers), and his infatuation leads him to set sail across the Atlantic.

August 16**The Tourist**

Johnny Depp, Angelina Jolie
Watery Venice, Italy, provides the setting as Johnny Depp, playing an American tourist seeking solace for his shattered heart, instead finds it in danger again after encountering a beautiful Interpol agent (Angelina Jolie).

August 23**North by Northwest**

Cary Grant, Eva Marie Saint
What if everyone around you was suddenly convinced that you were a spy? This classic from master director Alfred Hitchcock stars Cary Grant as an advertising executive who looks a little too much like someone else and is forced to go on the lam (helped along by Eva Marie Saint).

MOVIES

Tuesdays-
2:00pm

**(continued)****FREE****August 30****Walk, Don't Run**

Cary Grant, Samantha Eggar, Jim Hutton
When an English businessman (Cary Grant, in his final film performance) arrives in Tokyo, the influx of tourists for the upcoming Olympic Games makes it almost impossible to find lodging. He smooth-talks his way into sharing an apartment with a beautiful British woman) and soon finds himself playing cupid for her and an American Olympic athlete

ENTERTAINMENT**Bingo****Free**

Thursdays August 4, 11, 18, 25 1:15-2:45
Seniors are invited to play Bingo every Thursday afternoon. Join us and bring a friend!

My brother is a terrible musician. The other day he asked my sister if she had heard his last recital.
She replied "I certainly hope so".

Man 1: After buying this new hearing aid, said, "I am able to hear something two blocks away."

Man 2: Cool, how much did it cost?

Man 1: The time is three past ten.

* From <http://jilljuck.com/Jokes>



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



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

DAY TRIPS (continued)

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 and drum majors and, of course, bagpipers!!!
 Trip includes transportation, luncheon and show.
 Meal Choices: Luncheon buffet at a Common Man Inn property.

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 T=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, HN 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



DAY TRIPS

(continued)



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 Your 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.

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

(continued next column)

WHITE MOUNTAIN OVERNIGHT TRIP (cont.)

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.

Intergenerational Planting

June 15 was a day to rock the COA – 30 kids from Deerfield School and 16 seniors gathered for a pizza party and then planting of flowers around the COA building. This year was very special as we honored the late Bob Boari, a volunteer gardener at the COA, who began the program many years ago. Before the planting, Bob would give a brief review of gardening. The difference between annual and perennial flowers was explained, the correct way for planting the flowers, and the need for watering. He always closed with "Come by with your parents in a couple of weeks and show them your handy work." The planting is enjoyed by both seniors and children. Claire Boari has been a faithful supporter for as many years.

(story continued on page 9)



Claire Boari

CROSSWORD PUZZLE

(Solution on page 9)

ACROSS

- 1. British tavern
- 4. Swiss mountain
- 7. Cooking vessel
- 10. Smog-watching agcy.
- 11. Explorer
- 13. Ostrichlike bird
- 14. Sky-diver's need
- 16. Light metal
- 17. Shell out
- 18. Gob
- 20. Heat
- 22. Foretell
- 26. Robbins and Conway
- 27. King (Fr.)
- 28. Remote
- 29. Bubbleless beverage
- 30. Gore et al.
- 31. Bride's vow (2 wds.)
- 32. "___ Nanette" (2 wds.)
- 34. Sort
- 35. Mind
- 36. Rapidly
- 38. Price asked
- 39. Skater Babilonia
- 40. Dogpatch's Daisy ___
- 41. "Bali ___"
- 43. Mythical
- 49. "We ___ the World"
- 50. Small river

ducks

- 51. Mauna ___
- 52. Bro's sibling
- 53. Pounds (abbr.)
- 54. Kitten's dad

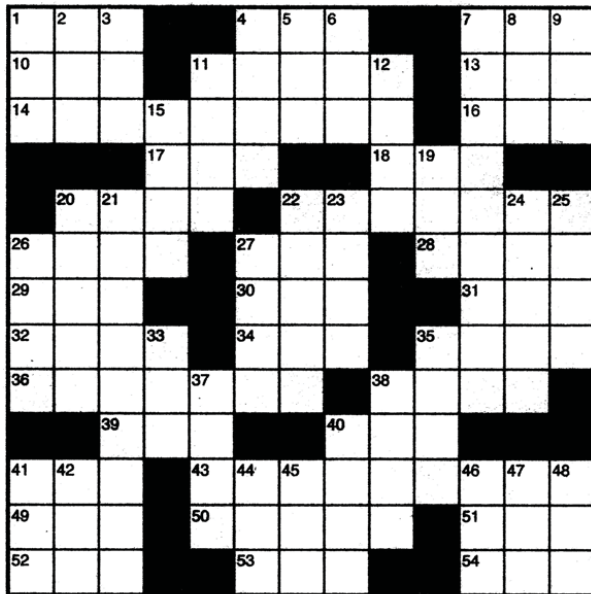
DOWN

- 1. Animation
- 2. ___ creek (2 wds.)
- 3. Soap shape
- 4. Like sore muscles
- 5. Singer Rawls
- 6. Place
- 7. Fossilizes
- 8. French friend
- 9. "The Flying ___"
- 11. Con man's plan
- 12. Pierre's head

- 15. Tax times (abbr.)
- 19. Dental gp.
- 20. "The Merry ___"
- 21. Hotel "extras" favorite parrot name
- 22. Pirate's
- 23. Danger
- 24. Military student
- 25. Walked on
- 26. Sunning results
- 27. Train track
- 33. The chance ___ lifetime (2 wds.)

- 35. Dug up weeds
- 37. Pinball woe
- 38. Metal containers
- 40. Blanc and Brooks
- 41. Contains
- 42. Onassis's nickname
- 44. Slippery swimmer
- 45. Chat idly
- 46. Height (abbr.)
- 47. Aussie marsupial
- 48. Candied holiday treat

Answer on page 112



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**WESTWOOD BOARD OF HEALTH
ANNUAL FAMILY FLU CLINIC**

All Westwood residents age five and older are welcome

Saturday, October 15, 2011 9:00 am to 12:00 pm

The Westwood Health Department is pleased to announce our annual Flu Clinic will be held on Saturday, October 15, 2011 from 9:00 am to 12:00 pm at the Westwood High School Gymnasium 200 Nahatan Street. The influenza vaccine is available on a first-come, first-served basis for all Westwood residents age five and older; children under 18 must be accompanied by an adult. There is no charge to Westwood residents, but we are able to bill your insurance company for the vaccine, so please bring your insurance or Medicare card with you to the clinic.

Remember, the flu vaccine is the best protection from influenza. Frequent hand washing is also very beneficial, so please wash hands often with warm water and soap and lather for at least 15 seconds. Avoid people you know are ill, stay home if you are ill yourself, and if you develop symptoms of flu which last greater than seven days seek medical care.

To help fund the Westwood Food Pantry we will be accepting monetary donations for the Pantry. Many Westwood families depend on this service.

Thank you for your generosity.



"In a recent interview, John Kerry was asked to describe his wife in three words. Not surprisingly, Kerry responded, 'My meal ticket.'"

—Conan O'Brien

"Former President George Bush marked his 80th birthday by jumping out of a plane. In a related story, O.J. Simpson marked the 10th anniversary of the murders by jumping out of the bushes."

—Jay Leno

from <http://www.101funjokes.com>

Intergenerational Planting (continued from page 7)

This year's Intergenerational program was based on "Weird Massachusetts" by Jeff Belanger, from which Carol Blumental and Mary Hunt put together a program on the Salem witch trials and other events. John Barrington presented information of Devil's Oven on our own High Street. Next year's program will be about coming to America and how brave an immigrant had to be.

Each year the Intergenerational Program is better than ever. Four meetings a year on in-service Wednesdays. The first meeting in March members become acquainted after having exchanged letters. Their two other meetings—one in April and one in May, concluding with the planting party at the senior center in June. Please consider joining our wonderful group; we are always looking for seniors to meet new friends and enjoy an afternoon of companionship with the children.





CROSSWORD SOLUTION

(Puzzle on page 8)

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

HESSCO ELDER SERVICES - AUGUST 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	2	3	4	5
PINEAPPLE GINGER CHICKEN ASIAN RICE TAHITI VEGETABLES >WHOLE WHEAT BREAD PINEAPPLE CHUNKS	SHEPHERD'S PIE CUT GREEN BEANS >MULTIGRAIN ROLL APPLESAUCE	ROAST TURKEY W/GRAVY CRANBERRY SAUCE WHIPPED POTATO WINTER SQUASH DINNER ROLL *ALMOND COOKIE	VEAL PARMESAN ITALIAN RIGATONI ROMAN BLEND VEG. WHITE BREAD *ARCTIC ICE	TURKEY STEW W/VEG. BROWN RICE >WHOLE WHEAT ROLL FRESH FRUIT
CALORIES:329 SODIUM:162	CALORIES:475 SODIUM:328	CALORIES: 234 SODIUM:544	CALORIES:506 SODIUM:426	CALORIES:427 SODIUM:484
8	9	10	11	12
PENNE PASTA W/MEAT SAUCE CALIFORNIA ROLL DINNER ROLL *APPLE CRISP	BEEF BURGUNDY BOILED POTATO SLICED BEETS >FRUIT MUFFIN PEACHES	PORK TETRAZZINI with NOODLES ITALIAN BLEND VEG. >MULTIGRAIN ROLL *PUDDING	KALE SOUP ROAST CHICKEN with HONEY LIME SAUCE AUGRATIN POTATO >WHOLE WHEAT ROLL FRESH FRUIT	BAKED NEW BEDFORD SCALLOP CASSEROLE WHIPPED POTATO SUMMER BLEND VEG. WHEAT BREAD *ARCTIC ICE
CALORIES:329 SODIUM:472	CALORIES:333 SODIUM:328	CALORIES:387 SODIUM:191	CALORIES:572 SODIUM:423	CALORIES:235 SODIUM:287
15	16	17	18	19
BEEF & CABBAGE CASSEROLE RICE PILAF >MULTIGRAIN ROLL MIXED FRUIT	BREADED CHICKEN FILLET WHIPPED SWEET POTATO CANTRY BLEND VEG. HAMBURGER ROLL FRESH FRUIT	HAWAIIAN LUAU LUNCHEON 	ROAST PORK W/GRAVY OVEN ROASTED POTATO GLAZED CARROTS WHEAT BREAD APPLESAUCE	SWEDISH MEATBALLS NOODLES SCANDINAVIAN BLEND VEGETABLES >WHOLE WHEAT BREAD FRESH FRUIT
CALORIES:289 SODIUM:387	CALORIES:444 SODIUM:753		CALORIES:334 SODIUM:	CALORIES:465 SODIUM:347
22	23	24	25	26
CHICKEN ALA KING CONFETTI RICE PEAS WHEAT BREAD MANDARIN ORANGES	TURKEY DIVAN with BROCCOLI HASH BROWN POTATO >MULTIGRAIN ROLL *APPLE CRISP	MEATLOAF W/GRAVY WHIPPED POATAO RIVIERA BLEND VEG. >WHOLE WHEAT BREAD MIXED FRUIT	LENTIL SOUP CRUMB BAKED CHICKEN CAULIFLOWER SUPREME DINNER ROLL FRESH FRUITE	SALMON BOAT with LEMON DILL SAUCE BROWN RICE PEAS & CARROTS >FRUIT MUFFIN FRESH FRUIT
CALORIES:450 SODIUM:302	CALORIES:363 SODIUM:202	CALORIES:472 SODIUM:286	CALORIES:482 SODIUM:684	CALORIES:444 SODIUM:347
29	30	31		
LASAGNA W/SAUCE ITALIAN BLEND VEG. >WHOLE WHEAT ROLL PEACHES	TERIYAKI BONELESS CHICKEN BREAST ASIAN RICE ORIENTAL BLEND VEG. SNOW FLAKE ROLL *ARCTIC RICE	HAPPY BIRTHDAY LOW SODIUM HOT DOG with MUSTARD VEGETARIAN BEANS HOT GERMAN SLAW HOT DOG ROLL *BIRTHDAY CAKE		CONFIDENTIAL DONATION IS \$2.50 PER MEAL. TO CANCEL, PLEASE CALL: (781) 329-6514
CALORIES:233 SODIUM:665	CALORIES:316 SODIUM:236	CALORIES:418 SODIUM:723	CALORIES: SODIUM:	CALORIES: SODIUM:

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



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Please call 800-732-8070

ACTIVITIES – AUGUST 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
10:00 Ladies Craft Grp 1:00 Exercise Class	8:30 Legal Advice Mary J Roque 8:30 Walk Fit 9:00 SHINE 9:30 Chair Yoga 10:00 Quilting 11:00 Floor Yoga 2:00 Movie	8:30 Outdoor Walking 11:00 Computer Help! 11:30 Dup Bridge Group At Foxboro 1:00 Exercise Class	8:30 Walk Fit 9:30 Wii Games 1:15 Bingo 1:30 Knit & Crochet	8:30 Outdoor Walking 9:00 Waxing 9:30 Roche Bros.. 10:00 Coffee Hour 11:30 Rubber Bridge
8	9	10	11	12
10:00 Ladies Craft Grp 1:00 Exercise Class	8:30 Walk Fit 9:30 Braintree Mall 9:30 Chair Yoga 10:00 Begin.Computer 10:00 Quilting 11:00 Floor Yoga 2:00 Movie	8:30 Outdoor Walking 11:00 Computer Help! 11:30 Dup Bridge Group At Foxboro 1:00 Exercise Class	8:30 Walk Fit 9:30 Wii Games 10:00 REIKI 10:00 AGING AT HOME Presentation 1:15 Bingo 1:30 Knit & Crochet	8:30 Outdoor Walking 9:30 Shaw's Mkt. 10:00 Coffee Hour 10:00 Exercise Class 11:30 Rubber Bridge
15	16	17	18	19
10:00 Ladies Craft Grp 1:00 Exercise Class	8:30 Walk Fit 9:30 Chair Yoga 9:30 X-Mas Tree-Avon 10:00 Begin.Computer 10:00 Quilting 11:00 Floor Yoga 1:00 Tai Chi 2:00 Movie	8:30 Outdoor Walking 9:00 Blood Pressure Clinic 11:00 Computer Help! 11:30 Dup Bridge Group At Foxboro 1:00 Exercise Class	8:30 Walk Fit 9:30 Wii Games 1:15 Bingo 1:30 Knit & Crochet	8:30 Outdoor Walking 9:30 Hannaford's Mkt 10:00 Exercise Class 10:00 Coffee Hour 11:30 Rubber Bridge
22	23	24	25	26
1:00 Exercise Class	8:30 Walk Fit 9:30 Wrentham Mall 9:30 Chair Yoga 10:00 Begin.Computer 10:00 Quilting 11:00 Floor Yoga 1:00 Tai Chi 2:00 Movie	8:30 Outdoor Walking 11:00 Computer Help! 11:30 Dup Bridge Group At Foxboro 1:00 Exercise Class 5:00 SENIOR SUPPER	8:30 Walk Fit 9:30 Wii Games 1:15 Bingo 1:30 Knit & Crochet	8:30 Outdoor Walking 9:30 Stop & Shop 10:00 Coffee Hour 10:00 Exercise Class 11:30 Rubber Bridge
29	30	31		
1:00 Exercise Class	8:30 Walk Fit 9:30 Chair Yoga 9:30 Walpole Mall 10:00 Begin.Computer 10:00 Quilting 11:00 Floor Yoga 1:00 Tai Chi 2:00 Movie	8:30 Outdoor Walking 11:00 Computer Help! 11:30 Dup Bridge Group At Foxboro 1:00 Exercise Class 2:00 BOOK GROUP		

BLOOD PRESSURE CLINIC

Senior Center

AUGUST 17

9:00am – 11:30am

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.

August	DATE	DESTINATION	PICK-UP	FEE
	5	Roche Bros	9:30am	\$2.00
	9	Braintree Mall	9:30am	\$2.00
	12	Shaw's Mkt	9:30am	\$2.00
	16	X-Mas Store Avon	9:30am	\$2.00
	19	Hannaford's Mkt	9:30am	\$2.00
	23	Wrentham Mall	9:30am	\$2.00
	26	Stop & Shop	9:30am	\$2.00
	30	Walpole Mall	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 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 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 align="center">Friends of Westwood Council on Aging 60 Nahatan Street WESTWOOD, MA 02090</p>	<p align="center">NONPROFIT ORGANIZATION U.S. POSTAGE PAID WESTWOOD, MA 02090 PERMIT #16</p>
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