

# 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

## MAY 2013

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

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

The month of May brings back memories. "May Day" was a very special day when flowers were presented to ladies. May polls with pretty little girls dressed in their best dresses singing sweet songs. My how the years have changed! Now, we live in a fast paced world where everything is recyclable and disposable. Looking back through history one can clearly see how lifestyles have changed. This month we are offering a morning with Abigail Adams on May 9<sup>th</sup>. A quick trip back in time. This program has been funded through a grant from the Westwood Cultural Council. I trust you will enjoy comparing the differences in women's lifestyles between then and now.

Sincerely,

*Pat Carty-Larkin*

Director, Westwood COA

### **UPCOMING PROGRAMS**

**"Remember the Ladies" A Talk on Abigail Adams, Thursday, May 9<sup>th</sup> at 10:00 AM.**

**Mass Bar Assoc. Presents Taking Control of Your Future: A Legal Checkup, Wednesday, May 8<sup>th</sup> 10:30 AM.**

**Medicare 101 with Christine Sinacola, Fallon Community Health Plan, Tuesday, May 14<sup>th</sup> at 10:00 AM.**

**Westwood High School Music Program, Thursday, May 16<sup>th</sup> at 10:00 AM.**

**Learn More About Chiropractic Care with Dr. Kelly Supple, Tuesday, May 21<sup>st</sup> at 10:00 AM.**

**Laugh Yoga with Mary Beechinor, Wednesday, May 29<sup>th</sup> at 10:00 AM**

**Wildlife in Your Backyard, Thursday, May 30<sup>th</sup> at 10:00 AM.**

**Rite Aid Pharmacy, Thursday, May 30<sup>th</sup> 11:15 AM.**

**Come Learn to Play Mah-Jongg  
Thursdays at 12:30**



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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 HELP!

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 set up a time.

<b>Fun Fit Exercise</b>	<b>\$3.00/session</b>
Mondays	May 6,13,20, 9:00 am
Wednesdays	May 1,8,15, 9:00am
	22,29
Fridays	May 3,10,17, 9:00am
	24,31

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

<b>Tai Chi</b>	<b>\$3.00/session</b>
Tuesdays	May 7,14,21,28 1:00pm

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

<b>Yoga</b>	<b>\$3.00/session</b>
Tuesdays	May 7,14,21,28 9:30 am

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



## CLASSES and EXERCISE

(continued)

<b>Knit and Crochet</b>	<b>Free</b>
Tuesdays	May 7,14,21,28 1:00pm

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

<b>Ladies Craft Group</b>	<b>Free</b>
Mondays	May 6,13 10:00am

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

<b>Low Impact Exercise</b>	<b>\$3.00/session</b>
Mondays	May 6,13,20 1:00pm
Wednesdays	May 1,8,15, 1:00pm
	22,29

Keep fit, stay healthy!

<b>Painting</b>	<b>\$40.00 plus supplies</b>
Mondays	May 6,13,20 1:00pm

8-week session watercolor painting class.

<b>Quilting</b>	<b>\$1.00</b>
Tuesdays	May 7,14,21,28 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    May 8,22                      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    May 15                                      9:00am

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

**Book Club**                                      **Free**  
Wednesday    June 19                                      Book to be announced



The **Medical Van** has extended the service hours from 8:30am-2:30pm Monday through Friday.

**Legal Advice**    **(by appt. only)**    **Free**  
Tuesday                      May 7                                      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.



**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. All rides are shared, so 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.



**GAMES & SPORTS****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 4)

**SHINE***(Serving Health Information Needs of Elders)*

Tuesday May 7 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 May 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.

**Senior Open Swim:** Tuesdays and Thursdays 2:00-3:15 \$5.00/swim or purchase pool membership. Call Recreation Dept. for more information 781-461-0070.

**Bingo** Free  
Thursdays May 2,9,16 1:15pm  
23, 30

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

**Bowling League**  
Mondays May 6,13,20 9:30am

**Bridge** Free  
Fridays May 3,10,17, 11:15am  
24,31

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

**Duplicate Bridge** Free  
Wednesdays May 1,8,15,22,29 11:30am

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

**Mah Jongg** Free  
Thursdays May 2,9,16,23,30 12:30pm

*Mah Jongg is a game that originated in China, commonly played by four players. Similar to the card game rummy, Mah Jongg is game of skill, strategy and calculation and involves a certain degree of chance.*

**Whist** Free  
Tuesdays May 7,14,21,28 1:00PM

**Wii Games** Free  
Thursdays May 2,9,16,23,30 9:30am

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

## **SPECIAL EVENTS**

### *Retirement Party for Our Hessa Meal Site Manager Rita Manning*

May 2<sup>nd</sup> 11:00-1:30

Stop in to wish Rita well in her retirement

If you would like to join us for lunch please  
call to register



**Mass Bar Assoc. Presents Taking Control of Your Future: A Legal Checkup, May 8<sup>th</sup> 10:30 AM.** Topics to be discussed are: Veterans' Benefits, how to protect your home and assets, power of attorney and health care proxies, reverse mortgages, Medicare/Medicaid changes and alternatives to nursing home care. Join us for this informative presentation.

**"Remember the Ladies" A Talk on Abigail Adams, May 9<sup>th</sup> at 10:00 AM.** From Weymouth to the White House, find out more about this very interesting first lady. Made possible by a grant from Westwood Cultural Council.

**Medicare 101 with Christine Sinacola, Fallon Community Health Plan, May 14<sup>th</sup> at 10:00 AM.** Learn everything you need to know about Medicare.

**Westwood High School Music Program, May 16<sup>th</sup> at 10:00 AM.** Come enjoy this wonderful program by the talented high school students.

## **SPECIAL EVENTS**

**Learn More About Chiropractic Care with Dr. Kelly Supple, Tuesday, May 21<sup>st</sup> at 10:00 AM.** Chiropractic Care is beneficial for a variety of musculoskeletal and general health complaints. Join us to find out how this practice can help you.

**Laughter Yoga, Wednesday, May 29<sup>th</sup> at 10:00 AM,** led by Mary Beechinor our Public Health Nurse. Anyone can do Laughter Yoga there is NO contortion of limbs or any strenuous activity. Laughter Yoga includes clapping, deep breathing, relaxing, singing, meditation, making friends, being silly, and of course laughing. Wear comfortable shoes and clothes.

**Wildlife in Your Backyard, Thursday, May 30<sup>th</sup> at 10:00 AM.** Guest speaker Joy Marzolf of Mass. Audobon Society will speak about local wildlife, as well as occasional visitors, and what brings them to our neighborhoods. This event is sponsored by Victoria Haven, Norwood and The Thomas Upham House, Medfield.



**Rite Aid Pharmacy, Thursday, May 30<sup>th</sup> at 11:30 AM.** Come find out what services Rite Aid has to offer. Services include Immunizations and **Free** delivery.

**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.

**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.** My husband has Parkinson's disease and recently went into a nursing home after an extended hospital stay. I received a notice from Medicare after about 3 weeks saying that he was no longer eligible for Medicare benefits because he was no longer improving. Isn't Medicare supposed to cover 100 days of care in a nursing home?

**A.** This is an excellent and timely question. For years, Medicare has denied coverage to individuals with chronic conditions on the basis of the so-called 'Improvement Standard'. Essentially, Medicare's position has been that once a patient stops getting better, Medicare will no longer provide benefits even if the cessation of treatment means the patient's condition will worsen. It sounds like this may be what happened in your husband's case. The good news for your family is that a class action suite challenging Medicare's application of the Improvement Standard was recently settled (*Jimmo v. Sebelius*) and the result will benefit thousands of chronically ill Medicare patients. Under the terms of the settlement Medicare may no longer simply apply the Improvement Standard to terminate benefits. Instead, each patient must be individually evaluated to determine the need for skilled nursing care. The Center for Medicare Advocacy has self-help material available on its website and I encourage you to appeal the termination of your husband's benefits on the basis of this case.

Attorney Suzanne R. Sayward is certified as an elder law attorney by the National Elder Law Foundation. She is a partner with the Dedham firm of Samuel, Sayward & Baler LLC. For more information visit [www.ssbllld.com](http://www.ssbllld.com) or call 781/461-1020

**TRIPS**

*\*Just Added\**

**A Tastefulla Fun**

**Swan Chocolates, UnCommon Lunch at Common Man and Anheuser-Bush Brewery Tour**

Thursday, May 23<sup>rd</sup> \$75 pp  
Transportation\*, Lunch and Tours  
\*\*\*\*\*

**Remembering The Fabulous Fifties with The Drifters at Danversport Yacht Club**

Tuesday June 11<sup>th</sup> \$79 pp includes:  
Transportation\*, Luncheon and Show  
\*\*\*\*\*

**The Spirit of Boston Cruise and Fanueil Hall**

Tuesday, July 23<sup>rd</sup> \$79 pp includes:  
Transportation\*, Cruise, Luncheon,  
Entertainment and Dancing  
\*\*\*\*\*

**Broadway and the Feast at Foster's Downeast Clambake Restaurant in York Maine**

Thursday, August 15<sup>th</sup> \$85 pp includes:  
Transportation\*, Lobster Luncheon, and Show  
\*\*\*\*\*

**Tom Jones Tribute Twin River Casino, Lincoln, RI**

Tuesday, September 24<sup>th</sup> \$79 pp includes:  
Transportation\*, Buffet Luncheon, & Show  
\*\*\*\*\*

\*Ten people needed to provide transportation from Westwood COA.

Payment in full for day trips.

You can sign up for these trips any time, up to two weeks before scheduled date.



## MOVIES FREE

**Tuesdays 2:00pm**

**May 7**      **Dream Girls**

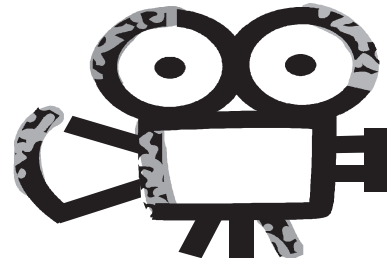
2006    **PG-13**    130 minutes

This big-screen adaptation of the hit Broadway musical follows the rise of 1960s girl group the Dreams. Tensions arise when manager Curtis demotes the talented Effie from lead singer to backup, replacing her with the more marketable Deena. Cast: Beyonce Knowles, Jamie foxx, Danny Glover, Eddie Murphy, and Jennifer Hudson.

**May 14**      **Paper Moon**

1973    **PG**    102 minutes

A con man (Ryan O'Neal) and his precocious "daughter" (Tatum O'Neal, in an Oscar-winning role as Best Supporting Actress) grift their way across the heartland of depression-era America in director Peter Bogdanovich's nostalgic look at the 1930s. As the two try desperately to scrounge up enough money to live on, their "father/daughter relationship" soon becomes a business partnership when they realize they need each other for survival. Cast: Ryan O'Neal, Tatum O'Neal, Madeline Kahn, and John Hillerman



**May 21**      **Last Ounce of Courage**

2012    **PG**    101 minutes

After a discussion with his grandson hits close to home, Mayor Bob Revere, a decorated war veteran, embarks on a crusade to restore Christianity and patriotism to his increasingly secular town. Cast: Marshall R. Teague, Jennifer O'Neill, Fred Williamson and Nikki Novak.

**May 28**      **Return to Me**

2000    **PG**    115 minutes

In this engaging tale, a Chicago architect donates his wife's heart after she's tragically killed in an accident. A year later, he falls in love with a plucky waitress, only to learn that she's the woman who received the heart. Cast: David Duchovny, Minnie Driver, Carroll O'Connor, Robert Loggia, Bonnie Hunt and James Belushi.

## ACROSS

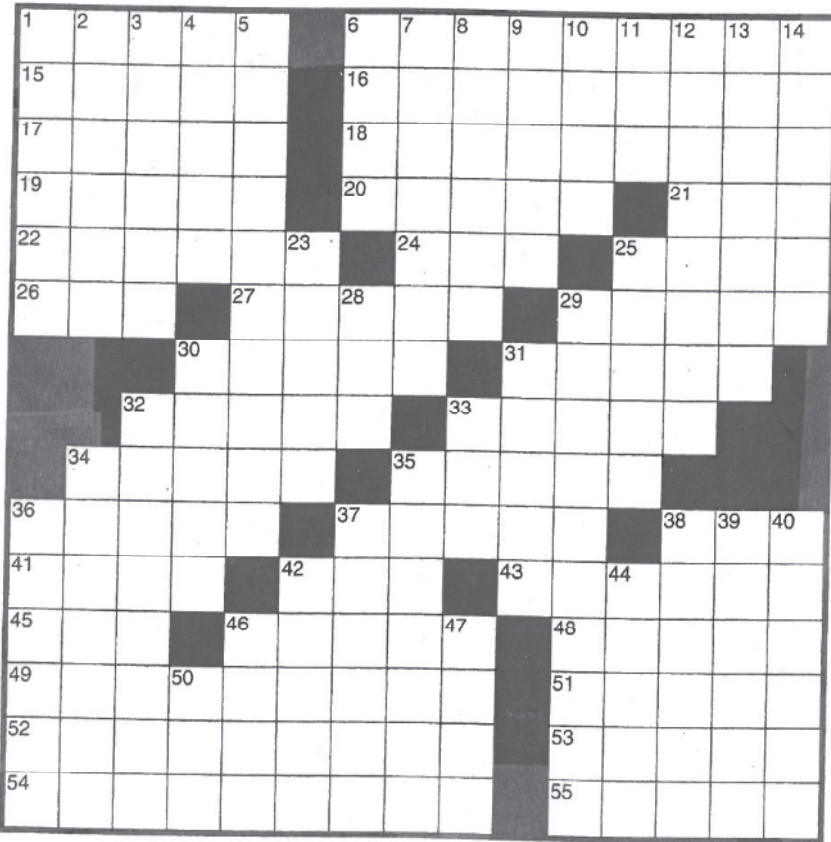
- 1 Has an in-tents experience?
- 6 Astrologer's concern
- 15 Flashy '60s painting style
- 16 In a burdensome manner
- 17 Vigor
- 18 Dealer's hangout
- 19 The Goodyear \_\_\_
- 20 Hail unit
- 21 Baby sitter?
- 22 Nearly
- 24 Long-tailed rodent
- 25 Thin wood strip
- 26 \_\_\_ man (unanimously)
- 27 Des Moines resident

- 29 Cloys
- 30 Camera setting
- 31 Did intelligence work
- 32 Eucharist plate
- 33 Thyroid, e.g.
- 34 Expectant dad, maybe
- 35 Saw logs
- 36 Cat, at times
- 37 Two-door car
- 38 300 to 3,000 megahertz on the TV dial
- 41 "\_\_\_ it a pity?"
- 42 Mouth, informally
- 43 Ogler
- 45 French connections
- 46 Iraq's second-largest city
- 48 "Who's there?" response

- 49 Dry run
- 51 Excite
- 52 Seventh heaven
- 53 New York's \_\_\_ Island
- 54 Fancy coffees
- 55 Incline

## DOWN

- 1 Fight
- 2 Moon mission name
- 3 Nissan model
- 4 First-class
- 5 Wicked Cinderella relative
- 6 Chief
- 7 Caught, as a mouse
- 8 Let borrow again
- 9 Stoke-on-\_\_\_, England
- 10 Flexible tube
- 11 Big \_\_\_, California
- 12 Quarantined
- 13 Was smug
- 14 Woodland deities
- 23 Bellhop, at times
- 25 Singer Cleo
- 28 Took the title
- 29 Flat-changers' needs
- 30 Gemstone surface
- 31 Splashes
- 32 Hocker's place
- 33 Wildebeest
- 34 Soft shades
- 35 Voice at the opera
- 36 Penetrate
- 37 Black currant brandy
- 38 Actress Andress
- 39 Surrounds
- 40 Most autonomous
- 42 Tall tales
- 44 Coral reef
- 46 Commanded
- 47 Pub pours
- 50 Asia's neighbor: Abbr.





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>VOLUNTARY DONATION IS \$2.50 PER MEAL MEAL TO CANCEL MEALS CALL 781 329-6514</b>		1	2	3
		CHICKEN VEG. SOUP	SAUSAGE	BAKED FISH
		HONEY GLAZED CHICK	W/PEPPERS & ONIONS	W/LEMON DILL SAUCE
		A' GRATIN POTATO	HASH BROWN POTATO	WHIPPED POTATO
		>WHOLE WHEAT ROLL	MIXED VEGETABLES	GLAZED CARROTS
	FRESH ORANGE	CLUB ROLL	>WHOLE WHEAT BREAD	#CHERRY TURNOVER
	<i>CALORIES</i> <i>SODIUM</i>	<i>CALORIES</i> <i>SODIUM</i>	<i>CALORIES</i> <i>SODIUM</i>	<i>CALORIES</i> <i>SODIUM</i>
6	7	8	9	10
GRILLED CHICKEN	ITALIAN STYLE	MEATLOAF W/GRAVY	<u>HAPPY MOTHERS DAY</u>	CHICKEN STEW
BREAST TERIYAKI	SPAGHETTI	WHIPPED POTATO	RST. PORK W/GRAVY	W/VEGETABLES
ASIAN RICE	W/MEATBALLS	GREEN BEANS	APPLESAUCE	WHIPPED POTATO
ORIENTAL VEGETABLES	ITALIAN BLEND VEG	>WHOLE WHEAT BREAD	OVEN RST. POTATO	FINGER ROLLS
WHEAT BREAD	MULTIGRAIN ROLL	#CHOCOLATE PUDDING	WINTER SQUASH	BANANA
PINEAPPLE CHUNKS	MIXED FRUIT		WHEAT BREAD	
			MIXED FRUIT	
<i>CALORIES</i> <i>SODIUM</i>	<i>CALORIES</i> <i>SODIUM</i>	<i>CALORIES</i> <i>SODIUM</i>	<i>CALORIES</i> <i>SODIUM</i>	<i>CALORIES</i> <i>SODIUM</i>
13	14	15	16	17
CHICKEN CACCIATORE	BEEF BURGUNDY	AMERICAN CHOP SUEY	RST. TURKEY W/GRAVY	POTATO CRUCHY FISH
ITALIAN STYLE ROTINI	LYONNAIS POTATO	WAX & GREEN BEANS	CRANBERRY SAUCE	W/*TARTAR SAUCE
ROMAN BLEND VEG	BEEETS	MULTIGRAIN ROLL	WHIPPED POTATO	SCALLOPED POTATO
>WHOLE WHEAT BREAD	WHEAT BREAD	#APPLE TURNOVER	WINTER SQUASH	PEAS & CARROTS
PEACHES	FRESH ORANGE		WHEAT BREAD	#MUFFIN
			MIXED FRUIT	MANDARIN ORANGES
<i>CALORIES</i> <i>SODIUM</i>	<i>CALORIES</i> <i>SODIUM</i>	<i>CALORIES</i> <i>SODIUM</i>	<i>CALORIES</i> <i>SODIUM</i>	<i>CALORIES</i> <i>SODIUM</i>
20	21	22	23	24
BEEF CHILI	CHEESE TORTELLINI	SEAFOOD CHOWDER	SWEDISH MEATBALLS	TURKEY ALA KING
W/VEGETABLES	W/ALFREDO SAUCE	OVEN BAKED CHICKEN	BUTTERED NOODLES	WHIPPED POTATO
FLUFFY WHITE RICE	CALIFORNIA BLEND	CARROT COINS	ITALIAN GREEN BEANS	PEAS & ONIONS
CORN BREAD	VEGETABLES	MULTIGRAIN ROLL	WHEAT BREAD	>WHOLE WHEAT BREAD
MIXED FRUIT	>WHOLE WHEAT ROLL	BANANA	#FRUITED JELL O	#HERMIT COOKIE
	PEARS			
<i>CALORIES</i> <i>SODIUM</i>	<i>CALORIES</i> <i>SODIUM</i>	<i>CALORIES</i> <i>SODIUM</i>	<i>CALORIES</i> <i>SODIUM</i>	<i>CALORIES</i> <i>SODIUM</i>
27	28	29	30	31
MEMORIAL	LOW SODIUM	<u>HAPPY BIRTHDAY</u>	CRUNCHY FISH STICKS	WHOLE GRAIN
DAY	HOTDOG ON A ROLL	GRILLED CHICKEN	*TARTAR SAUCE	STUFFED SHELLS
NO MEALS	*MUSTARD PACKET	W/SUPREME SAUCE	A' GRATIN POTATOES	W/FLORENTINE SAUCE
SERVED	BAKED BEANS	RED BLISS POTATO	ESCALLOPED TOMATOES	ITALIAN STYLE VEG
	HOT GERMAN SLAW	COUNTRY STYLE VEG	#MUFFIN	>WHOLE WHEAT ROLL
	MIXED FRUIT	>WHOLE WHEAT BREAD	#BUTTERSCOTCH	BANANA
		#BIRTHDAY CAKE	PUDDING	
<i>CALORIES</i> <i>SODIUM</i>	<i>CALORIES</i> <i>SODIUM</i>	<i>CALORIES</i> <i>SODIUM</i>	<i>CALORIES</i> <i>SODIUM</i>	<i>CALORIES</i> <i>SODIUM</i>

ALL OVER 60 YEARS OF AGE ARE WELCOME AT THE MEAL SITES FOR LUNCH AND SOCIALIZATION.  
 SODIUM&CALORIES ARE FOR ENTRÉE AND DESSERT ONLY. MILK, BREAD&MARG ARE ADDITIONAL 300 MG SODIUM  
 SYMBOLS: > HIGH FIBER, \* ADDED SALT, #ADDED SUGAR, MODIFIED DESSERTS ARE AVAILABLE.

## ACTIVITIES MAY 2013


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Fun Fit 9:00 Great Decisions 10:00 Dup. Bridge Gr./ Foxboro 11:30 <b>Intergenerational Gr. 11:45</b> Exercise Class 1:00 Pat Johnson's Book Club 2:00	<b>2</b> Wii Games 9:30 <b>Nutrition Class 10:00</b> Mah Jongg 12:30 BINGO 1:15	<b>3</b> Waxing 8:30 Fun Fit 9:00 Roche Bros. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
<b>6</b> Fun Fit 9:00 Bowling 9:30 Ladies Craft Grp. 10:00 Exercise Class 1:00 Painting 1:00	<b>7</b> SHINE 9:00 Free Legal Help 8:30 YOGA 9:30 Woman's Club Bd. 9:30 Quilting 10:00 Knit & Crocheting 1:00 Whist Group 1:00 Tai Chi 1:00 Movie 2:00	<b>8</b> Fun Fit 9:00 Dup. Bridge Bereavement 10:00 <b>Mass. Bar Legal Check Up 10:30</b> Gr./Foxboro 11:30 Exercise Class 1:00	<b>9</b> Wii Games 9:30 <b>Abigail Adams Talk 10:00</b> <b>Nutrition Class 10:00</b> Mah Jongg 12:30 BINGO 1:15	<b>10</b> Fun Fit 9:00 Shaw's Mkt. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
<b>13</b> Fun Fit 9:00 Bowling 9:30 Ladies Craft Grp. 10:00 Exercise Class 1:00 Painting 1:00	<b>14</b> YOGA 9:30 Braintree Mall 9:30 Quilting 10:00 <b>Medicare 101 10:00</b> Knit & Crocheting 1:00 Whist Group 1:00 Tai Chi 1:00 Movie 2:00	<b>15</b> Blood Pressure 9:00 Fun Fit 9:00 Dup. Bridge Gr./Foxboro 11:30 Exercise Class 1:00 A.Barkin Bereavement 1:00	<b>16</b> Wii Games 9:30 <b>Nutrition Class 10:00</b> <b>High School Music Program 10:00</b> Sr. Men's Club Board Mtg. 10:00 Mah Jongg 12:30 BINGO 1:15	<b>17</b> Fun Fit 9:00 Hannaford's 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
<b>20</b> Fun Fit 9:00 Bowling 9:30 Exercise Class 1:00 Painting 1:00	<b>21</b> YOGA 9:30 Walmart/Walpole 9:30 Quilting 10:00 <b>Chiropractor Talk 10:00</b> Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	<b>22</b> Fun Fit 9:00 Bereavement 10:00 Dup. Bridge Gr. At Foxboro 11:30 Exercise Class 1:00	<b>23</b> Wii Games 9:30 <b>Nutrition Class 10:00</b> Mah Jongg 12:30 BINGO 1:15	<b>24</b> Fun Fit 9:00 Stop & Shop 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
<b>27</b>  <b>CLOSED</b>  <b>MEMORIAL DAY</b>	<b>28</b> YOGA 9:30 Ocean State Job Lot/Norwood 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	<b>29</b> Fun Fit 9:00 Bereavement 10:00 <b>Laugh Yoga 10:30</b> Dup. Bridge Gr. At Foxboro 11:30 Exercise Class 1:00	<b>30</b> Wii Games 9:30 <b>Nutrition Class 10:00</b> <b>Backyard Wildlife 10:00</b> <b>Rite Aid Pharmacy 11:15</b> Mah Jongg 12:30 BINGO 1:15	<b>31</b> Fun Fit 9:00 Roche Bros. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15

### BLOOD PRESSURE CLINIC

Senior Center

MAY 15

9:00 AM – 11:30 AM



Say *"Thank you"* with your patronage to the sponsors who support this newsletter.

**To find our sponsors, visit [SeekAndFind.com](http://SeekAndFind.com)**



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### Victoria Haven

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MEDICARE/MEDICAID

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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.

May	DATE	DESTINATION	PICK-UP	FEE
	3	Roche Bros.	9:30am	\$2.00
	10	Shaw's Mkt.	9:30am	\$2.00
	14	Braintree Mall	9:30am	\$2.00
	17	Hannaford's Mkt.	9:30am	\$2.00
	21	Walmart/Walpole	9:30am	\$2.00
	24	Stop & Shop	9:30am	\$2.00
	28	Job Lot/Norwood	9:30am	\$2.00
	31	Roche Bros.	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 and is available Monday to Friday between 8:30am and 2:30pm. 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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