

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

SEPTEMBER 2012

NOTE FROM THE COA DIRECTOR

Director's Report:

September is such a lovely month with many events to attend. Westwood Day takes place on Saturday, September 22nd from 10:00 am – 3:00 pm at the High School. All town departments including the COA will be displaying information and selling items. We will be selling chances on a most beautiful quilt made by the ladies in the COA Quilting class. We will also have several other items of interest. It will be something like a good old country fair. I look forward to seeing you on September 22nd.

The COA staff and Board members also honor our wonderful volunteers in September. We will be having our Annual Volunteer Luncheon on September 20th. This is our small way of showing our appreciation to the many volunteers who assist at the Senior Center. They are the backbone of the Senior Center and we sincerely respect and appreciate the time and energy they donate to assist other seniors in need.

Please read through our newsletter and check to see if you might like to attend one of our programs or lectures. You are always most welcome!

Sincerely,

Pat Carty-Larkin

Director, Westwood COA

THANK YOU

A big "Thank You" is going out to the ladies in our Quilting class. The quilting class has created a beautiful quilt to be raffled on September 22, 2012. The proceeds from the raffle will be for the building fund. Cathy Bodio the quilting instructor supervised the making of the quilt. The ladies who kindly donated their many hours are: Peggy Farrell, Gail Linehan, Marjorie Mathys, Jan Partridge, Betsy Rae, Joan Ryan, Joyce Sandler, Ellen Seibert, Mary Topjian, Sheila West, Terry Wilson and Liesel Young. Thank you ladies, for sharing your time and talents with the COA. Your kindness is greatly appreciated.

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

Computer for Beginners **\$10.00**
Residents-\$10.00 non-residents \$15.00

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

Fun Fit Exercise **\$3.00/session**
Wednesdays Sept 5,12,19,26 9:00am
Fridays Sept 7,14,21,28 9:00am

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

OUTdoor Walking **9 AM**
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 Sept 4,11,18, 1:00pm
25

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

Ladies Craft Group **Free**
Mondays Sept. 10,17,24 10:00am
The Ladies Craft Group usually meets the first three Mondays of each month.

Low Impact Exercise **\$3.00/session**
Mondays Sept 10,17,24 1:00pm
Wednesdays Sept 5,12,19,26 1:00pm
Keep fit, stay healthy!

Painting **\$40.00**
Mondays Sept 10,17,24 1:00pm

8-week session watercolor painting class.
Furnish own supplies.

Quilting **\$1.00**
Tuesdays Sept 4,11,18,25 10:00am

Join our group and enjoy quilting with friends.



Free

Surf the Internet (private session)

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.

ONGOING ACTIVITIES

(continued)

CLASSES and EXERCISE

(continued from page 2)



Tai Chi **\$3.00/session**
Tuesdays Sept 4,11,18,25 1:00pm

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

Yoga **\$3.00/session**
Tuesdays Sept 4,11,18,25 9:30 am
Experience the wonderful benefits of balance and strength from yoga.
Registration required.

ONGOING ACTIVITIES

Bereavement Group **Free**
Wednesday Sept 12,26 10:00am

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

Caregivers Group **Free**
Wednesday Sept 5,19 10:00am

Nina Johnston will lead this newly formed, supportive group.

Blood Pressure Clinic **Free**
Wednesday Sept 19 9:00am

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

Legal Advice (by appointment only) **Free**
Tuesday Sept 11 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 Sept 5 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-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.

SHINE

(Serving Health Information Needs of Elders)
 Tuesday Sept 4 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	
Friday	Sept 7	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	Sept 13,20,27	1:15pm	

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

Bowling League			
Mondays	Sept 10,17,24	9:30am	

Norwood Bowling Alley

Bridge			Free
Fridays	Sept 7,14,21,28	11:15am	

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

Cribbage			Free
Wednesdays	Sept 5,12,19,26	1:00 pm	

Duplicate Bridge			Free
Wednesdays	Sept 5,12,19,26	11:30am	

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

Mah Jongg			Free
Thursdays	Sept 13,20,27	12:30pm	

Bring your game and cards, and come and play!

Whist			Free
Mondays	Sept 10,17,24	1:00 pm	

Come join our newest group!!!

Wii Games			Free
		1pm	

Thursdays	Sept 13,20,27	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

November 13, 2012 Tuesday \$75.00 pp

MOHEGAN SUN Presents: KINGS OF COUNTRY

The day will begin at Mohegan Sun and continue onto the Garde Arts Theatre in New London, CT. for 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. Transportation included.

***** ***** ***** ***** *****

October 19, 2012 Tuesday \$43.00 pp

ITALIAN FESTIVAL FEATURING: GIAN FARAONE

Luciano's, Lake Pearl in Wrentham presents Gian Faraone known as the "Crooner of Little Italy" in Boston. He Incorporates the signature sounds of the great voices of the 20th century, from Pavarotti to Sinatra. Lunch included in price: Chicken Parmesan or Baked Haddock. Transportation is not included.

September 13 10-12 am Thursday

HEARING AID SCREENING & HEARING AID CHECK UP

Improve your physical, emotional, mental and social well-being. **Register for your free check up.**

- Understand conversations on phones and cell phones
- Communicate with loved ones in noisy situations
- Understand important messages while on a train, subway or in an airport
- Communicate in any drive-thru – pharmacy, bank or fast food

SENIORS NEED EXERCISE: (*Health Day News*): Lifting weights and other forms of strength training can offer a host of health rewards for people 65 and older. The U.S. Centers for Disease Control and Prevention mention these potential benefits for seniors:

- Better management of chronic diseases, including diabetes
- Improved balance
- Better management of arthritis pain and stiffness
- Stronger bones and reduced risk of osteoporosis
- Maintaining a healthier weight
- Improved cardiovascular health
- Better quality sleep

The Senior Center offers various exercise classes such as *Yoga, Fun Fit, Low Impact Exercise, and Tai Chi*. Give one a try!

SUGGESTIONS NEEDED: We are looking for suggestions about where to take our seniors shopping. We have tried the Natick Mall, Emerald Square Mall, and Wrentham Outlets. Our seniors think the three aforementioned places require too much walking. Your suggestions are most welcome.

RECIPE OF THE MONTH – EASY APPLE CRISP

INGREDIENTS

Pam Original No-Stick Cooking Spray

3 medium Granny Smith Apples peeled and diced = about 3 cups

¼ teaspoon ground cinnamon

½ cup granola cereal without dried fruit

3 tablespoons firmly packed light brown sugar

2 tablespoons of margarine or butter

Reddi- whip topping

DIRECTIONS

Spray inside of 4 medium microwave safe mugs and set aside. Combine apples and cinnamon in small bowl: divide evenly over apples in mugs. Microwave all mugs on high for 8 minutes or until apples are tender. Top each with a serving of whipped topping.

ENJOY!

Hands on: 20 minutes

Makes 4 servings – 1 dessert each

The Friends of the Westwood Council on Aging respectfully request that you pay your \$5.00 fee to remain in the Friends of Westwood COA. Your \$5.00 yearly dues assist with the programs and services available at the Senior Center. We need your support.

FRIENDS MEMBERSHIP DUES

Please make your check payable to the Friends of Westwood COA in the amount of \$5.00.

Name: _____ Tel. No. _____

Address: _____

**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

**SEPT 4 HACHI: A DOG'S
TALE**

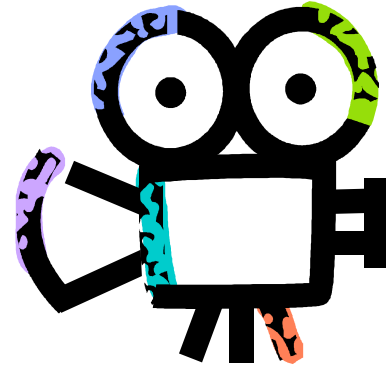
1999 PG 94 minutes

In Bedridge, Professor Parker Wilson finds an abandoned dog at the train station and takes it home with the intention of returning the animal to its owner. He finds that the dog is an Akita and names it Hachiko. However, nobody claims the dog so his family decides to keep Hachi. Starring Richard Gere and Joan Allen.

SEPT 11 INVICTUS

1999 PG-13 134 minutes

The film tells the inspiring true story of how Nelson Mandela joined forces with the captain of South Africa's rugby team to help unite their country. Newly elected President Mandela knows his nation remains racially and economically divided in the wake of apartheid. Believing he can bring his people together through the universal language of sport, Mandela rallies South Africa's rugby team as they make their historic run to the 1995 Rugby World Cup Championship match. Starring Morgan Freeman and Matt Damon.



SEPT 18 JEWEL OF THE NILE

1985 PG 106 minutes

This is the sequel to "Romancing the Stone" where Jack and Joan have their yacht and easy life, but are gradually getting bored with each other and this way of life. Joan accepts an invitation to go to some middle eastern country as a guest of the sheik, but there she is abducted and finds herself involved with the "jewel". Jack decides to rescue her with his new partner Ralph. Starring Michael Douglas, Kathleen Turner, Danny DeVito.

SEPT 25 THE STRAIGHT STORY

1999 PG-13 112 minutes

Alvin Straight is a very old man with a quiet life in a small country town. When his brother gets seriously sick, he decides to put away their differences and visit him after many, many years. So, alone, he begins a long journey through hundreds of miles, just to see again his brother, even if it's the last thing he will ever do... Based on a real story. Starring Sissy Spacek and Richard Farnsworth.

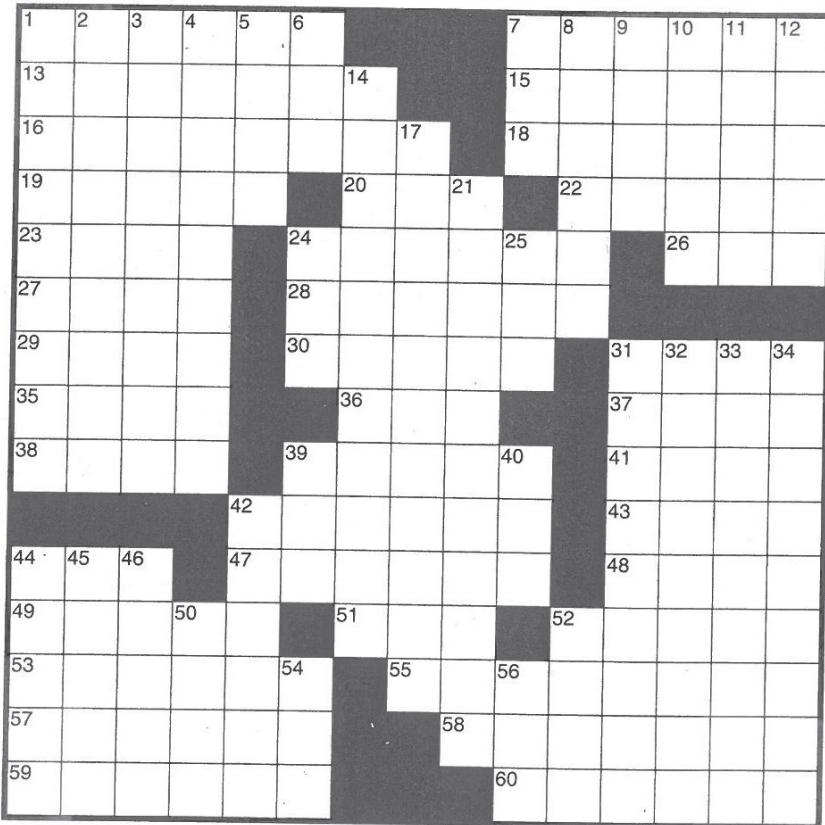
ACROSS

- 1 Expel from practice, as a lawyer
- 7 Algonquian language
- 13 Submissions
- 15 Miles and Vaughan
- 16 Baby carriage
- 18 Uplifts
- 19 Popular cookies
- 20 Loser to DDE
- 22 Actor Milo
- 23 Told tales
- 24 Reckless
- 26 Tarzan portrayer Ron
- 27 Opera opener, often
- 28 Satanic
- 29 Subdue

- 30 Command to a horse
- 31 Impudent talk
- 35 LAX listings
- 36 Actor in "The A-Team"
- 37 Baseball's Matty
- 38 Bureau: Abbr.
- 39 Averages
- 41 Revolved quickly
- 42 Domestic servant
- 43 Composer Jerome
- 44 Stick out
- 47 ___-weensy
- 48 Opposing
- 49 "And thereby hangs ___": Shakespeare
- 51 Police officer's rank: Abbr.
- 52 Actor Hawke
- 53 Buccaneer

- 55 Free
 - 57 Oaks, in a nutshell
 - 58 Vacation spots
 - 59 NYSE alternative
 - 60 French film festival site
- DOWN**
- 1 Ravaged
 - 2 Elaborate
 - 3 AAA handout
 - 4 Most contemplative
 - 5 Feels feverish
 - 6 Fam. tree member
 - 7 Ending with verb
 - 8 Old heap
 - 9 Some retirement accts.
 - 10 Swim
 - 11 Roulette spinner
 - 12 Test

- 14 Marine polyps
- 17 Distracting fish?
- 21 Pack leader
- 24 Beer glass
- 25 Swiss peak
- 31 Canadian city
- 32 Powerful Swiss instrument
- 33 Lemon's attribute
- 34 Gaiety
- 39 Name-dropper's word?
- 40 Cunning
- 42 Sicilian volcano
- 44 Osaka's land
- 45 Central New York city
- 46 Poi plants
- 50 Hog fat
- 52 Fictional lioness
- 54 Title of respect: Abbr.
- 56 Gumshoe



SEPTEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 LABOR DAY SENIOR CENTER CLOSED	4 AMERICAN CHOP SUEY WAX & GREEN BEANS WHEAT BREAD DRIED FRUIT MIX CALORIES 253 SODIUM 210	5 HEARTY VEG SOUP TERIYAKI CHICKEN RICE FLORENTINE >WHOLE WHEAT ROLL FRESH FRUIT CALORIES 296 SODIUM 333	6 COA CLOSED FOR VOTING	7 CRUNCHY LITE FISH STICKS TARTAR SAUCE AUGRATIN POTATO SUMMER BLEND VEG. WHEAT BREAD PEARS CALORIES 352 SODIUM 415
10 BBQ BEEF PATTY HASH BROWN POTATO CHUCK WAGON BLEND VEGETABLES >WHOLE WHEAT BREAD PINEAPPLE CHUNKS CALORIES 514 SODIUM 574	11 BREADED CHIX BREAST FILET SANDWICH RICE MEDLEY CALIF. BLEND VEG. HAMBURG ROLL DRIED PLUMS CALORIES 382 SODIUM 749	12 ROAST BEEF POTATO SALAD COLE SLAW #DESSERT CALORIES 212 SODIUM 385	13 RST. TURKEY W/GRAVY CRANBERRY SAUCE WHIPPED POTATO WINTER SQUASH #COOKIE CALORIES 368 SODIUM 530	14 SWEET & SOUR MEATBALLS BUTTERED NOODLES BEETS MUFFIN FRESH FRUIT CALORIES 386 SODIUM 695
17 BAKED CHICKEN ROTINI ZUCCHINI & TOMATO >WHOLE WHEAT ROLL PEACHES CALORIES 281 SODIUM 232	18 BEEF CHILI W/VEG FLUFFY WHITE RICE >MULTIGRAIN ROLL DRIED FRUIT MIX CALORIES 296 SODIUM 405	19 CREAM OF BROCCOLI SOUP HONEY GLAZED CHICKEN RED BLISS POTATO >WHOLE WHEAT BREAD FRESH FRUIT CALORIES 389 SODIUM 301	20 BEEF BURGUNDY PENNE PASTA MIXED VEG WHEAT BREAD #FRUITED JELL-O CALORIES 526 SODIUM 297	21 BREADED POLLACK FILLET TARTAR SAUCE WHIPPED POTATO RIVIERA BLEND VEG WHEAT BREAD GRAHAM COOKIE CALORIES 359 SODIUM 312
24 MAC & CHEESE ESCALLOPED TOMATO MUFFIN PEARS CALORIES 393 SODIUM 541	25 HERB BAKED CHICK HOT GERMAN POTATO SALAD SCANDINAVIAN BLEND VEGETABLES >MULTIGRAIN ROLL #PUDDING CALORIES 377 SODIUM 336	26 HAPPY BIRTHDAY MEATBALLS W/SAUCE ITALIAN STYLE SPAGHETTI ROMAN BLEND VEG SUB ROLL #BIRTHDAY CAKE CALORIES 508 SODIUM 305	27 TURKEY STEW W/ VEGETABLES WHIPPED POTATO >WHOLE WHEAT ROLL DRIED PLUMBS CALORIES 336 SODIUM 666	28 PORK CHOW MEIN W/VEGETABLES ORIENTAL RICE WHEAT BREAD FRESH FRUIT CALORIES 456 SODIUM 453

ALL OVER 60 YEARS OF AGE ARE WELCOME AT 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 HOME-DELIVERED MEALS' CONFIDENTIAL DONATION WILL BE DISTRIBUTED ON MONDAY & COLLECTED ON FRIDAY.

ENTRÉE ONLY. SYMBOLS: >HIGH FIBER, *ADDED SALT, #ADDED SUGAR, MODIFIED DESSERTS ARE AVAILABLE.

ACTIVITIES SEPTEMBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
SENIOR CENTER CLOSED – LABOR DAY	8:30 Free Legal Help 9:00 Outdoor Walking 9:00 SHINE 9:30 YOGA 10:00 Quilting 1:00 Knitting & Crocheting 1:00 Tai Chi 2:00 Movie	9:00 Fun Fit 10:00 FREE Financial Planning Guidance 10:00 Caregivers Grp. 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 1:00 Cribbage	SENIOR CENTER CLOSED – STATE PRIMARY	8:30 Waxing 9:00 Fun Fit 9:30 Roche Bros. 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
10	11	12	13	14
10:00 Craft Group 10:30 Book Review With Pat Johnson 1:00 Exercise Class 1:00 Whist Group 1:00 Watercolor	9:00 Outdoor Walking 9:30 YOGA 9:30 Braintree Mall 10:00 Quilting 10:00 Computer Class 1:00 Tai Chi 1:00 Knitting & Crocheting 1:30 Garden Club Board Meeting 2:00 Movie	9:00 Fun Fit 10:00 Bereavement Group w/Nina 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 1:00 Cribbage	9:00 Outdoor Walking 9:30 Wii Games 10:00 Hearing Screening 12:30 MAH JONGG 1:15 BINGO	9:00 Fun Fit 9:30 Shaw's Mkt. 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
17	18	19	20	21
10:00 Craft Group 1:00 Exercise Class 1:00 Whist Group 1:00 Watercolor	9:00 Outdoor Walking 9:30 YOGA 9:30 XMas Shop 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 Caregivers Grp. 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 1:00 Cribbage	9:00 Outdoor Walking 9:30 Wii Games 12:30 MAH JONGG 1:15 BINGO	9:00 Fun Fit 9:30 Hannaford's 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
24	25	26	27	28
1:00 Exercise Class 1:00 Whist Group 1:00 Watercolor	9:00 Outdoor Walking 9:30 YOGA 9:30 Braintree Mall 10:00 Computer Class 10:00 Quilting 1:00 Knitting & Crocheting 1:00 Tai Chi 2:00 Movie	9:00 Fun Fit 10:00 Bereavement Group w/Nina 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 1:00 Cribbage	9:00 Outdoor Walking 9:30 Wii Games 12:30 MAH JONGG 1:15 BINGO	9:00 Fun Fit 9:30 Stop & Shop 10:00 Coffee Hour 11:15 Rub. Bridge Gr.

BLOOD PRESSURE CLINIC

Senior Center

SEPTEMBER 19, 2012

9:00 AM – 11:30 AM

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
	7	Roche Bros.	9:30am	\$2.00
	11	Braintree Mall	9:30am	\$2.00
	14	Shaw's Market	9:30am	\$2.00
	18	Xmas Tree-Fox.	9:30am	\$2.00
	21	Hannaford's	9:30am	\$2.00
	25	Braintree Mall	9:30am	\$2.00
	28	Stop & Shop	9:30am	\$2.00

The COA will make 2 trips for food shopping. The first trip is picked up at 9:30am and the second will go shopping at 10:30a.m. with a pick 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.

Council on Aging Board Members

Chairperson

Edie McCracken

Vice-Chairperson

Robert Folsom

Members

Betty Connors

Margaret Dullea

William Galvin

Mary Gens

Irene MacEachern

Colleen Messing

Patricia Davies Verzino

Director

Pat Carty-Larkin

Friends of Westwood

Council on Aging

60 Nahatan Street

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