

# 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  
Editor, Trish Tucke

## JANUARY 2013

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

#### **Director's Report:**

Happy New Year! It is simply amazing how the years fly by. Each one faster than the previous year. I have learned to value each day. Time is so precious and should be put to good use. Spending time at the Senior Center can make all the difference between feeling alone and just plain having fun. We have numerous programs and events each month that can bring physical and mental rewards. Please look through our schedule of events and plan on attending some of the programs that can assist you. I will look forward to seeing you in January. Start 2013 with a new action plan and a big smile.

Sincerely,

*Pat Carty-Larkin*

Director, Westwood COA

#### **Snow Days**

Now that inclement weather is getting ready to descend upon us, remember that if Westwood Schools are closed, the Senior Center will be closed. If the schools have a delayed opening, we will also have the delay. If it is a school vacation, and you are unsure if we are closed, call the Senior Center after 8:00 A.M. and if the recorded message is on we are closed.

### **Yellow Dot Program Sign-Up**

The Norfolk County Sheriff's Office and the Westwood Triad will be bringing the *Yellow Dot Program* to the Town of Westwood on Wednesday, January 23, 2013. This is a national program, which currently operates in 8 states. The program participants receive a Yellow Dot Decal; this is placed on the rear window of their car to alert the responders to the critical information packet in the glove compartment. Residents can sign up for this program on: Wednesday, January 23 at the Council on Aging between the hours of 10:00 am-12:00noon.

**HAPPY NEW YEAR**

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**Meal Cancellations:** Watch Channel 5 after 9:00 A.M. or Channel 7 news for information on cancellation of the Meals on Wheels program.

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**HESSCO lunch served daily:  
Please call Rita at: 781-329-6514**

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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 EXERCISE



### Computer Hour Tuesdays

**10:00 AM FREE**

Come in for help with your computer or work on one of our computers. You can learn to surf the internet, access wifi, send email or create document. Call to register.

**Fun Fit Exercise \$3.00/session**  
 Wednesdays Jan 9:00am  
 2,9,16,23,30  
 Fridays Jan 4,11,18,25 9:00am  
 This class is led by Fitness Instructor, Stephanie. Keep fit, stay healthy!

**Tai Chi \$3.00/session**  
 Tuesdays Jan 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/session**  
 Tuesdays Jan 8,15,22,29 9:30 am

Experience the wonderful benefits of balance and strength from yoga.  
**Registration required**



## CLASSES and EXERCISE

(continued)

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

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

**Ladies Craft Group Free**  
 Mondays Jan 28 10:00am

The Ladies Craft Group usually meets the first three Mondays of each month.

**Low Impact Exercise \$3.00/session**  
 Mondays Jan 7,14,28 1:00pm  
 Wednesdays Jan 2,9,16,23,30 1:00pm  
 Keep fit, stay healthy!

**Painting \$40.00 plus supplies**  
 Mondays Jan 7,14,28 1:00pm

8-week session watercolor painting class.

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

Join our group and enjoy quilting with friends.

**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)

**ONGOING ACTIVITIES**

**Bereavement Group** Free

Wednesday Jan 9,23 10:00am

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

**Blood Pressure Clinic** Free

Wednesday Jan 16 9:00am

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

**St. Margaret Mary's  
Bereavement  
Support Group** Free

Wednesday Jan 9, 16 10:00am

**Great Decisions** Free  
(Woman's Club members only)

Wednesday Jan 16, 30 10:00am  
8 sessions

**Legal Advice (by appointment only)**

Free

Tuesday Jan 8 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.

***Book Club with Beverly Lowery***

Free

*Wednesday Feb 20 1:00pm*

*Join Beverly for a book discussion on the book Plain Truth by Jodi Picoult.*



**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.

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.

**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)

### SHINE

*(Serving Health Information Needs of Elders)*

Tuesday      Jan 8                      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                      Jan 4                      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      Jan 3,10,17,24      1:15pm

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

**Bowling League**  
 Mondays              Jan 7,14,28              9:30am

**Bridge**                                              **Free**  
 Fridays                      Jan 4,11,18,25      11:15am

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

**Cribbage**                                              **Free**  
 Wednesdays      Jan 2,9,16,23,30      1:00pm

**Duplicate Bridge**                                              **Free**  
 Wednesdays      Jan 2,9,16,23,30      11:30am

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

**Mah Jongg**                                              **Free**  
 Thursdays              Jan 3,10,17,24,31      12:30pm

Bring your game and cards, and come and play!

**Whist**                                                      **Free**  
 Mondays                      Jan 7,14,28              1:00PM

**Wii Games**                                              **Free**  
 Thursdays              Jan 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**

### ***Mardi Gras Day featuring Henri Smith, Debby Larkin and Made in the Shade Band***

***Tuesday February 12<sup>th</sup> \$55 pp  
Lantana's in Randolph***

Join Best of Times as they bring the fun and excitement of Mari Gras to New England. In fact, you'll think you're on Bourbon Street in New Orleans. Fabulous music, balloons, beads, a delicious menu of Baked Stuff Chicken Breast or Blackened Pork Loin. (transportation is **not** included)

### ***Women of Ireland Special St. Patrick's Day Show***

***Friday March 15<sup>th</sup> \$79 pp  
Venus DeMilo in Swansea***

This world renowned performance showcases a wonderful blend of song, music, and dancing that is the hallmark of the greatest Irish shows of our time. Our show features both male and female dancers and singers from the magnificent show Riverdance and embodies the spirit of the hit show Celtic Women. Women of Ireland is a spectacle to be seen live on our Best of Times stage. Meal choice: Corned Beef and Cabbage or Baked Haddock. Also included Venus DeMilo's Famous Minestrone Soup, Vegetables, Breads, Dessert, Coffee/Tea. (Transportation **included**)

**Wednesday, January 23 from 10:00am-12:00 noon Yellow Dot Program Sign-Up**  
Norfolk County Sheriff's Office will administer this program which currently runs in eight states. Participants receive a Yellow Dot Decal; this is placed on rear window of heir car to alert responders to the critical information packet in the glove compartment.

**Monday, January 28 from 10:00am-12 noon Medication Management Clinic**  
VNA Care Network will offer a FREE individual nursing consultation to help you understand your medications and precautions, answer questions you may have, evaluate over-the-counter drugs and herbal remedies, organize your medications on a chart to help with administration, understand drug interactions, and consult with your physician or pharmacist as needed. Be sure to bring all your medications, vitamins, and herbal remedies along with your doctor's name and number.

### **Monday, February 4 at 10:30 am Financial Preservation Workshop**

During this workshop the following topics will be discussed: the new Part D of Medicare as well as the most up to date Medicare information and recent changes, Medicare Supplement Insurance vs. HMO's, Long term Care and Home Health Care Insurance, how to help protect your assets from nursing home costs and unexpected illness, how to earn interest linked to the stock market, how to maximize interest on your Social Security income, how to help protect your assets from probate, and answer your most important retirement concerns.

### **Mondays, February – April 9:00am-2:00pm Income Tax Preparation**

The AARP Income Tax Assistance Program will begin in February. Also, you may qualify for cash or credit from the State if you pay rent or property taxes. Appointments are required.

**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 9:00 A.M. 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 is:

Q. What benefits will I receive from Social Security if my husband passes away?

A. If you are at least 60 years old when your husband passes away, you will receive Social Security survivor's benefits based on your husband's earnings record. The amount you receive will generally be 100% of the amount your husband received during his lifetime unless your own Social Security benefit is greater than your husband's (in which case you will continue to receive only your own benefits following your husband's death), you have not yet reached full retirement age when your husband dies, or the benefits are offset because you are receiving a government pension.

Keep in mind that a deceased person is *not* entitled to Social Security benefits for the month of death, no matter when they died during the month after your husband's death, those benefits are for the month of death and will be directly withdrawn from the account by Social Security.

A surviving spouse is also entitled to receive a one-time death benefit payment of \$255.00 from Social Security.

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

For more information, contact Social Security or visit the Social Security Administration's website at [www.ssa.gov](http://www.ssa.gov)

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](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.

\* \* \* \* \*

**Newsletter renewal** for 2013 is ongoing. Please submit cash or check (made out to Friends of Westwood COA) in the amount of \$4.00.

**NAME** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**The Potato Job**

An old man lived alone. He wanted to dig his potato garden, but it was very hard work and his only son, who would have helped him, was in prison for bank robbery. The old man wrote a letter to his son and mentioned his predicament. Soon after, he received this reply: "FOR HEAVEN'S SAKE, Dad, don't dig up the entire garden, that's where I buried the money!" At 4 AM the next morning, a dozen policemen showed up and dug up the entire garden without finding any money. Confused, the old man wrote another note to his son telling him what happened, and asking him what to do next. His son's reply was, "Now plant your potatoes, Dad. It's the best I could do from here."

**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**

**Jan 8 Hope Springs**

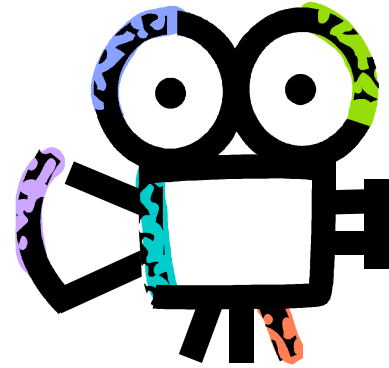
2012 **PG-13** 100 minutes

Feeling disconnected in her decades-old marriage, Maeve convinces her skeptical husband to attend a marriage therapy week with a celebrated relationship expert -- but now they must shed their inhibitions and learn some new sexual and emotional moves. Starring Meryl Streep, Tommy Lee Jones, Steve Carrell, and Jean Smart.

**Jan 15 The Bourne Identity**

2002 **PG-13** 119 minutes

Wounded to the brink of death and suffering from amnesia, Jason Bourne (Matt Damon) is rescued at sea by a fisherman. With nothing to go on but a Swiss bank account number, he starts to reconstruct his life, but finds that many people he encounters want him dead. Bourne realizes, though, that he has the combat and mental skills of a world-class spy, but who does he work for? Doug Liman directs this blockbuster reboot of Robert Ludlum's novel. Starring Matt Damon, Chris Cooper, and Clive Owen.



**Jan 22 Temple Grandin**

2010 **NR** 120 minutes

Emmy winner Claire Danes stars as Temple Grandin, a brilliant young woman coping with the stigma of autism at a time when it was misunderstood. With the support of her loving family, Temple dedicates herself to learning and becomes a famed animal behaviorist. Her passion for animals gives her a unique ability to understand them, and she fulfills her love of education by teaching about autism and the most humane ways to treat livestock and pets. Starring Claire Danes, Catherine O'Hara, and Julia Ormond.

**Jan 29 Ocean's Eleven**

2001 **PG-13** 116 minutes

Less than 24 hours into his parole, charismatic thief Danny Ocean is already rolling out his next plan: In one night, Danny's hand-picked crew of specialists will attempt to steal more than \$150 million from three Las Vegas casinos. Starring George Clooney, Matt Damon, Andy Garcia, Julia Roberts and Brad Pitt.

# Sudoku

## #1 - Easy

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 7 | 9 | 3 |   |   |   |   | 1 |   |
|   |   |   | 3 |   | 4 |   |   |   |
| 6 | 4 |   |   | 2 | 9 |   | 7 |   |
| 9 |   |   |   |   |   | 3 | 5 |   |
| 8 |   |   |   |   |   |   |   | 2 |
|   | 6 | 2 |   |   |   |   |   | 1 |
|   | 1 |   | 8 | 5 |   |   | 3 | 6 |
|   |   |   | 4 |   | 6 |   |   |   |
|   | 3 |   |   |   |   | 8 | 4 | 5 |

Generated by <http://www.opensky.ca/~jdhildeb/software/sudokugen/>

## Answers

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 7 | 9 | 3 | 6 | 8 | 5 | 2 | 1 | 4 |
| 1 | 2 | 5 | 3 | 7 | 4 | 6 | 8 | 9 |
| 6 | 4 | 8 | 1 | 2 | 9 | 5 | 7 | 3 |
| 9 | 7 | 4 | 2 | 6 | 1 | 3 | 5 | 8 |
| 8 | 5 | 1 | 7 | 9 | 3 | 4 | 6 | 2 |
| 3 | 6 | 2 | 5 | 4 | 8 | 7 | 9 | 1 |
| 4 | 1 | 7 | 8 | 5 | 2 | 9 | 3 | 6 |
| 5 | 8 | 9 | 4 | 3 | 6 | 1 | 2 | 7 |
| 2 | 3 | 6 | 9 | 1 | 7 | 8 | 4 | 5 |

#1 - Easy - Solution



*January*

**2013**

| MONDAY                                                                                                               |                                                                                                                        | WEDNESDAY                                                                                                                            | THURSDAY                                                                                                                                       | FRIDAY                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| <p>DONATION IS \$2.50 PER MEAL<br/>MEAL TO CANCEL MEALS CALL 781-329-6514</p>                                        |                                       | <p>2<br/>MEATBALL SUB SAND.<br/>ITALIAN PASTA GREEN BEANS<br/>SUB ROLL<br/>PEACHES</p>                                               | <p>3<br/>ROAST PORK<br/>W/ROSEMARY GRAVY HOLIDAY BLEND<br/>VEGETABLES<br/>&gt;WHOLE WHEAT BREAD<br/>APPLESAUCE</p>                             | <p>4<br/>TURKEY STEW<br/>W/MIXED VEGETABLES<br/>CONFETTI RICE<br/>MULTIGRAIN ROLL<br/>FRESH FRUIT</p>                           |
|                                                                                                                      |                                                                                                                        | <p>CALORIES 441<br/>SODIUM 609</p>                                                                                                   | <p>CALORIES 385<br/>SODIUM 205</p>                                                                                                             | <p>CALORIES 289<br/>SODIUM 645</p>                                                                                              |
| <p>7<br/>ITALIAN STYLE SPAGHETTI<br/>W/MEAT SAUCE<br/>ITALIAN BLEND VEG<br/>MUFFIN<br/>PEACHES</p>                   | <p>8<br/>BEEF STROGANOFF<br/>EGG NOODLES<br/>GLAZED CARROTS<br/>&gt;WHOLE WHEAT ROLL<br/>STRAWBERRY CUP</p>            | <p>9<br/>MEATLOAF<br/>W/ONION GRAVY<br/>WHIPPED POTATO<br/>COUNTRY BLEND VEG<br/>WHEAT BREAD<br/>#OATMEAL COOKIE</p>                 | <p>10<br/>CREAM OF BROCCOLI SOUP<br/>TERIYAKI CHICKEN<br/>ASIAN RICE<br/>MULTIGRAIN ROLL<br/>FRESH FRUIT</p>                                   | <p>11<br/>BREADED FISH FILLET<br/>*TARTAR SAUCE<br/>LYONNAISE POTATO<br/>ZUCCHINI &amp; TOMATO<br/>WHEAT BREAD<br/>#PUDDING</p> |
| <p>CALORIES 420<br/>SODIUM 219</p>                                                                                   | <p>CALORIES 599<br/>SODIUM 433</p>                                                                                     | <p>CALORIES 501<br/>SODIUM 407</p>                                                                                                   | <p>CALORIES 420<br/>SODIUM 722</p>                                                                                                             | <p>CALORIES 274<br/>SODIUM 383</p>                                                                                              |
| <p>14<br/>*LOW SALT HOT DOG<br/>*MUSTARD<br/>HOT GERMAN SLAW<br/>BAKED BEANS<br/>HOT DOG ROLL<br/>STRAWBERRY CUP</p> | <p>15<br/>CHICKEN SALAD<br/>GERMAN POTATO SALAD<br/>TOSSED SALAD<br/>W/DRESSING<br/>PITA BREAD<br/>#FRUITED JELL-O</p> | <p>16<br/>MACARONI &amp; CHEESE<br/>SPANISH TOMATOES<br/>W/SPINACH<br/>&gt;WHOLE WHEAT ROLL<br/>BANANA</p>                           | <p>17<br/>ROAST TURKEY<br/>W/GRAVY<br/>#CRANBERRY SAUCE<br/>WHIPPED POTATO<br/>WINTER SQUASH<br/>&gt;WHOLE WHEAT BREAD<br/>#APPLE TURNOVER</p> | <p>18<br/>PIZZA<br/>3 BEAN SALAD<br/>GARDEN SALAD<br/>PEACHES</p>                                                               |
| <p>CALORIES 428<br/>SODIUM 863</p>                                                                                   | <p>CALORIES 366<br/>SODIUM 539</p>                                                                                     | <p>CALORIES 443<br/>SODIUM 542</p>                                                                                                   | <p>CALORIES 397<br/>SODIUM 603</p>                                                                                                             | <p>CALORIES 315<br/>SODIUM 496</p>                                                                                              |
| <p>MARTIN LUTHER<br/>KING DAY<br/>NO MEALS SERVED</p>                                                                | <p>22<br/>AMERICAN CHOP SUEY<br/>WAXED &amp; GREEN BEANS<br/>MUFFIN<br/>PEACHES</p>                                    | <p>23<br/>LENTIL SOUP<br/>ROAST CHICKEN<br/>W/BROWN GRAVY<br/>TUSCAN BLEND VEG<br/>&gt;WHOLE WHEAT ROLL<br/>FRESH FRUIT</p>          | <p>24<br/>APPLE CIDER<br/>BEEF STEW W/VEG.<br/>WHIPPED POTATO<br/>MULTIGRAIN ROLL<br/>#BLONDE BROWNIE</p>                                      | <p>25<br/>FISH STICKS<br/>W/TARTAR SAUCE<br/>O'BRIEN POTATOES<br/>PEAS &amp; MUSHROOMS<br/>WHEAT BREAD<br/>PEARS</p>            |
| <p>CALORIES<br/>SODIUM</p>                                                                                           | <p>CALORIES 293<br/>SODIUM 210</p>                                                                                     | <p>CALORIES 408<br/>SODIUM 626</p>                                                                                                   | <p>CALORIES 463<br/>SODIUM 396</p>                                                                                                             | <p>CALORIES 410<br/>SODIUM 431</p>                                                                                              |
| <p>28<br/>TORTELLINI<br/>W/TOM BASIL SAUCE<br/>ROMAN BLEND VEG<br/>&gt;WHOLE WHEAT ROLL<br/>FRESH FRUIT</p>          | <p>29<br/>*BREADED CHICKEN<br/>FILLET<br/>RICE PILAF<br/>BEETS<br/>HAMBURGER BUN<br/>STRAWBERRY CUP</p>                | <p>30<br/>HAPPY BIRTHDAY<br/>MEATLOAF W/GRAVY<br/>PARMESAN MASHED POT<br/>MIXED VEG<br/>&gt;WHOLE WHEAT BREAD<br/>#BIRTHDAY CAKE</p> | <p>31<br/>TURKEY DIVAN<br/>W/BROCCOLI<br/>BUTTERED NOODLES<br/>MULTIGRAIN ROLL<br/>PEACHES</p>                                                 |                                            |
| <p>CALORIES 239<br/>SODIUM 485</p>                                                                                   | <p>CALORIES 388<br/>SODIUM 870</p>                                                                                     | <p>CALORIES 512<br/>SODIUM 420</p>                                                                                                   | <p>CALORIES 483<br/>SODIUM 382</p>                                                                                                             |                                                                                                                                 |

## ACTIVITIES JANUARY 2013

| MONDAY                                                                                                                              | TUESDAY                                                                                                                                                                     | WEDNESDAY                                                                                                                                                            | THURSDAY                                                                            | FRIDAY                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
|                                                                                                                                     | <b>1</b>                                                                                                                                                                    | <b>2</b>                                                                                                                                                             | <b>3</b>                                                                            | <b>4</b>                                                                                      |
|                                                                                                                                     | <b>Happy New Year!!</b><br><br><b>Closed</b>                                                                                                                                | 9:00 Fun Fit<br>11:00 Yoga<br>11:30 Dup. Bridge Gr.<br>At Foxboro<br>1:00 Exercise Class<br>1:00 Cribbage                                                            | 9:30 Wii Games<br>12:30 MAH JONGG<br>1:15 BINGO                                     | 8:30 Waxing<br>9:00 Fun Fit<br>9:30 Roche Bros.<br>10:00 Coffee Hour<br>11:15 Rub. Bridge Gr. |
| <b>7</b>                                                                                                                            | <b>8</b>                                                                                                                                                                    | <b>9</b>                                                                                                                                                             | <b>10</b>                                                                           | <b>11</b>                                                                                     |
| 9:30 Bowling<br>1:00 Exercise Class<br>1:00 Whist Group<br>1:00 Painting                                                            | 8:30 Free Legal Help<br>9:00 SHINE<br>9:30 YOGA<br>9:30 Braintree Mall<br>10:00 Quilting<br>10:00 Computer Hour<br>1:00 Knitting & Crocheting<br>1:00 Tai Chi<br>2:00 Movie | 9:00 Fun Fit<br>10:00 St. M/M Support<br>10:00 Bereavement w/Nina<br>11:30 Dup. Bridge Gr.<br>At Foxboro<br>1:00 Exercise Class<br>1:00 Cribbage                     | 9:30 Wii Games<br>10:00 Sr. Men's Club Exec. Board<br>12:30 MAH JONGG<br>1:15 BINGO | 9:00 Fun Fit<br>9:30 Shaw's Mkt.<br>10:00 Coffee Hour<br>11:15 Rub. Bridge Gr.                |
| <b>14</b>                                                                                                                           | <b>15</b>                                                                                                                                                                   | <b>16</b>                                                                                                                                                            | <b>17</b>                                                                           | <b>18</b>                                                                                     |
| 9:30 Bowling<br>1:00 Exercise Class<br>1:00 Whist Group<br>1:00 Painting                                                            | 9:30 YOGA<br>9:30 Xmas Tree-Foxb.<br>10:00 Quilting<br>10:00 Computer Hour<br>1:00 Knitting & Crocheting<br>1:00 Tai Chi<br>2:00 Movie                                      | 9:00 Blood Pressure<br>9:00 Fun Fit<br>10:00 Great Decisions<br>10:00 St. M/M Support<br>11:30 Dup. Bridge Gr.<br>At Foxboro<br>1:00 Exercise Class<br>1:00 Cribbage | 9:30 Wii Games<br>12:30 MAH JONGG<br>1:15 BINGO                                     | 9:00 Fun Fit<br>9:30 Hannaford's<br>10:00 Coffee Hour<br>11:15 Rub. Bridge Gr.                |
| <b>21</b>                                                                                                                           | <b>22</b>                                                                                                                                                                   | <b>23</b>                                                                                                                                                            | <b>24</b>                                                                           | <b>25</b>                                                                                     |
| <b>Martin Luther King Day</b><br><br><b>CLOSED</b>                                                                                  | 9:30 YOGA<br>9:30 Walmart<br>10:00 Quilting<br>10:00 Computer Hour<br>1:00 Knitting & Crocheting<br>1:00 Tai Chi<br>2:00 Movie                                              | 9:00 Fun Fit<br>10:00 Bereavement w/Nina<br>10:00 Yellow Dot Prgm<br>11:30 Dup. Bridge Gr.<br>At Foxboro<br>1:00 Exercise Class<br>1:00 Cribbage                     | 9:30 Wii Games<br>12:30 MAH JONGG<br>1:15 BINGO                                     | 9:00 Fun Fit<br>9:30 Stop & Shop<br>10:00 Coffee Hour<br>11:15 Rub. Bridge Gr.                |
| <b>28</b>                                                                                                                           | <b>29</b>                                                                                                                                                                   | <b>30</b>                                                                                                                                                            | <b>31</b>                                                                           |                                                                                               |
| 9:30 Bowling<br>10:00 Medication Mgmt Clinic<br>10:00 Ladies Craft Grp.<br>1:00 Exercise Class<br>1:00 Whist Group<br>1:00 Painting | 9:30 YOGA<br>9:30 Braintree mall<br>10:00 Quilting<br>10:00 Computer Hour<br>1:00 Knitting & Crocheting<br>1:00 Tai Chi<br>2:00 Movie                                       | 9:00 Fun Fit<br>10:00 Great Decisions<br>11:30 Dup. Bridge Gr.<br>At Foxboro<br>1:00 Exercise Class<br>1:00 Cribbage                                                 | 9:30 Wii Games<br>12:30 MAH JONGG<br>1:15 BINGO                                     |                                                                                               |

### BLOOD PRESSURE CLINIC

Senior Center

January 16

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.

| Jan | DATE | DESTINATION     | PICK-UP | FEE    |
|-----|------|-----------------|---------|--------|
|     | 4    | Roche Bros.     | 9:30am  | \$2.00 |
|     | 8    | Braintree Mall  | 9:30am  | \$2.00 |
|     | 11   | Shaw's Mkt.     | 9:30am  | \$2.00 |
|     | 15   | Xmas Tree-Fox   | 9:30am  | \$2.00 |
|     | 18   | Hannaford's Mkt | 9:30am  | \$2.00 |
|     | 22   | Walmart-Walpole | 9:30am  | \$2.00 |
|     | 25   | Stop & Shop     | 9:30am  | \$2.00 |
|     | 29   | Braintree Mall  | 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 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.

### **Council on Aging Board Members**

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### **Friends of Westwood**

**Council on Aging**

**60 Nahatan Street**

**WESTWOOD, MA 02090**

**NONPROFIT**

**ORGANIZATION**

**U.S. POSTAGE PAID**

**WESTWOOD, MA 02090**

**PERMIT #16**