

WESTWOOD SENIOR NEWSLETTER



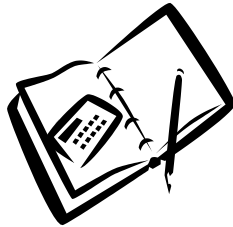
Co-sponsored by the Friends of Westwood Council on Aging

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

Director, Pat Larkin

SEPTEMBER 2011

from the
DIRECTOR'S DESK



September is always a beautiful month. Lovely colors and cool days bring a smile to everyone. September is the month that the COA Board has chosen to honor our Volunteers. The Board and Staff at the COA are very grateful to each and every volunteer. Our Volunteers are simply wonderful. I could not continue to provide the programs and services without their assistance. Their names can be found on page 9. The Volunteer Recognition Luncheon is funded through a grant from the Executive Office of Elder Affairs.

Have a wonderful 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.

NEW KNITTING CLASS

Our new Knitting & Crocheting class has begun!!! The classes are free and our instructor, Louise, will help you with your projects! For more information please see page 2. Please call the center to register.

CHESS and/or CRIBBAGE

We're looking for a few good men and women to play Chess and/or Cribbage 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!

CLASSES BEGIN AGAIN

Most of our classes that were off for the summer have started resumed this month. Please see the list of classes and events beginning on page 2.

ELDER LAW PRESENTATION

"Don't Leave Home Without Them! Documents every Senior Needs to Have" will be the subject of a presentation by Attorney Maria Baler. Come learn about the essential legal documents you should have and why.

See page 4 for more information.

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

Wednesdays October 26 10:00am
 The Bereavement Group will begin again in October (see date above). Under the guidance of Dorothy Ruggiero, this friendly group meets weekly, and all are most welcome.

Blood Pressure Clinic

Free

Wednesday September 21 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 September 28 2:00pm
Travels with Charley John Steinbeck
 Share your thoughts and meet new friends.

Bowling League

Mondays	Sept. 12, 19, 26	9:30am
---------	------------------	--------

Bowling resumes at the Norwood allies; fun for all!

Bridge

Fridays Sept. 2, 9, 16, 23, 30 11:15am – 3:00pm
 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 Sept. 6, 13, 20, 27 10:00am
 Learn formatting and editing. Create a simple table and a card using *Microsoft Word*; sample the Internet.

Duplicate Bridge

Free

Wednesdays Sept. 7, 14, 21, 28 11:30am
 We play in Foxboro on Wednesdays, and all duplicate bridge players are welcome!

Knit and Crochet

Free

Tuesdays Sept. 6, 13, 20, 27 1:00pm
 Our new Knitting & Crocheting class with Louise continues this month. Bring your projects and enjoy relaxing afternoons.

Ladies Craft Group

Free

Mondays Sept. 12, 19 10:00am
 The Ladies Craft Group usually meets the first three Mondays of each month.

Legal Advice (by appointment only)

Free

Tuesday September 6 8:30-10am
 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.

Whist

Mondays September 12, 19, 26
 1 pm **Free**

Come join in the fun!!!

PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE

Folsom FUNERAL SERVICE
Prearranged & Prefinanced Funerals
 649 High Street • Westwood
781-326-0022
 WWW.FOLSOMFUNERAL.COM

Advertising Sponsors make this newsletter possible



For Information Call
Mark Bell
 1.800.732.8070 ext. 3429
 e-mail: jlabarge@4LPi.com

LifeBanking™
Dedham Savings

For All Your Personal and Business Banking Needs!

TELEPHONE CONNECTING ALL OFFICES
(800) 462-1190
 DEDHAM INSTITUTION FOR SAVINGS. Since 1831.
 www.dedhamsavings.com
 Member FDIC / Member DIF EQUAL HOUSING LENDER
 Member of the SUM™ Program

NEW GENERATION MOVING & STORAGE LLC
 Owner Operators
 Kevin Bradford & Shaun McCue
 508-272-2743 • 508-269-9602
 Kbradfor_newgen@hotmail.com
 www.newgenerationmoving.com

Space for Sale
 SPONSOR THIS NEWSLETTER!!!
 For more information, please call
800-732-8070

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 Sept. 12, 19, 26 1:00pm
 Wednesdays Sept. 7, 14, 21, 28 1:00pm
 Keep fit, stay healthy!

Low Impact Exercise **\$2.00/session**
 Fridays Sept. 9, 16, 23, 30 10:00am
 This class is led by Fitness Instructor, Stephanie.
 Keep fit; stay healthy!

Outdoor Walking Wed & Fri 8:30am Free
 Outdoor Walking continues during September.

Painting 8 lessons- \$40.00 plus supplies
 Mondays Sept. 12, 19, 26 1:00pm
 Total cost, including supplies, is about \$75.00.

Quilting \$1.00
 Tuesdays Sept. 6, 13, 20, 27 10:00am
 Join and enjoy our Quilting group.

SHINE (Serving Health Information Needs of Elders)
 Tuesday September 6 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 (continued from previous column)

Surf the Internet Free
 An introduction to using the internet and searching the WEB. Call to reserve your private session—set up your free email account.

Tai Chi \$3.00/session
 Tuesdays Sept. 6, 13, 20, 27 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 Sept. 6, 13, 20, 27 8:30am
 Thursdays Sept. 1, 8, 15, 22, 29 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 1 or 2 lb weights.

Wii Games Free
 Thursdays Sept. 1, 8, 15, 22, 29 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 \$50.00
 Thursdays Sept. 8, 15, 22, 29 2:00pm
 Instructor Anna Simon's Writing Class begins this month.

Yoga (Chair) \$3.00
 Tuesdays Sept. 6, 13, 20, 27 9:30am

Yoga (Mat) \$3.00
 Tuesdays Sept. 6, 13, 20, 27 11:00am
 Experience the wonderful benefits of balance and strength from yoga.

PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE

RAZZA LAW OFFICES
MICHAEL S. RAZZA, Esq.
 SERVING OUR WESTWOOD SENIOR COMMUNITY SINCE 1972
 National Academy of Elder Law Attorneys

WILLS • TRUSTS • ASSET PROTECTION
REAL ESTATE • GUARDIANSHIP
MEDICAID PLANNING • PROBATE
 95 Chapel Street, Norwood, MA
781-769-7700

HOLDEN DUNN LAWLER

FUNERAL HOME
 55 High Rock Street
 hdfuneralhome.net
 email: westwoodfh@verizon.net
TEL: (781) 326-0074

James G. Higgins Funeral Director Frederick J. Wobrock Managing Funeral Director William G. Crowley Funeral Director

GILLOOLY FUNERAL HOME
 126 WALPOLE STREET, NORWOOD, MA 02062
781-762-0174
*Affiliate of AFFS/Service Corp Int'l - 206 Winter Street, Fall River, MA www.gilloolyfuneralhome.com

*Chances are with just ONE AD,
 you'll get MORE THAN
 ONE new customer!
 Advertise Here • 800-732-8070*

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

COA Board Meeting

Thursday September 15 2:30pm

Elder Law Presentation

Wednesday September 21 10:00am
 "Don't Leave Home Without Them! Documents Every Senior Needs to Have" will be the subject of a presentation by Attorney Maria Baler. Come learn about the essential legal documents you should have, and why. Attorney Baler is a partner with the law firm of Samuel, Sayward & Baler LLC in Dedham, where she concentrates her practice in the areas of estate planning, probate and trust administration, and elder law.

Waxing Appointments required

Friday September 2 9:00 – 10:30 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.

Westwood Garden Club Exec. Board Meeting

Thursday September 8 10:00am

Westwood Senior Men's Club Exec. Board Mtg.

Thursday September 8 10:00am

Westwood Senior Men's Club Executive Board meeting.

Victoria Haven

"A Skilled Nursing & Rehabilitation Facility"

137 Nichols Street, Norwood, MA

781-762-0858

MEDICARE/MEDICAID

MORE PROGRAMS AND INFORMATION



September 8th at 11am

How to Prevent Type 2 Diabetes

Do you have Diabetes? Have you been told you are pre-diabetic? Did you know this is something that is treatable and that you can live a happy vibrant life despite having diabetes? If you have been wanting to know more about what you can do to regain quality of life or just want some great information do not miss this fun presentation. Sponsored by Integra Health Care. **Please register.**

LEGAL TALKS...September 14 & 28th 10 am FREE

Attorney Mary Roque will present two important topics: "Will or Trust?" and "Estate and Gift Tax"
Will or Trust—September 14th at 10 am

Estate and Gift Tax—September 28th at 10 am

Wednesday September 14th at 11 am ...

Learn strategies to help prevent falls, increase medication safety, and MORE! Come and enjoy this FREE presentation. Register please.

Thursday, September 22nd 11 am..

READING & UNDERSTANDING --

NUTRITION LABELS

Join us for a presentation through HESSCO Elder Services about how to make more sense out of product Nutrition Labels... what to REALLY look for! Bring your own questions AND labels! and **STAY FOR LUNCH AT THE CENTER.**

DEDHAM-WESTWOOD WATER DISTRICT

ADOPTS LOW INCOME WATER RATE

The Water Commissioners pledged to introduce a low income rate in January. The new low income rate is \$10.00 per quarter plus \$4.17 per 100 cubic feet (750 gals.). This rate is 36% lower than the regular rate of \$35.52 for a residential customer using the minimum of 300 cubic feet (2250 gals.). To qualify for the low income water rate, residential customers must qualify for and receive the low income rate from their gas or electric service provider. Questions please call the Water District at 781-329-7090.

*Chances are with just ONE AD,
 you'll get MORE THAN
 ONE new customer! Place an ad today.
 Please call 800-732-8070*



WESTWOOD BOARD OF HEALTH ANNUAL FAMILY FLU CLINIC

Saturday October 15 9:00 am - 12:00 pm
All Westwood residents age five and older are welcome

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.

MOVIES

**Tuesdays-
2:00pm**



FREE

September 6

Flipped

From director Rob Reiner comes a multigenerational family saga about the highs and lows of love. Bryce and Juli first meet as second graders, with Juli having a crush on the uncertain Bryce, and as they mature, it appears their love may blossom.

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**

(continued)



FREE

September 13

The Social Network

Justin Timberlake

Director David Fincher's biographical drama chronicles the meteoric rise of Facebook CEO Mark Zuckerberg (Jesse Eisenberg) from Harvard sophomore to Internet superstar, examining his relationships with co-founder Eduardo Saverin (Andrew Garfield) and Napster founder Sean Parker (Justin Timberlake).

September 20

Mrs. Brown

Judy Dench, Billy Connolly

Grieving widow Queen Victoria (Oscar nominee Judi Dench) withdraws into sadness for years until plainspoken manservant John Brown (Billy Connolly) disrupts her mourning. But as their friendship grows, it results in personal and political ramifications for both of them.

September 27

Catch Me If You Can

Leonardo DiCaprio, Tom Hanks

Frank W. Abagnale Jr. (Leonardo DiCaprio) is a cunning con man -- posing as a doctor, lawyer and pilot all before turning 21. He's also a deft forger, and his work attracts the attention of FBI agent Carl Hanratty (Tom Hanks), who makes it his mission to put Frank behind bars. Based on a true story.

BINGO

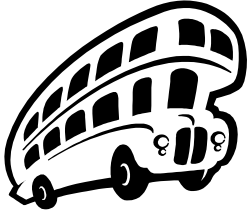


FREE

Thursdays Sept. 1, 8, 15, 22,29 1:15-2:45
Seniors are invited to play Bingo every Thursday afternoon. Join us and bring a friend!



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.



DAY TRIPS

Waterworks Museum Trip

Leave COA at 10:00 am – 2:00 pm
Seats are **LIMITED** to 7 people!

Wednesday September 21 \$3.00pp

Please join us on our COA van for a tour of the *Waterworks Museum* in Newton. The 19th-century building looks more like a castle than a former state-of-the-art pumping station. A movie and exhibits detail the history of the building and the era.

Boston was welcoming many immigrants, and many of these people lived in poor housing, with inadequate water supplies. People often became ill. The conventional belief at the time was that disease was spread by airborne vapors. The germ theory was just beginning to take hold, but people were still largely unaware of the role that contaminated water played in disease transmission. Learn how this pumping station changed history!

We will return after our tour and 'on-our-own' snack on the way back to Westwood.



ROAD to the SCOTTISH HIGHLANDS



Tuesday September 13 \$75.00

At the Meadowbrook pavilion, Laconia, NH
This show is like a combination of Riverdance meeting up with Black Watch!!!

DAY TRIPS (continued)

ROAD TO THE SCOTTISH HIGHLANDS (continued)
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



LUCIANO' S

NO transportation

Wednesday October 19 \$39.95

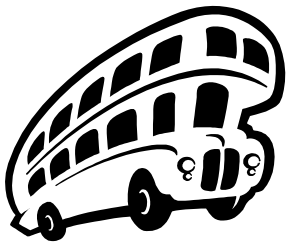
Join us at Luciano's on Lake Pearl in Wrentham. Be Excited ... Be Dazzled... Be Inspired!!! The show features a fabulous combination of high energy and great talent. You'll be delighted you came. Frank & Maura perform an original show of singing, comedy and celebrity impressions that the New Your Post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

"Frank & Maura are utterly charming"

Meal Choices:

Baked Haddock or
Chicken Parmesan

WESTWOOD SENIOR CITIZENS NEEDS ASSESSMENT



DAY TRIPS

Twin River Casino

NEIL DIAMOND TRIBUTE SHOW

Tuesday November 8 \$59.95pp

Renowned shipboard duo Jose and Patti will entertain you with their vibrant music. Come and enjoy this performance and try your luck at the Casino. Package includes transportation, show, luncheon buffet & gaming package. Includes a \$10.00 Bonus Play.



The Westwood Board of Health and the Westwood Council on Aging (COA) are pleased to announce that they will be conducting a needs assessment of the senior citizen population in Westwood.

“The Council on Aging is looking forward to collecting more recent information, as an assessment has not been conducted since 2001,” said Pat Larkin, COA Director. “The needs of this population are ever changing so it is important to continue to survey this group to determine their needs,” she said.

In order to accomplish this, a questionnaire has been developed that aims to provide both the Board of Health and the COA with valuable health information regarding this group of residents. Results will be tabulated and reviewed by both agencies to better understand the health needs of the current senior citizen population.

“We hope to reveal where current services provided for this age group are lacking and lead the way to the implementation of new services that improve the current health status of this population,” said Linda Shea, Health Director. The questionnaire will be mailed the end of September, along with a pre-addressed envelope for easy return, to each resident age 60 and older. The questionnaire does not ask for identifying information. Therefore, we encourage all senior citizens in Westwood to participate by completing and returning the questionnaire.

If you have any question or you do not receive a questionnaire, please contact Linda Shea at the Health Department at 781-320-1026 or Pat Larkin at the Council on Aging at 781-329-8799. You can also return the questionnaire to either the Senior Center on Nahatan Street or the Board of Health office at 50 Carby Street.

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: 1 Breakfast, 1 Lunch and 1 Dinner and the Tour Director.



CROSSWORD PUZZLE

Solution on page 9

- | | | | | |
|------------------------------|--------------------------------------|-----------------------------------|----------------------------------|------------------------------|
| ACROSS | | 24. Title for a judge (abbr.) | 44. Crooner Mel | 3. Ref's kin |
| 1. Adjoin | 25. Urge on | 28. Visits Aspen | 47. Courtroom declaration | 4. Relates |
| 5. Boxer Muhammad | 32. Eden ___ | 33. "The Lady ___ Tramp" (2 wds.) | 49. Place for mud baths | 5. "___ Well..." |
| 8. Two make a qt. | 34. The chance ___ lifetime (2 wds.) | 35. Heavenly body | 50. Went ahead | 6. Prevaricates |
| 11. "When in ___..." | 37. Nurses' headgear | 39. Frequently, in verse | 55. La Plata's locale (abbr.) | 7. "___ Believer" (2 wds.) |
| 12. Peru's capital | 40. Exasperate | 42. Repulsive, informally | 56. Medium or extra-large number | 8. Window part |
| 14. Feel flush | 44. Crooner Mel | 47. Courtroom declaration | 57. Indefinite number | 9. Layer |
| 15. Canadian symbol (2 wds.) | 49. Place for mud baths | 50. Went ahead | 58. Seeded bread | 10. Bed support |
| 17. Teachers' gp. | 55. La Plata's locale (abbr.) | 56. Medium or extra-large number | 59. "Simpsons" character | 13. Distant |
| 18. Highlands gal | 56. Medium or extra-large number | 57. Indefinite number | 60. Part of a ticket | 16. Takes a meal |
| 19. On one's toes | 57. Indefinite number | 60. Part of a ticket | | 20. Fleur-de-___ |
| 21. Threatening hand | 58. Seeded bread | | | 21. Extremity |
| 23. Cycle start | 59. "Simpsons" character | | | 22. Andes native |
| | 60. Part of a ticket | | | 23. Catch |
| | | | | 24. Time units (abbr.) |
| | | | | 26. Guitarist's implement |
| | | | | 27. Made in the ___ |
| | | | | 29. Eccentric sort |
| | | | | 30. Doubtful |
| | | | | 31. Sun. preceder |
| | | | | 36. Cup edge |
| | | | | 38. Building area |
| | | | | 41. Insurance agents (abbr.) |
| | | | | 43. Board game |
| | | | | 44. Russian ruler |
| | | | | 45. Grand Ole ___ |
| | | | | 46. Current craze |
| | | | | 47. Trickle |
| | | | | 48. Got an "A" on a test |
| | | | | 51. "___ Tin Tin" |
| | | | | 52. Speckle |
| | | | | 53. Ostrichlike bird |
| | | | | 54. Society gal |

DOWN

1. Provide weapons
2. Fluffy scarf

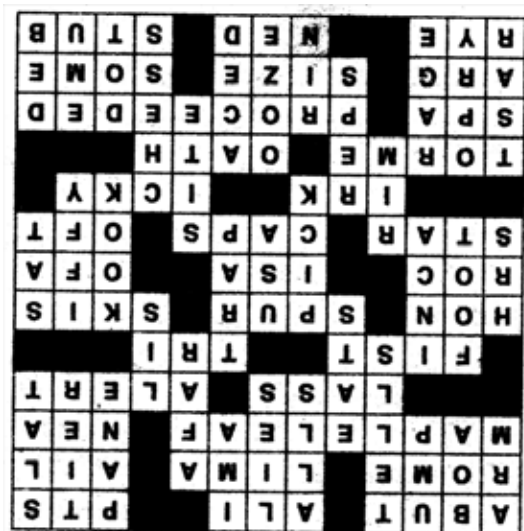
1	2	3	4		5	6	7		8	9	10	
11					12			13		14		
15				16						17		
			18					19	20			
	21	22					23					
24					25	26	27		28	29	30	31
32						33				34		
35			36		37			38		39		
			40	41				42	43			
44	45	46				47	48					
49					50	51				52	53	54
55					56					57		
58					59					60		

SENIOR CENTER VOLUNTEERS (continued from page 1)

- | | | | |
|-----------------|-----------------|------------------|--------------------|
| Claire Asbrand | Elsa Delaplace | Bharti Khiroya | Mildred Reisfelder |
| John Barrington | Betsy Donoian | Hillary Kohler | Janice Russell |
| Dorothy Baxter | Margaret Dullea | Sue Kunkel | Mary Rogers |
| Claire Bennett | Marge Eramo | Pauline Lanata | Natalie Russo |
| Helen Bier | Marion Feeney | Marie Lawlor | Jackie Saunders |
| Claire Bogrette | Claire Finn | Beverly Lowery | Jerry Seeley |
| Zee Buchanan | Robert Folsom | Irene MacEachern | Rita Shahidi |
| Judith Carouso | David Foss | Mary Mahoney | Beverly Short |
| Dorothy Cashin | Kathy Ford | Mary Masiello | Doris Sousa |
| Marge Colpitts | William Galvin | Edie McCracken | Dean Strack |
| Betty Connors | Carolyn Ganim | Louise McFarland | Joan Sullivan |
| Margaret Conrad | Joe Gantert | Kathleen McGill | Veronica Sullivan |
| Peter Cook | Mary Gens | Elena Oppedisano | Ruth Tarullo |
| Paul Cook | Bob Graham | Colleen Messing | Connie Totino |
| Dorothy Cook | Joyce Green | Helene Monroe | Tish Verzino |
| Janet Costello | Mary Hunt | Maya Plotkin | Dorothy West |
| Joyce Costello | Josepha Jowdy | Betsy Rae | Scott Whetstone |
| | Kathleen Kelly | | Theresa Wilson |

CROSSWORD PUZZLE SOLUTION

Puzzle on page 8



Jumble solution

S K U N K
 F E W E R
 M U F F I N
 T U R T L E

HE WAS NAMED TAXIDERMIST OF THE YEAR BECAUSE

K N E W HIS "S T U F F"

JUMBLE®

By Mike Argirion and Jeff Knurek

Unscramble these Jumbles, one letter to each square, to form ordinary words.

SNUKK
 WREEF
 FUMINF
 RETTUL



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

O O O O HIS " O O O O O O "





HESSCO ELDER SERVICES - SEPTEMBER MENU

All over 60 years of age are welcome at the meal sites for lunch and socialization.

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
CONFIDENTIAL DONATION IS \$2.50 PER MEAL. TO CANCEL, PLEASE CALL: (781) 329-6514			ROAST TURKEY with GRAVY and CRANBERRY SAUCE WHIPPED POTATO WINTER SQUASH >WHOLE WHEAT BREAD FRESH FRUIT	AMERICAN CHOP SUEY CALIFORNIA BLEND VEG >MULTIGRAIN ROLL APPLESAUCE
CALORIES: SODIUM:	CALORIES: SODIUM:	CALORIES: SODIUM:	CALORIES:234 SODIUM:544	CALORIES:222 SODIUM:300
5	6	7	8	9
LABOR DAY SENIOR CENTER CLOSED	MAC & CHEESE SCALLOPED TOMATO DINNER ROLL PEARS	HAM & CHEESE CROISSANT FRESH FRUIT MILK	PASTA W/MEAT SAUCE ITALIAN BLEND VEG >MULTIGRAIN ROLL #APPLE CRISP	SALMON BOAT with DILL SAUCE BROWN RICE MIXED VEG. >FRUIT MUFFIN #ARTIC ICE
CALORIES:329 SODIUM:472	CALORIES:510 SODIUM:690	CALORIES:494 SODIUM:624	CALORIES:381 SODIUM:489	CALORIES:446 SODIUM:392
12	13	14	15	16
CHICKEN CACCIATORE ITALIAN PASTA TUSCANY BLEND VEG >WHOLE WHEAT BREAD MIXED FRUIT	SHEPHERD'S PIE CUT GREEN BEANS >WHOLE WHEAT ROLL MANDARIN ORANGES	ROAST PORK with ROSEMARY GRAVY SCALLOPED POTATO BEETS >FRUIT MUFFIN APPLESAUCE	SPANISH MEATBALLS MASHED POTATO JARDINIERE BLEND VEG >WHOLE WHEAT BREAD #PUDDING	TURKEY STEW W/VEG BROWN RICE DINNER ROLL FRESH FRUIT
CALORIES:391 SODIUM:255	CALORIES:475 SODIUM:328	CALORIES:456 SODIUM:315	CALORIES:499 SODIUM:681	CALORIES:350 SODIUM:448
19	20	21	22	23
PORK TETRAZZINI COUNTRY BLEND VEG >MULTIGRAIN ROLL #ARTIC ICE	APPLE CIDER BEEF STEW BOILED POTATO DINNER ROLL #APPLE CAKE	MEATLOAF with GRAVY AUGRATIN POTATO CARROT COINS >WHOLE WHEAT ROLL PEARS	VEGETABLE SOUP PINEAPPLE GINGER CHICKEN BREAST ASIAN RICE >WHOLE WHEAT ROLL FRESH FRUIT	*SCALLOP & SHRIMP ST JACQUE BROWN RICE PEAS >MUFFIN PEACHES
CALORIES:388 SODIUM:195	CALORIES:428 SODIUM:175	CALORIES:477 SODIUM:285	CALORIES:287 SODIUM:442	CALORIES:643 SODIUM:697
26	27	28	29	30
SWEET & SOUR PORK RIB O'BRIEN POTATOES CHOPPED BROCCOLI WHEAT BREAD APPLESAUCE	CHICKEN MARSALA ITALIAN PASTA MIXED VEGETABLES >WHOLE WHEAT BREAD #PUDDING	<u>HAPPY BIRTHDAY</u> VEGETARIAN CHILI BROWN RICE DINNER ROLL #BIRTHDAY CAKE	OPEN FACED HOT TURKEY SANDWICH with GRAVY WHIPPED POTATO RIVIERA BLEND VEG WHITE BREAD PEACHES	CHEESY BEEFARONI ESCALLOPED TOMATO >MULTIGRAIN ROLL FRESH FRUIT
CALORIES:410 SODIUM:512	CALORIES:395 SODIUM:132	CALORIES:202 SODIUM:388	CALORIES: 289 SODIUM:599	CALORIES:425 SODIUM:565

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

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

ACTIVITIES – SEPTEMBER 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			9:30 Wii Games 1:00 Mahjong 1:15 BINGO	9:00 Waxing 9:30 Roche Bros.. 10:00 Coffee Hour 11:15 Rubber Bridge
5	6	7	8	9
LABOR DAY SENIOR CENTER CLOSED	8:30 Walk-Fit 8:30 Free Legal Help 9:00 SHINE – Free Health Information 9:30 Walmart 9:30 Chair Yoga 10:00 Begin.Computer 10:00 Quilting 11:00 Mat Yoga 1:00 Knit & Crochet 1:00 Tai Chi 2:00 Movie	8:30 Outdoor Walking 11:30 Duplicate 1:00 Bridge-Fox Exercise Class	8:30 Walk-Fit 9:30 Wii Games 10:00 WESTWOOD GARDEN CLUB 10:00 WESTWOOD SR. MEN'S CLUB BOARD MEETING 1:00 Mahjong 1:15 BINGO 2:00 Writing Class	8:30 Outdoor Walking 9:30 Shaw's Mkt. 10:00 Exercise Class 10:00 Coffee Hour 11:15 Rubber Bridge
12	13	14	15	16
9:30 Bowling 10:00 Ladies Craft Grp 1:00 Exercise Class 1:00 Painting 1:00 Whist	8:30 Walk-Fit 9:30 Chair Yoga 9:30 Braintree Mall 10:00 Begin.Computer 10:00 Quilting 11:00 Mat Yoga 1:00 Knit & Crochet 1:00 Tai Chi 2:00 Movie	8:30 Outdoor Walking 10:00 Legal Advice Mary J Roque 11:00 Safe at Home 11:30 Duplicate 1:00 Bridge-Fox Exercise Class	8:30 Walk-Fit 9:30 Wii Games 1:00 Mahjong 1:15 BINGO 2:00 Writing Class 2:30 COA Board Mtg.	8:30 Outdoor Walking 9:30 Hannaford's Mkt 10:00 Coffee Hour 10:00 Exercise Class 11:15 Rubber Bridge
19	20	21	22	23
9:30 Bowling 10:00 Ladies Craft Grp. 1:00 Exercise Class 1:00 Painting 1:00 Whist	8:30 Walk-Fit 9:30 Xmas Tree-Fox. 9:30 Chair Yoga 10:00 Begin.Computer 10:00 Quilting 11:00 Mat Yoga 1:00 Knit & Crochet 1:00 Tai Chi 2:00 Movie	8:30 Outdoor Walking 9:00 Blood Pressure Clinic 10:00 ELDER LAW PRESENTATION 11:30 Duplicate 1:00 Bridge-Fox Exercise Class WATERWORKS MUSEUM TRIP	8:30 Walk-Fit 9:30 Wii Games 11:00 Nutrition Labels Presentation 1:00 Mahjong 1:15 BINGO 2:00 Writing Class	8:30 Outdoor Walking 9:30 Stop & Shop 10:00 Coffee Hour 10:00 Exercise Class 11:15 Rubber Bridge
26	27	28	29	30
9:30 Bowling 1:00 Exercise Class 1:00 Painting 1:00 Whist	8:30 Walk-Fit 9:30 Chair Yoga 9:30 Wrentham Mall 10:00 Begin.Computer 10:00 Quilting 11:00 Mat Yoga 1:00 Knit & Crochet 1:00 Tai Chi 11:00 Mat Yoga 1:00 Knit & Crochet 1:00 Tai Chi 2:00 Movie	8:30 Outdoor Walking 10:00 Legal Advice Mary J Roque 11:30 Duplicate 1:00 Bridge-Fox Exercise Class 2:00 Book Club	8:30 Walk-Fit 9:30 Wii Games 1:00 Mahjong 1:15 BINGO 2:00 Writing Class	8:30 Outdoor Walking 9:30 Roche Bros. 10:00 Coffee Hour 10:00 Exercise Class 11:15 Rubber Bridge NEW HAMPSHIRE FOLIAGE TRIP

BLOOD PRESSURE CLINIC

Senior Center September 21 9:00am – 11:30am

PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE



THE ELLIS
NURSING AND REHABILITATION CENTER
135 ELLIS AVE AT ROUTE ONE, NORWOOD, MA

- Short and Long Term Care Rehabilitation
- Specialized Dementia Unit
- In-House Therapy Department
- Up to 7 Days a Week for Physical, Occupational & Speech Therapy

CALL FOR A TOUR AND MORE INFO
781-762-6880
www.TheEllis.com



Space for Sale

SPONSOR THIS NEWSLETTER!!!
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.

Sept.	DATE	DESTINATION	PICK-UP	FEE
	2	Roche Bros.	9:30am	\$2.00
	6	Walmart	9:30am	\$2.00
	9	Shaw's Mkt	9:30am	\$2.00
	13	Braintree Mall	9:30am	\$2.00
	16	Hannaford's Mkt	9:30am	\$2.00
	20	Xmas Tree-Fox.	9:30am	\$2.00
	23	Stop & Shop	9:30am	\$2.00
	27	Wrentham Mall	9:30am	\$2.00
	30	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. 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, Monday through Friday. Reservations must be made 48 hours in advance, and a donation of \$2.00 is suggested. Call the Senior Center at 781 329-8799.

Medical Transportation to Boston:

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>
--	---	--