

WESTWOOD SENIOR NEWSLETTER



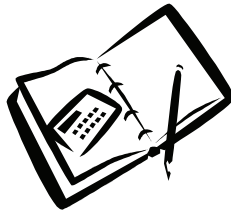
*Co-sponsored by the Friends of Westwood
Council on Aging*

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

Director, Pat Larkin

DECEMBER 2011

*from the
DIRECTOR'S DESK*



Happy Holidays everyone!

This is a busy season for many people. Seniors sometimes find the holidays difficult to get through. They miss their loved ones who are no longer with them to celebrate the holidays. If you know a senior who is having a difficult time getting through this month, please stop by to say hello to them. A smile truly goes a long way. Please remind them of the programs available at the Senior Center and how they are most welcome to join us anytime. If they need transportation, we have our van available to take them to the Senior Center. Depression is a very serious illness and it is extremely difficult to overcome. We have support groups that welcome everyone and programs that lift the spirits.

Enjoy your month and your holidays.

Sincerely,
Pat Carty-Larkin
Director, Westwood COA

SNOW DAYS and CANCELLATIONS at the WESTWOOD SENIOR CENTER

Please remember that if the Westwood public schools are closed due to inclement weather, the Senior Center will also be closed. If the schools have a delayed opening, the senior center will also have the delay. If you have any questions, please call the Senior Center at 781-329-8799. Watch channels 4, 5 or 7 for an announcement of cancellation of Meals on Wheels.

FALLS PREVENTION TALK

Mass Sport & Spine Physical Therapy in Westwood will offer a Falls Prevention presentation on Thursday, December 15th at 11 am. The discussion will offer tips on how to keep your living space safer to help prevent the possibility of falling AND also how to help keep yourself more balanced and stronger. Debra Bangs a physical therapist from Mass Sport and Spine will provide handouts on how to know if you are truly at risk for falls and whether you may benefit from a falls screening provided by a physical therapist. Falling and fear of falling shouldn't be considered a normal part of aging. Stop living in fear of falls. Please join us for this important presentation and register by calling the Senior Center at: 781 329 8799.

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 & ONGOING ACTIVITIES

Bingo Free

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

Blood Pressure Clinic Free

Wednesday December 21 9:00am
Westwood's Board of Health nurse is available to check your blood pressure on the 3rd Wednesday of every month.

Book Club Free

Wednesday December 28 2:00pm
Caleb's Crossing Geraldine Brooks
Share your thoughts and meet new friends.

Bowling League

Mondays Dec. 5, 12, 19 9:30am
Bowling continues at the Norwood alleys.

Bridge

Fridays Dec. 2, 9, 16 11:15am
Join us for Rubber Bridge. Bring your partner or come alone.

CLASSES & ONGOING ACTIVITIES (cont.)

Computer for Beginners \$10.00

Residents-\$10.00 non-residents \$15.00
Tuesdays Dec. 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 Dec. 7, 14, 21, 28 11:30am
We play in Foxboro on Wednesdays, and all duplicate bridge players are welcome!

Indoor Walking Free

Indoor walking will resume in the New Year.

Knit and Crochet Free

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

Ladies Craft Group Free

Mondays 10:00am
The Ladies Craft Group will resume January 23rd.

Legal Advice (by appointment only) Free

Tuesday December 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.

PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE

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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 & ONGOING ACTIVITIES (continued)

Low Impact Exercise **\$2.00/session**
 Mondays Dec. 5, 12, 19 1-2 pm
 Wednesdays Dec. 7, 14, 21, 28 1-2 pm
 Keep fit, stay healthy!

Low Impact Exercise **\$2.00/session**
 Wednesdays Dec. 7,14,21 9 –
 & Fridays Dec. 2,9,16 10am
 This class is led by Fitness Instructor, Stephanie.
 Keep fit, stay healthy!

Mahjong **Free**
 Thursdays Dec. 1, 8, 15, 22, 29 12:30pm
 Bring your game tiles and come and play!

Medical Transportation to Boston
 Mondays Dec. 5, 12, 19 10:00am
 Wednesday Dec. 7, 14, 21, 28 10:00am
 HESSCO has contracted with Community Care-A-Vans to operate transportation for Boston medical appointments. Appointments must be scheduled between 10:00am and NOON, and on the days listed above. Rides are shared; call this number to schedule pickups: 508-223-1672. There is a suggested donation of \$25.00.

CLASSES & ONGOING ACTIVITIES (cont.)

New Day Bereavement Group
 Wednesday Dec. 7, 14, 21 10:00am
 Under the guidance of Dorothy Ruggiero, this friendly group meets weekly, and all are most welcome.

Painting (Watercolor) \$40.00 plus supplies
 Mondays Dec. 5, 12 1:00pm
 8-session watercolor painting class continues.
 1:00pm

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

SHINE (Serving Health Insurance Needs of Elders)
 Tuesday December 6 9:00am – 1:00pm
 Lori Howell, SHINE representative, is available the first Tuesday of each month to help you deal with issues or questions you may have regarding your health insurance.

The Bereavement Group with Nina Johnston, MSW, will continue on Wednesday, December 14th at 10 am at the senior center. Please consider joining this support group and call the Senior Center to Register.

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THE ELLIS
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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 ONGOING
ACTIVITIES**
(continued from page 3)

Surf the Internet (private session) Free
 An introduction to using the internet and searching the WEB. Call to reserve your session.

Tai Chi \$3.00/session
 Tuesdays Dec. 6, 13, 20, 27 1:00pm
 Practice the ancient art of Tai Chi, a gentle physical, stretching exercise that reduces stress and improves flexibility.

Waxing Appointments required
 Friday December 2 8:30 – 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 your appointment.

Whist Free
 Mondays Dec. 5, 12, 19 1:00pm

Wii Games Free
 Thursdays Dec. 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 Dec. 1, 8, 15 2:00pm
 This class is taught by Anna Simon. Fees are payable at registration prior to the first class. A new group will begin in the New Year.

CLASSES & ONGOING ACTIVITIES (cont.)

Yoga \$3.00
 Tuesdays Dec. 6, 13, 20, 27 9:30am

Yoga \$3.00
 Tuesdays Dec. 6, 13, 20, 27 10:45am
 Experience the wonderful benefits of balance and strength from yoga. **Registration is required.**



**SPECIAL
PROGRAMS
and
EVENTS**

**Blue Cross/Blue Shield Medicare
Presentation**

Monday December 5 10:30am
Health plan options for people with Medicare:
 This presentation includes an explanation of Medicare, including the Medicare drug benefit. It will also review Medigap plans and how Medicare Advantage plans work with Medicare. Come with your questions!

Blue Hills Day of Beauty

Wednesday December 7 8:30am-2:00pm
 Be treated to a Day of Beauty at the Blue Hills Regional Technical School, Department of Cosmetology. You will receive a facial, manicure, scalp treatment with massage, and a blow dry. Also, lunch is included! All for **\$25.00**. We are limited to 8 participants, so please register soon!

Legal Advice Free
Wednesday December 7 10:00am
 Attorney Frederick Pellegrini returns to the Senior Center to provide free legal and estate information on the first Wednesday of each month. As always, registration is required.

Music Program Free
 Monday December 5 10:00am
Miss Tina's Music Program for seniors and preschoolers.



**SPECIAL
PROGRAMS
and
EVENTS**
(continued)

Festival of Trees

Monday December 5 10:30am

The Massachusetts Horticultural Society will again host its annual ***Festival of Trees at Elm Bank***. The event kicks off the holiday season in a special way: by giving everyone an opportunity to see spectacularly decorated holiday trees in a festive environment. All trees are raffled off, with proceeds going to help maintain the gardens at Elm Bank. We will stop for a quick snack on the way back to the Senior Center.

Friends of Council on Aging Holiday Coffee

Thursday December 8 10:30am

Holiday refreshments will be served in a festive setting. Please remember that your \$5.00 dues helps to support many of the programs and activities at the Senior Center and also helps to support the Westwood Food Pantry.

Hope to see you at the Friends' coffee!

TRIAD Meeting

Thursday December 29 11:00am

TRIAD is a local, state and national organization that brings together interested participants from law enforcement, sheriffs' departments and senior citizens. Joseph Canavan will lead a discussion about topics relating to senior safety and well being.

Westwood Garden Club Workshop

Thursday December 1 11:00am
Meeting.

Woman's Club Executive Board Meeting

Wednesday December 7 9:30am

Women's Club Holiday Meeting

Wednesday December 15 1:00pm

From Our Ask A Lawyer Question Box

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 box**.

This month's question is:

Q: Where is the best place to keep my original Will and other important documents?

A: The best place to keep important documents is a safe place where they can easily be found and accessed if they are needed by you or by your family in the event of your incapacity or death. Many people keep these types of document in a safe deposit box. However, if the owner's name is the only name on the box and the owner is deceased or incapacitated, it may take several weeks, until a Guardian or Executor of the owner's estate is appointed, to gain access to the box. If you are going to keep important documents in a safe deposit box, make sure the name of a trusted family member or friend is also on the box, and do not keep things in the box you do not want that person to be able to access. You can also keep documents in a fireproof box or filing cabinet in your home. Lawyers who prepare Wills and other estate plan documents will often store original documents for clients at their offices. If your original legal documents are being held by your attorney, give a trusted family member the attorney's business card, or leave a note in your files as to where the documents are stored.

Attorney Maria C. Baler 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.

MOVIES



**Tuesdays-
2:00pm**

FREE

December 6 With a Song in my Heart
 Susan Hayward, Rory Calhoun, David Wayne
 Susan Hayward stars as Jane Froman, an ambitious singer whose career takes off after she makes her radio debut and marries her pianist (David Wayne), in this Oscar-winning musical biography. Just as she's about to break through, however, Froman is seriously injured in a plane crash. Ever the performer, she decides the show must go on, and after a tough recuperation, she travels the globe entertaining the troops during World War II.

December 13 Shergar: Discover the Heart of a Champion

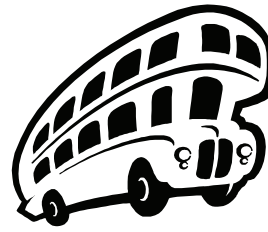
Mickey Rourke
 When a young stable boy runs away from reform school, he befriends another fugitive, Shergar, a champion racehorse kidnapped by the Irish Republican Army for ransom but now on the loose. Can the lad elude the abductors and rescue the horse? Based loosely on the unsolved real-life kidnapping of Ireland's most decorated thoroughbred.

December 20 That Touch of Mink

Cary Grant, Doris Day, Audrey Meadows
 When wholesome small-town girl Cathy moves to New York City and meets handsome tycoon Philip, she thinks she's found the man of her dreams. Philip assures her he's not the marrying kind, but Cathy has other ideas.

December 27 Water for Elephants

Reese Witherspoon, Robert Pattinson
 In this captivating Depression-era melodrama, impetuous veterinary student Jacob Jankowski joins a celebrated circus as an animal caretaker but faces a wrenching dilemma when he's transfixed by angelic married performer Marlena.



DAY TRIPS

**NEW YEARS
EVE DAY
Lunch, Dancing
and SHOW**



Saturday December 31 \$46.00pp
Transportation NOT included

MUSIC AND DANCING at the FOUR POINTS, FOUR POINTS, SHERATON in Norwood
 Enjoy the talented voice of Stephen McNulty and also dance and listen to the wonderful Ray Cavicchio Orchestra – with vocalist Sharon Zee.

Meal Choices:

Prime Rib or Baked Schrod
 salad, vegetable, potato, dessert,
 coffee & tea

Price includes this fun-filled luncheon party...with show, orchestra, party favors and toast.
 Please register at the senior center.

FREE INCOME TAX PREPARATION

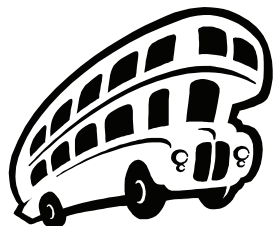
Starting the end of January, Dean Strack will again be available to help seniors with their Income Tax preparation.
 Please start collecting your information!

DO YOU HAVE A SAMPLER?

Do you have a handmade SAMPLER that you would like to share with us at a presentation by a local expert in the field? If so, we would love to have you bring in your SAMPLER to share with us. Please call the Senior Center and leave your name and phone number; when we have enough participants we will schedule a meeting.

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

(continued)



Mardi Gras Day at Lantana's in Randolph

Tuesday February 21, \$43.00pp
2012

TRANSPORTATION NOT PROVIDED

Featuring the New Orleans Inspired Band "Made in the Shade"

A New Orleans born and bred vocalist and actor, Henri Smith has long been a radio personality in the city. After Hurricane Katrina, he was displaced and has ended up here in New England. This velvet throated singer will share the rich musical and cultural heritage of New Orleans during this multi faceted show. In fact, you'll think that you're on Bourbon Street in New Orleans.

Meal Choice: Baked Stuffed Chicken Breast
or
Blackened Pork Loin

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.

Ombudsman Program

The Nursing Home Ombudsman Program advocates for quality care and quality of life in nursing homes and rest homes to ensure residents' rights are protected. Ombudsmen identify, investigate and resolve complaints by or on behalf of facility residents.

Cost of service to client

The service of the Ombudsman Program is free of charge to residents and families of residents, their friends, staff at the facilities and anyone else concerned with the quality of care of a resident in a long term care facility.

About the Nursing Home Ombudsman Program

HESSCO Elder Services' Nursing Home Ombudsman Program is a mandated service through the Federal Older Americans Act and funded by Massachusetts' Executive Office of Elder Affairs, HESSCO Elder Services. The program is operated by HESSCO Elder Services.

Frequently asked questions

Q: What is a nursing home / rest home Ombudsman?

A: An Ombudsman is a person, trained and certified by the Executive Office of Elder Affairs, who visits nursing home and rest home residents to enhance the quality of their lives by hearing and resolving their complaints and advocating for their rights. As advocates working to uphold resident's rights, ombudsmen maintain strict confidentiality and act only with the permission of the resident.

Q: Is the Ombudsman an employee of the nursing home?

A: No. Your Ombudsman is a HESSCO volunteer who is trained and certified by the Executive Office of Elder Affairs.

*from *HESSCO.org*

CROSSWORD PUZZLE

(solution on page 9)

ACROSS

1. "___ Lonesome I Could Cry"
(2 wds.)
5. Cistern
8. Blubber
11. Sweetheart
12. "Famous" cookie maker
14. Have bills
15. LeBlanc of "Friends"
16. TNT component
18. Payable now
20. "Attack, Fido!"
21. Pressing tools
23. Leftover dish
27. He took the reins from HST
28. Suffix for a doctrine
30. Puerto Rican city
31. Dressing ingredient
32. Gets an "F"
34. ___ and feather
35. Small, decorative mat
37. Teacher's group (abbr.)
38. Not Rep. or Dem.
39. ___ von Bismarck
40. Actor Guinness et al.
42. English fliers (abbr.)
45. Would-be driver's destination (abbr.)
46. Happy-go-lucky
50. Some voice votes
54. Consume
55. Tusked hog
56. "Nautilus" captain
57. Salsa, for one
58. Kahn or Grissom
59. Ignore purposely
5. Redgrave or Williams
6. Parisian pal
7. Little ones
8. Thick mist
9. Astonish
10. Knockout count
13. ___ Lanka
17. Eight, to Eduardo
19. Make whole
21. Simpleton
22. Kindled anew
24. Silly prank
25. Reads quickly
26. Shepherd's responsibility
27. Flightless bird
29. Hr. part
30. Bible passage
33. Chiefs
36. Folk learning
41. Actress Linda
43. Andrews, for one (abbr.)
44. Lily pad dweller
46. Cow's chewing material
47. "___ live and breathe!" (2 wds.)
48. Dem.'s foe
49. ___ de cologne
51. Hankering
52. Flightless bird
53. Crying sound

DOWN

1	2	3	4		5	6	7		8	9	10		
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	21	22							23	24	25	26	
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46	47	48					49			50	51	52	53
54					55					56			
57						58				59			

FALLS PREVENTION TALK

Mass Sport & Spine Physical Therapy in Westwood will offer a Falls Prevention presentation on Thursday, December 15th at 11 am. The discussion will offer tips on how to keep your living space safer to help prevent the possibility of falling AND also how to help keep yourself more balanced and stronger. Please join us for this important presentation and register by calling the Senior Center at: 781 329 8799.

CROSSWORD SOLUTION

B	U	N	S		S	U	G		P	I	D
O	W	N	E		R	O	A	B	S	E	U
S	E	A	V		E	E	R	E	F	A	C
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H	A	S			H		S		N	O	I
			C		S	I			D	E	
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T	A	F			A	T			O	S	I

SNOW DAYS and Cancellations at the Westwood Senior Center

Please remember that if the Westwood public schools are closed due to inclement weather, the Senior Center will also be closed. If the schools have a delayed opening, the senior center will also have the delay. If you have any questions, please call the Senior Center at 781-329-8799.

Please watch channels 4,5, or 7 for an announcement of cancellation of Meals on Wheels.

COA NEWSLETTER SUBSCRIPTION FOR 2012

Be the FIRST in your neighborhood to know what's going on at the Westwood Council on Aging!!! Renew your subscription by making your \$ 4.00 check payable to: Friends of Westwood COA, 60 Nahatan Street, Westwood, MA 02090. Thank you for your support!

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HESSCO ELDER SERVICES - DECEMBER 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			*HOT DOG *MUSTARD PACKET BAKED BEANS HOT GERMAN SLAW HOT DOG ROLL FRESH FRUIT	SALMON BOAT W/LEMON DILL SAUCE WHIPPED POTATO CUT GREEN BEANS >MULTIGRAIN ROLL GRAHAM CRACKER
CALORIES:358 SODIUM:635	CALORIES:344 SODIUM:156	CALORIES:556 SODIUM:776	CALORIES:415 SODIUM:735	CALORIES:369 SODIUM:370
5	6	7	8	9
VEG. BARLEY SOUP ROAST CHICKEN CHOPPED BROCCOLI >WHOLE WHEAT ROLL FRESH FRUIT	SPANISH MEATBALLS SPANISH RICE COUNTRY BLEND VEG. >WHEAT BREAD CHILLED PEARS	TURKEY CROISSANT TOSSED SALAD CRANBERRY SAUCE	ROAST TURKEY W/GRAVY *W/CRAN WHIPPED POTATO WINTER SQUASH SNOW FLAKE ROLL #KEY LIME PIE	CHICKEN STEW W/VEGETABLES BUTTERED NOODLES DINNER ROLL # ARTIC ICE
CALORIES:388 SODIUM:83	CALORIES:485 SODIUM:488	CALORIES: SODIUM:	CALORIES:349 SODIUM:633	CALORIES:483 SODIUM:327
12	13	14	15	16
. AMERICAN CHOP SUEY CUT GREEN BEANS >MULTIGRAIN ROLL PINEAPPLE	APPLE CIDER BEEF STEW W/VEG WHIPPED POTATO >WHOLE WHEAT ROLL #RICE PUDDING	HONEY MUSTARD CHICKEN WHIPPED SWEET POT PEAS >FRUIT MUFFIN FRESH FRUIT	SLOPPY JOE SANDWICH HASH BROWN POT ITALIAN BLEND VEG HAMBURG ROLL CHILLED PEACHES	TUNA SALAD PLATE TRI COLOR PASTA SALAD COLD BEET SALAD PITA BREAD FRUITED JELL-O
CALORIES:214 SODIUM:293	CALORIES:433 SODIUM:223	CALORIES:383 SODIUM:429	CALORIES:452 SODIUM:379	CALORIES:486 SODIUM:674
19	20	21	22	23
SALISBURY STEAK with MUSHROOM GRAVY WHIPPED POTATO CARROT COINS >WHEAT BREAD CHILLED FRUIT	ROAST PORK W/GRAVY RED BLISS POTATO WINTER BLEND VEG > WHEAT BREAD #BROWNIE	MACARONI & CHEESE ESCALLOPED TOMATO >MULTIGRAIN ROLL FRUITED JELLO	TOMATO FLORENTINE SOUP CRUMB BAKED CHICK RICE & BEANS DINNER ROLL FRESH FRUIT	PIZZA SALAD DESSERT
CALORIES:361 SODIUM:231	CALORIES:324 SODIUM:174	CALORIES:510 SODIUM:690	CALORIES:511 SODIUM:533	CALORIES: SODIUM:
26	27	28	29	30
SENIOR CENTER CLOSED	CHICKEN TERIYAKI STIR FRY VEGETABLES ASIAN RICE >WHOLE WHEAT ROLL PINEAPPLE	HAPPY BIRTHDAY MEAT LOAF W/GRAVY WHIPPED POTATO MIXED VEGETABLES WHITE BREAD #BIRTHDAY CAKE	*BREADED CHICKEN FILET ITALIAN STYLE PASTA ROMAN BLEND VEG HAMBURG ROLL CHILLED PEARS	SEAFOOD WITH SHRIMP NEWBURG BUTTERED NOODLES SCANDINAVIAN VEG >MULTIGRAIN ROLL FRESH FRUIT SENIOR CENTER CLOSES at 12:30PM
CALORIES:379 SODIUM:176	CALORIES:301 SODIUM:594	CALORIES:485 SODIUM:314	CALORIES:444 SODIUM:721	CALORIES:310 SODIUM:360

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

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

ACTIVITIES –DECEMBER 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			9:30 Wii Games 12:30 Mahjong 1:15 Bingo 2:00 Writing Class	8:30 WAXING 9:30 Roche Bros 10:00 Coffee Hour 10:00 Exercise Class 11:15 Rubber Bridge
5	6	7	8	9
9:30 Bowling 10:00 MUSIC PROGRAM 10:30 BC/BS PRESENTATION 10:30 FESTIVAL OF TREES TRIP 1:00 Exercise Class 1:00 Painting 1:00 Whist	9:00 SHINE Rep. 9:30 Yoga 10:00 Begin.Computer 10:00 Free Legal Advice 10:00 Quilting 10:45 Yoga 1:00 Knit & Crochet 1:00 Tai Chi 2:00 Movie 9:30 Yoga	8:30 BLUE HILLS DAY OF BEAUTY 9:30 WOMEN'S CLUB EXEC. BOARD 10:00 ATTORNEY PELLEGRINI 10:00 Bereavement Group 11:30 Duplicate Bridge-Fox 1:00 Exercise Class	9:30 Stop & Shop 9:30 Wii Games 10:30 FRIENDS OF COA COFFEE 11:00 WESTWOOD GARDEN CLUB 2:00 Writing Class 12:30 Mahjong 1:15 Bingo 2:00 Writing Class	9:30 Shaw's Mkt 10:00 Coffee Hour 10:00 Exercise Class 11:15 Rubber Bridge
12	13	14	15	16
9:30 Bowling 1:00 Exercise Class 1:00 Painting 1:00 Whist	9:30 Braintree Mall 9:30 Yoga 10:00 Begin.Computer 10:00 Quilting 10:45 Yoga 1:00 Knit & Crochet 1:00 Tai Chi 2:00 Movie	10:00 Bereavement Group 10:00 Bereavement with Nina 11:30 Duplicate Bridge-Fox 1:00 Exercise Class	9:30 Wii Games 11:00 MASS SPORT & SPINE TALK 12:30 Mahjong 1:00 WOMAN'S CLUB MEETING 1:15 Bingo 2:00 Writing Class	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 1:00 Exercise Class 1:00 Whist	9:30 Xmas Tree 9:30 Yoga 10:00 Begin.Computer 10:00 Quilting 10:45 Yoga 1:00 Knit & Crochet 1:00 Tai Chi 2:00 Movie	9:00 Blood Pressure Clinic 10:00 Bereavement Group 11:30 Duplicate Bridge-Fox 1:00 Exercise Class 10:00 Bereavement	9:30 Wii Games 12:30 Mahjong 1:15 Bingo	9:30 Stop & Shop 10:00 Coffee Hour 10:00 Exercise Class SENIOR CENTER CLOSSES AT 12:30 MERRY XMAS
26	27	28	29	30
SENIOR CENTER CLOSED	9:30 Braintree Mall 9:30 Yoga 10:00 Begin.Computer 10:00 Quilting 10:45 Yoga 1:00 Knit & Crochet 1:00 Tai Chi 2:00 Movie	11:30 Duplicate Bridge-Fox 1:00 Exercise Class 2:00 Book Club	9:30 Wii Games 11:00 TRIAD 12:30 Mahjong 1:15 Bingo	9:30 Roche Bros 10:00 Coffee Hour 10:00 Exercise Class SENIOR CENTER CLOSSES AT 12:30

BLOOD PRESSURE CLINIC

Senior Center December 21 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.

DEC.	DATE	DESTINATION	PICK-UP	FEE
	2	Roche Bros.	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	9:30am	\$2.00
	23	Stop & Shop	9:30am	\$2.00
	27	Braintree 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 is made available through Community Care-A-Vans at 508-223-1672. Please call them directly for appointments Mondays and Wednesday, 10am – noon.

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.

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**Friends of Westwood
Council on Aging
60 Nahatan Street
WESTWOOD, MA 02090**

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