

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

JULY 2012

NOTE FROM THE COA DIRECTOR

Director's Report:

This month the Senior Center is offering Gary Hylander's lecture series: "America Votes: Race for The White House," presented at 10:00 am on Wednesdays, July 11, 18, and 25.

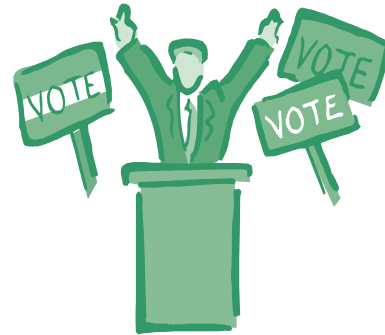
Our Senior Suppers are scheduled for July 25th and August 29th at 5:00 pm. The seating is limited to 36 people. Registrations will be taken on July 2nd for the July dinner and on August 1st for the August dinner. We request that people sign up for just one of these dinners, giving everyone the opportunity to attend.

The Senior Center is a great place to come on a warm day. You can bring in a book or find a book in our library. Come and sit and read or use our computers to email your friends. We also have many daily activities that you might find of interest as well. Please take advantage of our air conditioned Senior Center and enjoy the month of July.

Sincerely,

Pat Carty-Larkin

Director, Westwood COA



AMERICA VOTES:

THE RACE FOR THE WHITE HOUSE

Dates: Wednesdays, July 11, 18, 25
Time: 10 AM

Enjoy GARY HYLANDER'S entertaining and insightful exploration of three American Presidential Elections: Kennedy v. Nixon (1960), Carter v. Reagan (1980), and Gore v. Bush (2000).

PLEASE REGISTER BY CALLING THE COA

HESSCO lunch served daily:

Please call Rita at: 781-329-6514

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 **July 10** 2:00pm
The Language of Flowers Vanessa Diffenbaugh

Share your thoughts and meet new friends.

Computer for Beginners **\$10.00**
 Residents-\$10.00 non-residents \$15.00
 Tuesdays July 3,10,17 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 July 11,18,25 9:00am
 Fridays July 6,13,20,27 9:00am
 This class is led by Fitness Instructor, Stephanie. Keep fit, stay healthy!

OUTdoor Walking **9AM**
Free
Tuesdays and
Thursdays

We are now walking the OUTdoor Track at Westwood High School in the mornings at about 9 am.
 Come and join us and keep moving!!!

CLASSES and EXERCISE

(continued)

Knit and Crochet **Free**
 Tuesdays July 3,10,17,24 1:00pm

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

Ladies Craft Group **Free**
 Mondays July 2,9,16 10:00am
 The Ladies Craft Group usually meets the first three Mondays of each month.

\$3.00/session
Low Impact Exercise
 Mondays July 2,9,16,23,30 1:00pm
 Wednesdays July 11,18,25 1:00pm
 Keep fit, stay healthy!

Painting **\$40.00 plus supplies**
 Mondays **Continues...this** 1:00pm
Fall
 8-week session watercolor painting class.

Quilting **\$1.00**
 Tuesdays July 3,10,17,24 10:00am

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 July 3,10,17,24 1:00pm

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

Yoga **\$3.00**
Tuesdays July 10,17,24,31 9:30 am
Experience the wonderful benefits of balance and strength from yoga.
Registration required.

ONGOING ACTIVITIES

Bereavement Group **Free**
Wednesday **July 18** 10:00am

Led by LICSW Nina Johnston, this friendly and supportive group usually meets Wednesdays during each month. Please call to register.

Caregiver Group **Free**

Nina will lead this newly formed, supportive group on **Wednesday, JULY 11TH at 10 am.**

ONGOING ACTIVITIES

(continued)

Blood Pressure Clinic **Free**
Wednesday July 18th 9:00am

Westwood's Board of Health nurse is available the third Wednesday of every month.

Legal Advice (by appointment only) **Free**
Tuesday **JULY 3** 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.

Financial Planning/Legal Advice
Free

Wednesday July 11 10:00am
Attorney Frederick Pellegrini returns to the Senior Center to provide free legal and estate information usually on the first Wednesday of each month. As always, registration is required.

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

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

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.

SHINE

(Serving Health Information Needs of Elders)

Tuesday July 3 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.

Waxing Appointments required
Tuesday July 3 8:30-10:30am

Licensed Aesthetician Lisa will offer waxing usually 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.

GAMES & SPORTS

Bingo Free
 Thursdays July 5,12,19,26 1:15pm
 Seniors are invited to play Bingo every Thursday afternoon. Join us and bring a friend!

Bowling League
 Mondays 9:30am
 Bowling resumes in the Fall.

Bridge Free
 Fridays July 6,13,20,27 11:15am

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

Cribbage Free
 Wednesdays July 11,18,25 1:00pm

Duplicate Bridge Free
 Wednesdays July 11,18,25 11:30am
 We play in Foxboro on Wednesdays, and all duplicate bridge players are welcome!

Mahjong Free
 Thursdays July 5,12,19,26 12:30pm

Bring your game and cards, and come and play!

Whist Free
 Mondays 1pm

July 2,9,16,23,30

Come and join our newest group!!!

Wii Games
 Thursdays July 5,12,19,26 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 (continued)

SPECIAL EVENTS

Gary Hylander's 3-Part Series

AMERICA VOTES: THE RACE FOR THE WHITE HOUSE

Kennedy v. Nixon: The 1960 Presidential Election

Wednesday, July 11, 2012 @ 10:00 AM

The election of 1960 was a cliffhanger that witnessed a record voter turnout. Both Kennedy and Nixon campaigned energetically across the country. Kennedy called for a New Frontier while Nixon spoke of his Vice-Presidential experience and the need to maintain the policies and continuity of the Eisenhower years. For the first time, television played a critical role in shaping a presidential election.

Carter v. Reagan: 1980 Election

Wednesday, July 18, 2012 @ 10:00 AM

Beset by high fuel costs, rising interest rates and mounting unemployment the Carter administration was already on the defensive as the 1980 election approached. And then came the cruelest

blow of all, the 444 day Iranian hostage crisis. Promising a new "Morning In America, Ronald Reagan asked American voters "are you better today than you were four years ago?" The answer was an overwhelming "NO"; Reagan was elected in a landslide.

Gore v. Bush: The 2000 Election

Wednesday, July 25, 2012 @ 10:00 AM

At the close of the Clinton years, the American economy had never appeared stronger. The Stock Market was booming and the deficits of the Reagan years had given way to large and growing surpluses. Vice-President Al Gore appeared headed for certain victory. The 2000 presidential election proved to be the closest in more than a century. Five weeks after the election however, a sharply divided Rehnquist Court put a stop to the Florida recount and awarded Florida's twenty-five electoral votes to president-elect George Bush. Vice-President Al Gore gracefully conceded the decision.

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!!!



August 16, 2012

Thursday

RAIL and SAIL

\$89.95pp

Upon arriving at Meredith, NH, we will board the Winnepesaukee Railroad for a 1.5 hr excursion to Weirs Beach where we will board the M/S Mount Washington for a scenic cruise of New Hampshire's most beautiful lake. On board, enjoy a luncheon buffet and live entertainment featuring "Rock, Roll and Remember." Buffet luncheon menu includes: carved prime rib, haddock, potatoes, vegetables, salads, home baked rolls, and assorted desserts. A la cart cocktail bar will be available.

Trip includes: transportation, train ride, scenic cruise, luncheon and entertainment.

September 25, 2012

Tuesday

TWIN RIVER -- BEATLEMANIA NOW!

\$79.95pp

Time for fun at **TWIN RIVER** Casino and then Rock 'n Roll to the ultimate **Beatles** experience for fans of all ages!!!

SPECIAL EVENTS (continued)

Cost includes \$10.00 in Bonus Play AND Luncheon.

*This event is Dinner Theater style seating.... Come for the show **and** Try Your Luck!*

Trip includes: transportation, luncheon served buffet style, show and gaming package.

November 13, 2012

Tuesday

MOHEGAN SUN Presents:

KINGS OF COUNTRY

\$75.00 pp

An Unforgettable Tribute to the biggest names in Country Music ...Phillip Bauer as Johnny Cash, Marion Deaton as Willie Nelson, and Marty Edward as Kenny Rogers. More details soon.



JULY 6TH, JULY 20TH & AUGUST 3
10am – noon at the Senior Center

\$5.00 donation

The **Team Todd Carwash** is an annual charity event. This event is run by our Summertastic program. This program is a group of twelve and thirteen year old kids who are involved with community service throughout the summer. Team Todd is a charity that helps raise money for the Jimmy Fund. This car wash has been a great way to help with the cause.

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

REASSURANCE LINE

Would you like to receive a friendly daily telephone call? Our Reassurance Line links seniors with people who call each morning at about 9am as a reminder to take medications or just as a “check in” to see how you are doing. Please call Outreach Worker Jean Stahl at: 781-329-8799 to join this beneficial program.

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. Please feel free to submit your questions anonymously by dropping them in the Ask A Lawyer box.

This month’s question:

Q: My husband and I are going to move to New Hampshire this summer. We are considering renting out our Massachusetts home for a year before we try to sell it in the hope that the real estate market will improve. Will we still be able to exclude the capital gain on the sale of our Massachusetts home when we do sell it?

ASK A LAWYER (from previous column)

A:

Federal tax law allows a homeowner to exclude up to \$250,000 of capital gain on the sale of a primary residence. For most married couples, this means \$500,000 of gain may be excluded.

In order for a home to qualify as a primary residence for purposes of the exclusion, the home must have been both owned and occupied by the seller as her primary residence for two out of the five years preceding the sale. As with most tax rules, there are many exceptions to the general rule. For example, while renting out your home for one year will not disqualify you from taking advantage of the capital gain exclusion, it adds a complication which will have to be specifically addressed when you report the sale on your income tax return. As is always the case when dealing with complex tax issues, you should consult with a qualified tax professional.

For more information and to read more about elder law and the services provided by elder law attorneys please 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.

FRIENDS OF WESTWOOD COA MEETING

Thursday, July 19th at 10:30 am

COME ENJOY A FUN-FILLED TIME WITH SUPPORTERS OF OUR SENIORS!!!

**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 FREE

Tuesdays 2:00pm

JULY 3 The Last of the Blonde Bombshells

2000 **PG-13** 84 minutes

While grieving after the loss of her husband, a widow (Judi Dench) finds comfort in an old friend: her saxophone. A chance meeting with a man from her past (Ian Holm) prompts her to reunite her all-girl bandmates -- who played all over England during World War II. This HBO production includes cameos from Leslie Caron, Olympia Dukakis and Cleo Laine.

JULY 10 Fair Game

2010 **PG-13** 108 minutes

After her husband, Ambassador Joseph Wilson (Sean Penn), writes op-ed columns accusing the Bush administration of misleading the public to justify invading Iraq, Valerie Plame Wilson's (Naomi Watts) status as a covert CIA agent is leaked by administration officials.

JULY 17 We Bought a Zoo

2011 **PG** 126 minutes

In this adaptation of Benjamin Mee's memoir about buying and saving a run-down zoo, the locale shifts from Britain to southern California. However, the wacky spirit of the original is retained, complete with escaped tigers and a zoo crew of misfits. **Cast:** Matt Damon, Scarlett Johansson

JULY 24 Top Hat

1935 **NR** 100 minutes

This joyous Fred Astaire and Ginger Rogers musical features an Irving Berlin score and the classic duet "Cheek to Cheek." **Cast:** Fred Astaire, Ginger Rogers, Edward Everett Horton, Erik Rhodes, Eric Blore, Helen Broderick, Lucille Ball, Leonard Mudie, Donald Meek, Florence Roberts, Edgar Norton

JULY 31 THE DISH

2000 **PG-13** 101 minutes

A village in Australia is thrust into the spotlight when NASA employs a satellite dish to serve as a transmitter for the Apollo 11 moon mission. But when the dish gets out of range, it's up to the Aussies to ensure that the mission is broadcast.

**The Westwood Cultural Council
and The Westwood Council on Aging
PRESENT:**

**Nutrition Pearls of China, Costa Rica
& Loma Linda**

A Fun and Informative Nutrition Presentation

**Thursday, July 12
1:00 pm – 2:00 pm**

Discover how following some traditional eating habits of the Chinese can lower rates of heart disease, cancer and diabetes. Join Tricia Silverman, Registered Dietitian and Nutrition Expert, to learn how beans, squash, and corn are helping people live longer in Costa Rica. See why the Seventh Day Adventists in Loma Linda, California, are one of the healthiest and longest living populations in the United States. Strategies for simple and healthy meals and snacks that reflect the tasty and nutritious food of these cultures will be shared.

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JULY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. CRUNCHY LITE FISH LYANAISE POTATO ZUCCHINI & SUMMER SQUASH >MUFFIN PEARS CALORIES 484 SODIUM 461	3. GRILLED BBQ CHICK SANDWICH HASH BROWN POT BROCC & CALIF BLEND HAMBURGER ROLL GRAHAM CRACKER CALORIES 398 SO DIUM 532	4TH OF JULY HOLIDAY SENIOR CENTER CLOSED	5. AMERICAN CHOP SUEY WAX & GREEN BEANS >WHOLE WHEAT BREAD DRIED FRUIT MIX CALORIES 293 SODIUM 210	6. CHICKEN STEW W/VEG WHITE RICE >MULTIGRAIN ROLL FRESH FRUIT CALORIES 294 SODIUM 359
9. MEATBALL SUB SAND O'BRIEN POTATOES CARROT COINS FINGER ROLL DRIED PLUMS CALORIES 336 SODIUM 792	10. MACARONI & CHEESE ESCALLOPED TOMATO >WHOLE WHEAT ROLL PEACHES CALORIES 443 SODIUM 543	11. BEEF BARLEY SOUP HERB BAKED CHICKEN BREAST MIXED VEG >MULTIGRAIN ROLL #CUTIE PIE CALORIES 377 SODIUM 330	12. LOW SODIUM *HOT DOG ON A ROLL BAKED BEANS HOT GERMAN SLAW HOT DOG ROLL JELLO CALORIES 425 SODIUM 707	13. SEAFOOD CASSEROLE W/SHRIMP SUMMER BLEND VEG WHIPPED POTATO >WHOLE WHEAT BREAD FRESH FRUIT CALORIES 212 SODIUM 409
16. TERIYAKI CHICKEN W/VEGETABES GARLIC & OIL PASTA >WHEAT BREAD PEARS CALORIES 498 SODIUM 369	17. BEEF CHILI BROWN RICE >MULTIGRAIN ROLL PUDDING CALORIES 296 SODIUM 405	18. ROAST PORK W/GRAVY OVEN ROASTED POTATO WINTER SQUASH WHOLE WHEAT BREAD APPLESAUCE CALORIES 472 SODIUM 227	19. SWEET & SOUR MEATBALLS WHIPPED POTATO SCANDINAVIAN BLEND VEGETABLES >WHEAT BREAD MIXED DRIED FRUIT CALORIES 390 SODIUM 578	20. SEAFOOD SALAD ON ROLL PASTA SALAD COLE SLAW FRESH FRUIT CALORIES 513 SODIUM 275
23. SPAGHETTI W/MEAT SAUCE GENOA BLEND VEG >MULTIGRAIN ROLL DRIED PLUMS CALORIES 392 SODIUM 221	24. BEEF BURGUNDY RED BLISS POTATO GLAZED CARROTS >WHOLE WHEAT BREAD BREAD PEARS CALORIES 327 SODIUM 364	25. HAPPY BIRTHDAY MEATLOAF W/GRAVY WHIPPED POTATO MIXED VEG >WHEAT BREAD #BIRTHDAY CAKE CALORIES 463 SODIUM 251	26. VEGETABLE SOUP HONEY GLAZED CHICKEN BREAST AUGRATIN POTATO >WHOLE WHEAT ROLL FRESH FRUIT CALORIES 324 SODIUM 406	27. BREADED FISH FILET RICE PILAF BEETS *TARTAR SAUCE >WHOLE WHEAT BREAD PINEAPPLE CHUNKS CALORIES 306 SODIUM 529
30. WHOLE GRAIN LASAGNA LASAGNA ITALIAN BLEND VEG >MULTIGRAIN ROLL #CUTIE PIE CALORIES 305 SODIUM 499	31. L'ORANGE GRILLED CHICKEN CHIVE POTATO TUSCAN BLEND VEG MUFFIN DRIED FRUIT MIX CALORIES 424 SODIUM 447			

All over 60 years of age are welcome to the meal site for lunch and socialization. Suggested Donation: **\$2.50** per meal. Please call Rita at 781-329-6514 at least 2 days in advance to make your reservations. Envelopes for your home-delivered meals' confidential donation will be distributed on Monday & collected on Friday.

ACTIVITIES JULY 2012


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
10:00 Craft Group 1:00 Exercise Class 1:00 Whist Group	8:30 WAXING 8:30 Free Legal Help 9:00 SHINE 9:00 Outdoor Walking 10:00 Quilting 10:00 Computer Class 1:00 Tai Chi 1:00 Knitting & Crocheting 2:00 Movie	 HAPPY JULY 4TH !!!	9:00 Outdoor Walking 9:30 Wii Games 12:30 MAHJONG 1:15 BINGO	9:00 Fun Fit 9:30 Roche Bros. 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
9	10	11	12	13
10:00 Craft Group 1:00 Exercise Class 1:00 Whist Group	9:00 Outdoor Walking 9:30 YOGA 9:30 Braintree Mall 10:00 Quilting 10:00 Computer Class 1:00 Knitting & Crocheting 1:00 Tai Chi 2:00 Movie 2:00 Book Group	9:00 Fun Fit 10:00 FREE Financial Planning Guidance 10:00 Caregivers Group 10:00 Gary Hylander 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class	9:00 Outdoor Walking 9:30 Wii Games 12:30 MAHJONG 1:00 NUTRITION PRESENTATION 1:15 BINGO	9:00 Fun Fit 9:30 Shaw's Mkt. 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
16	17	18	19	20
10:00 Craft Group 1:00 Exercise Class 1:00 Whist Group	9:00 Outdoor Walking 9:30 YOGA 9:30 Walpole – Walmart 10:00 Quilting 10:00 Computer Class 1:00 Knitting & Crocheting 1:00 Tai Chi 2:00 Movie	9:00 Blood Pressure 9:00 Fun Fit 10:00 Gary Hylander 10:00 Bereavement Support Group 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class	9:00 Outdoor Walking 9:30 Wii Games 10:30 FRIENDS OF WESTWOOD COA 12:30 MAHJONG 1:15 BINGO	9:00 Fun Fit 9:30 Hannaford's 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
23	24	25	26	27
1:00 Exercise Class 1:00 Whist Group	9:00 Outdoor Walking 9:30 YOGA 9:30 Braintree Mall 10:00 Quilting 1:00 Knitting & Crocheting 1:00 Tai Chi 2:00 Movie	9:00 Fun Fit 10:00 Gary Hylander 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class	9:00 Outdoor Walking 9:30 Wii Games 12:30 MAHJONG 1:15 BINGO	9:00 Fun Fit 9:30 Stop & Shop 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
30	31			
1:00 Exercise Class 1:00 Whist Group	9:00 Outdoor Walking 9:30 YOGA 9:30 X-mas Shop – Avon 10:00 Quilting 1:00 Knitting & Crocheting 1:00 Tai Chi 2:00 Movie			

BLOOD PRESSURE CLINIC

Senior Center

JULY 18TH

9:00 AM – 11:30 AM



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SENIOR TRANSPORTATION SERVICES

Shoppers' Bus for Westwood residents is available on most Tuesdays to local Shopping Malls, and on most Fridays for food shopping. Participants are restricted to 4 shopping bags per person.

JULY	DATE	DESTINATION	PICK-UP	FEE
	6	Roche Bros.	9:30am	\$2.00
	10	Braintree Mall	9:30am	\$2.00
	13	Shaw's Market	9:30am	\$2.00
	17	Walpole-Walmart	9:30am	\$2.00
	20	Hannaford's Mkt.	9:30am	\$2.00
	24	Braintree Mall	9:30am	\$2.00
	27	Stop & Shop	9:30am	\$2.00
	31	X-Mas Shop/Avon	9:30am	\$2.00

The COA will make 2 trips for food shopping if we have more than 6 seniors registered. Seniors on a waiting list will go shopping at 10:30a.m. and will 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 3rd 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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