

# WESTWOOD SENIOR NEWSLETTER



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

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

Director, Pat Larkin

## MAY 2012

### **NOTE FROM THE COA DIRECTOR**

May is a month with many days of celebration—Mother's Day, graduations, Memorial Day, weddings, showers, and Town Meeting. The Annual Town Meeting is important. Please try to attend this meeting.

We would love to have you join in some of the activities at the Senior Center. We have a varied selection. Keeping busy and socializing is a large part of staying healthy as we age. Life can be very good, if we give it a chance. Have a beautiful month.

Sincerely,

*Pat Carty-Larkin*

Director, Westwood COA

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**SENIOR CENTER CLOSED**

**May 28<sup>th</sup>**

**In observance of  
Memorial Day**

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### **Come Play WHIST!!!**

We have a few seniors who would like to play WHIST. If you are interested in joining our Whist group on Monday afternoons, please call the Senior Center at: 781-329-8799 and leave your name and telephone number. We cannot start a group until we have 8 players...we currently have 5 participants ready to play. Please call and join in the fun!

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***Norfolk County Register of Deeds to hold  
office hours Thursday, May 10<sup>th</sup>  
from 10:00am – Noon  
at TOWN HALL***

*The Register and his staff will be available to answer questions or concerns about any Registry of Deeds matter. There will be information about the Massachusetts Homestead Act, as well as computers and printers that can be used to confirm the status of a mortgage discharge, print out a deed or demonstrate how to navigate the Registry's web site.*

*No appointment is necessary.*

**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 EXERCISE**

**Book Club** **Free**  
 Tuesday **MAY 1<sup>st</sup>** 2:00pm

**The Paris Wife** Paula McLain  
 Share your thoughts and meet new friends.

**\$10.00**

**Computer for Beginners**  
 Residents-\$10.00 non-residents \$15.00  
 Tuesdays May 1,8,15 10:00am

Learn formatting and editing. Create a simple table and a card using *Microsoft Word*.  
 Sample the Internet.

**Fun Fit Exercise** **\$3.00/session**  
 Wednesdays May 9:00am  
 2,9,16,23,30  
 Fridays May 4,11,18,25 9:00am

This class is led by Fitness Instructor, Stephanie. Keep fit, stay healthy!

**OUTdoor Walking**

We will begin walking the OUTdoor Track at Westwood High School in the mornings VERY soon.  
 Come and join us and keep moving!!!

**CLASSES and EXERCISE**

(continued)

**Knit and Crochet** **Free**  
 Tuesdays May 1:00pm  
 1,8,15,22,29

This class is led by Louise. Bring your projects and enjoy relaxing afternoons.

**Ladies Craft Group** **Free**  
 Mondays May 7,14,21 10:00am  
 The Ladies Craft Group usually meets the first three Mondays of each month.

**\$3.00/session**

**Low Impact Exercise**  
 Mondays May 7,14,21 1:00pm  
 Wednesdays May 1:00pm  
 2,9,16,23,30  
 Keep fit, stay healthy!

**Painting** **\$40.00 plus supplies**  
 Mondays Continues... 1:00pm

8-week session watercolor painting class.

**Quilting** **\$1.00**  
 Tuesdays May 10:00am  
 1,8,15,22,29

Join our group and enjoy quilting with friends.

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

**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 EXERCISE**

(continued from page 2)

**Tai Chi** **\$3.00/session**  
Tuesdays May 8,15,22,29 1:00pm

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

**Yoga** **\$3.00**  
Tuesdays May 9:30 am  
1,8,15,22,29

Experience the wonderful benefits of balance and strength from yoga.

**Registration required.**

**ONGOING ACTIVITIES**

**Bereavement Group** **Free**  
Wednesday May 9 10:00am  
Wednesday May 23 10:00am

Led by LICSW Nina Johnston, this friendly and supportive group meets the second and fourth Wednesdays of each month.

**Caregivers Support Group**

Wednesday May 9 noon – 2pm  
**Free**

Join this wonderful group meeting sponsored by HESSCO to help you with all of the challenges of caring for a loved one. Learn some coping skills and enjoy sharing with others in the community.

**ONGOING ACTIVITIES**

(continued)

**Blood Pressure Clinic** **Free**  
Wednesday May 16 9:00am  
Westwood's Board of Health nurse is available the third Wednesday of every month.

**Legal Advice (by appointment only)** **Free**  
Tuesday May 1 8:30am-10:00am

Mary J Roque, Attorney, specializing in Elder Law and Estate Planning, will provide free legal guidance to seniors usually on the first Tuesday of each month. Appointments are scheduled at about half hour intervals.

**Legal Advice** **Free**  
Wednesday May 2 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.

**Medical Appointment Transportation to Boston** **\$25.00 donation**

Mondays and 9:00am-11:00am  
Wednesdays

HESSCO has contracted with Community Care-A-Vans in Attleboro to operate the Title III transportation grant to Boston for medical appointments. Appointments must be scheduled on Mondays and Wednesdays, between 9:00am and 11:00am. Rides are shared, so all consumers go into Boston together for the earliest appointment and return home together following completion of the last appointment.

(continued next page)

**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.

**ONGOING ACTIVITIES**

(continued from page 3)

**Medical Transportation (continued)**

Please call Community Care-A-Vans directly at 508-223-1672.

Wheelchair transportation is available To use this program, you MUST BE at least 60 years of age and reside in HESSCO's service area.

<b>Music with Miss Tina</b>	<b>Free</b>
Monday May 7	10:00am

Miss Tina Music Program for seniors and preschoolers.

**SHINE**

(Serving Health Information Needs of Elders)  
 Tuesday May 1 9:00-11:00am

Lori Howell, SHINE representative, is Available, BY APPOINTMENT, on the first Tuesday of each month to help you deal with issues or questions you may have regarding your health insurance.

<b>Waxing</b>	<b>Appointments required</b>
Friday May 4	8:30-10:30am

Licensed Aesthetician Lisa will offer waxing 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.

**GAMES & SPORTS**

<b>Bingo</b>	<b>Free</b>
Thursdays May 3,10,17,24,31	1:15pm

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

<b>Bowling League</b>	
Mondays May 7,14,21	9:30am

Bowling continues.

<b>Bridge</b>	<b>Free</b>
Fridays May 4,11,18,25	11:15am

Join us for Rubber Bridge. Bring your partner, or come alone.

<b>Duplicate Bridge</b>	<b>Free</b>
Wednesdays May 2,9,16,23,30	11:30am

We play in Foxboro on Wednesdays, and all duplicate bridge players are welcome!

<b>Mahjong</b>	<b>Free</b>
Thursdays May 3,10,17,24,31	12:30pm

Bring your game and cards, and come and play!

<b>Wii Games</b>	<b>Free</b>
Thursdays May 3,10,17,24,31	9:30am

You'll have so much fun playing Wii games, you won't even know you're exercising!

**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 EVENTS**

**WHERE CAN I GO FROM HERE?**

Thursday May 10 10:00am

Please join **Erin DiCarlo**, Director of Community Relations for Sunrise Senior Living, to learn more about the **MANY** options for living arrangements as we age. It's a good idea to know some of your options and what plans are available **BEFORE** being in a crisis situation. Come with your questions and concerns. Reservations required.

REFRESHMENTS WILL BE SERVED

**TAKING CONTROL OF YOUR FUTURE: A Legal Checkup**

Thursday May 17 10-11am

Please join us for a very interesting and informative presentation concerning the **many** aspects of legal concern to seniors. Please register for this important discussion and there will be time for your questions. The presenter will be Attorney Maria C. Baler, who presents legal information in our newsletter.

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**TRIAD**

THURSDAY MAY 24<sup>TH</sup> 11am

Join in the discussion of Safety issues and other concerns of Seniors with Joseph Canavan from the Norfolk County Sheriff's Office. Refreshments will be served.

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**SPECIAL EVENTS** (continued)

***SONGBIRDS OF THE NORTHEAST***

Monday MAY 21 10:30am

Come and enjoy a wonderful presentation featuring exquisite photographs and recordings of our region's songbirds by naturalist John Root. Learn how to recognize our songbirds by their songs and calls. Discover intriguing information about these birds' behaviors. Please register for this program.

**Handouts with information about bird clubs, nature centers, and recommended books and web sites will be available at the program's conclusion.**

**Come and enjoy a Free TRADITIONS Breakfast**

Thursday May 24<sup>th</sup> 9:30-10:30am

Come and have a wonderful breakfast prepared by the chef at **Traditions** of Dedham. Limited to 30 people. Westwood residents only.

**Intergenerational Program**

**June 13 Senior Center – Pizza party & planting**

Final gathering of this wonderful program. Hope to see you next year.

**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 EVENTS**

**COME AND TAKE A TRIP WITH US!!!**

**BROADWAY TONITE**

**May 16, 2012      Wednesday**

**\$43.00pp Without Transportation**

**Location:**                      **Luciano's on Lake Pearl,  
Wrentham, MA**

**Meal Choice:**                **Stuffed Breast of Chicken or  
Baked Haddock**

**BROADWAY SHOW STOPPERS from *Oklahoma!*,  
*Anything Goes*, *West Side Story*, *A Chorus Line*,  
*Phantom of the Opera*, *Rent*, *Wicked*, *Pajama  
Game* and many more!**

*Price includes Luncheon and Show...*

*Drive on your own to this wonderful local show.*

**SPECIAL EVENTS** (continued)

**LAKE WINNIPESAUKEE  
AND MORE!!!**

**July 10, 2012      Tuesday**

**\$89.00 pp**

*CRUISE on Lake Winnepesaukee and LUNCH at The  
Lakehouse, Meredith, NH, AND THEN a visit to  
CASTLE IN THE CLOUDS!!!*

*Meal Choices:                      Grilled Boneless Chicken  
Breast or Roast Pork Loin*

*Enjoy a 1-hour scenic tour out of Weirs Beach...  
Have a delightful lunch with views of Meredith  
Bay on Lake Winnepesaukee and then see truly  
breathtaking views from a spectacular mansion  
perched on 5500 acres overlooking the region.*

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**KENNEBUNKPORT CITY  
TOUR**

**July 25, 2012      Wednesday**

**\$79.00pp**

*Meal Choices:                      Whole boiled Lobster &  
Steamed Clams or Baked Haddock w  
seafood stuffing...*

*Sit back and enjoy a guided tour of the quaint  
town of Kennebunkport. We'll explore the town's  
history and architecture and see the Wedding  
Cake House, George & Barbara Bush's summer  
home and **stroll & admire** the lovely gardens of  
the Franciscan Monastery. **Our day begins with  
a Lobsterbake in Scarborough, Maine.***

**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 EVENTS** (continued)

**Westwood Senior Men’s Club**  
Thursday May 10 10:00am  
Executive Board Meeting.

**Westwood Woman’s Club**  
Wednesday May 2 9:30am  
Executive Board meeting

**FREE  
HEARING TESTS**

**THURSDAY MAY 31<sup>ST</sup> 10am-Noon**

**Come and have a free hearing assessment provided by Speech Language and Hearing Associates of Greater Boston. Screenings are done privately and are by appointment only by licensed audiologist Tina Roberts. Please call the senior center to schedule your free hearing appointment.**

**ASK A LAWYER**

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

This month’s question:

**Q:** My neighbor’s husband recently passed away and she told me that her lawyer said that his estate does not need to go to probate. How can this be?

**ASK A LAWYER** (from previous column)

**A:** It is quite possible that no probate is necessary for your friend’s husband’s estate. A probate proceeding for an estate is only necessary when there are assets in a deceased person’s individual name and there is no named beneficiary. For example, a bank account in the decedent’s name alone or a life insurance policy with no named beneficiary would need to be probated. Since many married couples hold their real estate and bank accounts jointly, and name each other as the beneficiary of IRAs and life insurance policies, there is often no need for probate when one spouse dies. Of course, this is not always the case. In any event, it is a good idea to consult with an attorney when a spouse dies. Even if there is no probate proceeding required, there may be other tasks which need to be done such as filing an estate tax return and clearing title to real estate. In addition, it is important for the surviving spouse to update his or her estate plan documents.

*For more information and to read more about elder law and the services provided by elder law attorneys please visit [www.ssbllc.com](http://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.*

**REGISTRATION REQUIRED FOR  
ALL EVENTS**

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**MOVIES FREE**

Tuesdays 2:00pm

**MAY 1**

**The Trouble with Harry**

1955 **PG** 100 minutes

Alfred Hitchcock's second American comedy demonstrates the director's flair for gallows humor. The trouble with Harry is ... he's "expired," and the residents of a quaint New England tourist spot just can't seem to get rid of him. Shirley MacLaine makes her film debut, and that's Jerry Mathers (the Beave himself) as the bewildered boy. See if you can spot Hitchcock in his customary cameo (hint: he's strolling past a limo). **Cast:** Edmund Gwenn, John Forsythe, Jerry Mathers, Shirley MacLaine, Alfred Hitchcock

**MAY 8**

**Charlotte Gray**

2001 **PG-13** 121 minutes

A Scottish woman (Cate Blanchett) searching for her missing pilot boyfriend during World War II must choose between finding her lost love and taking a stand when she meets a local farmer (Michael Gambon) and his son (Billy Crudup), a leader in the resistance who's harboring two Jewish children.

**May 15**

**Rope**

1948 **PG** 81 minutes

Farley Granger and John Dall are riveting as two friends who pride themselves on committing the "perfect murder" -- until their former teacher (James Stewart) becomes increasingly suspicious -- in this classic Hitchcock thriller inspired by a real-life crime. Over the course of a seemingly routine cocktail party, the professor, to his horror, will discover how brutally his students have turned his academic theories into chilling reality. **Cast:** James Stewart, John Dall, Farley Granger, Cedric Hardwicke

**May 22**

**The Trouble with Angels**

1966 **PG** 110 minutes

Two teens turn a staid convent upside down with their youthful glee and zany antics. Although the pair gets in trouble for transgressions like invading the nuns' quarters and substituting soap for sugar in the kitchen, their charm wins everyone over. **Cast:** Hayley Mills, Rosalind Russell, **Gypsy Rose Lee**

**May 29**

**The Iron Lady**

2011 **PG-13** 105 minutes

Meryl Streep provides a subtle and nuanced portrait of Margaret Thatcher, the first female prime minister of Britain, whose political career and determination changed the rules that had limited women's opportunities for leadership.



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## MAY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 ORIENTAL VEG SOUP TERIYAKI CHICKEN ASIAN RICE MUFFIN FRESH FRUIT	2 APPLE CIDER BEEF STEW W/VEG BOILED POTATO >WHOLE WHEAT ROLL DRIED FRUIT MIX	3 SPAGHETTI W/MEAT SAUCE CUT GREEN BEANS  >WHEAT BREAD PUDDING	4 SALMON BOAT W/DILL SAUCE WHIPPED POTATO MIXED VEGETABLES >WHOLE WHEAT BREAD # CUTIE PIE
	<i>CALORIES</i> 382 <i>SODIUM</i> 561	<i>CALORIES</i> 450 <i>SODIUM</i> 384	<i>CALORIES</i> 375 <i>SODIUM</i> 196	<i>CALORIES</i> 384 <i>SODIUM</i> 420
7 BBQ PORK RIB  LYONNAIS POTATO COUNTRY BLEND VEG >WHOLE WHEAT ROLL  PEACHES	8 CHICKEN SALAD COLD PLATE  PASTA SALAD COLD BEET SALAD >WHEAT BREAD  PEARS	9 MAC & CHEESE ESCALOPED  TOMATOES MULTIGRAIN ROLL  DRIED PLUMS	10 <u>HAPPY MOTHER'S DAY</u>  ROAST TURKEY&GRAVY *CRANBERRY SAUCE  WHIPPED POTATO WINTER SQUASH >WHOLE WHEAT BREAD  #STRAWBERRY SHORTCAKE	11 HAMBURGER ON ROLL *KETCHUP PACKET HASH BROWN POTATO HOT THREE BEAN SALAD HAMBURGER ROLL FRESH FRUIT
<i>CALORIES</i> 299 <i>SODIUM</i> 539	<i>CALORIES</i> 435 <i>SODIUM</i> 514	<i>CALORIES</i> 393 <i>SODIUM</i> 541	<i>CALORIES</i> 368 <i>SODIUM</i> 530	<i>CALORIES</i> 436 <i>SODIUM</i> 444
14 CHICKEN CHOW MEIN  W/VEGETABLES RICE PILAF MULTIGRAIN ROLL PINEAPPLE CHUNKS	15 SHEPPARD'S PIE  MIXED VEGETABLES >WHOLE WHEAT BREAD DRIED FRUIT MIX	16 TOMATO FLORENTINE  SOUP ROAST CHICKEN W/SUPREME SAUCE RICE FLORENTINE >WHOLE WHEAT ROLL  #CUTIE PIE	17 ITALIAN BEEF TIPS ITALIAN PASTA SPRING BLEND VEG  MUFFIN  PEARS	18 POTATO FISH FILET *TARTAR SAUCE A GRATIN POTATOES ZUCCHINI & TOMATO ->WHEAT BREAD FRESH FRUIT
<i>CALORIES</i> 291 <i>SODIUM</i> 422	<i>CALORIES</i> 538 <i>SODIUM</i> 300	<i>CALORIES</i> 403 <i>SODIUM</i> 670	<i>CALORIES</i> 481 <i>SODIUM</i> 101	<i>CALORIE</i> 417 <i>SODIUM</i> 491
21 WHOLE GRAIN LASAGNA W/TOMATO BASIL SAUCE TUSCANY BLEND VEG >WHOLE WHEAT ROLL  PEARS	22 GRILLED CHICKEN SANDWICH HOT POTATO SALAD CLAIF. BLEND VEG HAMBURGER ROLL DRIED PLUMS	23 MEATLOAF W/GRAVY WHIPPED POTATO  CARROT COINS >WHOLE WHEAT BREAD  PEACHES	24 TURKEY DIVAN W/BROCCOLI  CONFETTI RICE MULTIGRAIN ROLL FRESH FRUIT	25 SWEDISH MEATBALLS BUTTERED NOODLES SCANDINAVIAN BLEND VEGETABLES >WHOLE WHEAT BREAD #CUTIE PIE
<i>CALORIES</i> 282 <i>SODIUM</i> 422	<i>CALORIE</i> 234 <i>SODIUM</i> 409	<i>CALORIES</i> 448 <i>SODIUM</i> 455	<i>CALORIES</i> 355 <i>SODIUM</i> 617	<i>CALORIES</i> 547 <i>SODIUM</i> 479
28 MEMORIAL DAY NO MEAL SERVED	29 CHICKEN STEW  W/VEGETABLES GARLIC PENNE PASTA >WHOLE WHEAT ROLL  DRIED FRUIT MIX	30 REDUCED SODIUM HOT DOG ON ROLL  *MUSTARD VEGETARIAN BEANS  HOT GERMAN SLAW #BIRTHDAY CAKE	31 *CHEESE OMELET HASH BROWN POTATO  WINTER BLEND MUFFIN  PEARS	DONATION IS \$2.50 PER MEAL.  TO CANCEL OR SCHEDULE MEALS, PLEASE CALL  781-784-4944
<i>CALORIES</i> <i>SODIUM</i>	<i>CALORIES</i> 467 <i>SODIUM</i> 324	<i>CALORIES</i> 392 <i>SODIUM</i> 703	<i>CALORIES</i> 393 <i>SODIUM</i> 564	

ALL OVER 60 YEARS OF AGE ARE WELCOME AT THE MEAL SITES FOR LUNCH AND SOCIALIZATION. Sodium and Calories for above are for entrée only. Symbols: > High Fiber, \* Added Salt, #Added Sugar, Modified desserts available.

## ACTIVITIES – MAY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<b>8:30 FREE LEGAL Help</b> <b>9:00 SHINE Health Ins</b>  <b>9:30 Yoga</b> 10:00 Begin.Computer  <b>10:00 Quilting</b> <b>1:00 Knit &amp; Crochet</b>  2:00 <b>Movie</b> 2:00 <b>Book Group</b>	9:00 FUN FIT  <b>9:30 Woman's Club Exec. Board Mtg</b> <b>10:00 Atty Pellegrini</b>  Duplicate Bridge-Fox. 11:30 1:00 Exercise Class	9:30 Wii Games  12:30 Mahjong  1:15 Bingo	<b>8:30 WAXING</b>  9:00 FUN FIT  9:30 Shaw's Mkt 10:00 Coffee Hour 11:15 <b>Rubber Bridge</b>
7	8	9	10	11
9:30 Bowling 10:00 Ladies Craft Grp 10:00 Miss Tina  1:00 Exercise Class  1:00 Painting	9:30 Yoga <b>9:30 Braintree Mall</b> 10:00 Begin.Computer  <b>10:00 Quilting</b>  <b>1:00 Knit &amp; Crochet</b>  1:00 <b>Tai Chi</b> 2:00 <b>Movie</b>	9:00 FUN FIT  <b>10:00 Nina's Bereavement Group</b>  <b>12:00 Caregiver's Support Group</b>  Duplicate Bridge-Fox 11:30 1:00 Exercise Class	9:30 Wii Games  <b>9:30 Senior Men's Exec Bd Mtg</b> Mahjong <b>10:00 LIVING OPTIONS</b> 12:30 Mahjong  1:15 Bingo	9:00 FUN FIT 9:30 Hannaford's 10:00 Coffee Hour  11:15 Rubber Bridge
14	15	16	17	18
9:30 Bowling  10:00 Ladies Craft Grp  1:00 Exercise Class  1:00 Painting	9:30 Yoga  10:00 Begin.Computer  10:00 Quilting  1:00 Knit & Crochet 1:00 Tai Chi 2:00 Movie	9:00 FUN FIT 9:00 <b>Blood Pressure</b>  <b>11:30 Intergenerational</b>  Duplicate Bridge-Fox 11:30 1:00 Exercise Class	9:30 Wii Games  <b>10:00 LEGAL CHECKUP</b>  12:30 Mahjong  1:15 Bingo	9:00 FUN FIT  9:30 Stop & Shop 10:00 Coffee Hour 11:15 Rubber Bridge
21	22	23	24	25
9:30 Bowling 10:00 Ladies Craft Grp <b>10:30 SONGBIRDS!!!</b>  1:00 Painting	9:30 Walpole Mall/Walmart 9:30 Yoga  1:00 Knit & Crochet  1:00 <b>Tai Chi</b> 2:00 <b>Movie</b>	<b>9:00 FUN FIT</b>  <b>10:00 Nina's Bereavement</b>  Duplicate Bridge-Fox 11:30 1:00 Exercise Class	9:30 Wii Games  <b>9:30 TRADITIONS BREAKFAST</b> <b>11:00 TRIAD Talk</b> <b>12:30 Mahjong</b>  <b>1:15 Bingo</b>	9:00 FUN FIT  9:30 Roche Bros. 10:00 Coffee Hour
28	29	30	31	
<b>MEMORIAL DAY</b>  <b>Senior Center</b>  <b>CLOSED</b>	9:30 Yoga  <b>10:00 Quilting</b>  <b>1:00 Knit &amp; Crochet</b> 1:00 <b>Tai Chi</b> 2:00 <b>Movie</b>	9:00 FUN FIT  Duplicate Bridge-Fox 11:30 1:00 Exercise Class	9:30 Wii Games  <b>10:00 FREE HEARING Screening</b> 12:30 Mahjong 1:15 Bingo	



### NURSING AND REHABILITATION CENTER

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**BLOOD PRESSURE CLINIC**  
**Senior Center      MAY 16<sup>TH</sup>      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.

MAY	DATE	DESTINATION	PICK-UP	FEE
	4	Shaw's Mkt	9:30am	\$2.00
	8	Braintree Mall	9:30am	\$2.00
	11	Hannaford's Mkt	9:30am	\$2.00
	18	Stop & Shop	9:30am	\$2.00
	22	Walpole/Walmart	9:30am	\$2.00
	25	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 take only 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 3<sup>rd</sup> Wednesday of each month. Please call the Center at (781)329-8799 to arrange for transportation.

**FISH volunteers** are also available for some assistance to medical appointments.

**Medical Transportation** for Westwood residents to medical appointments within a 10-mile radius, is available Monday to Friday 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** is available through Community Care-A-Vans at 508-223-1672. Please call them directly for appointments scheduled Mondays and Wednesday, 9:00am – 11:00am. Donation request is \$25.00.

**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  
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60 Nahatan Street  
WESTWOOD, MA 02090**

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