

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

JULY 2013

NOTE FROM THE COA DIRECTOR

Director's Report:

Welcome to July! A great month for joining us at the Senior Center. You can stay cool and enjoy our special History Series presented by Professor Gary Hylander. He will be presenting a four week lecture series on the Civil War. This program has been funded through the Dedham Savings Bank. We are very grateful to the Dedham Savings Bank for their generosity.

Enjoy the month.

Sincerely,

Pat Carty-Larkin

Director, Westwood COA

**Wednesday, July 10 at 10:30 AM --
Laughter Yoga led by Mary Beechinor**
Join us for some great laughter, you will feel rejuvenated at the end of this class!

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

Thursday, July 11 at 11:00 – Come join Tricia Silverman, Registered Dietician for an engaging and informative presentation. She will discuss the lifestyle and dietary practices of cultures where elders are known for living long lives full of vitality and health.

Tuesday, July 16 & 23 at 10:00 – Professor Gary Hylander will be presenting lectures on The Civil War. This year is the 150th Anniversary of The Emancipation Proclamation. Come join us and learn more about this important time in history.



Summer Band Concerts Schedule

- **July 1** Westwood Swing Band 6:30 – 8:00
- **July 8** Jeannie Mac Children's Band 6:30 - 7:30
- **July 15** No Where Man Beatles Cover Band Sponsored by Needham Bank 6:30 – 8:00
- **July 22** Bubble Man Children's Show and Bubble Show Sponsored by Westwood Pizza 6:30 – 7:30
- **July 29** Carl Eisman Band Modern Jazz 6:30 – 8:00

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

Low Impact Exercise **\$3.00/session**
 Mondays July 1,15,22,29 1:00pm
 Wednesdays July 3,17,24,31 1:00pm
 Keep fit, stay healthy!
 (No class on July 8,10,15)

Fun Fit Exercise **\$3.00/session**
 Mondays July 1,8,15,29 8:30am
 Wednesdays July 8:30am
 3,10,17,24,31
 Fridays July 12, 26 8:30am
 This class is led by Fitness Instructor,
 Stephanie. Keep fit, stay healthy!
 (No class on July 5,19,22)
**Time Has Changed for Summer*

Tai Chi **\$3.00/session**
 Tuesdays July 9,16,23,30, 1:00pm
 (No class July 2)

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

Yoga **\$3.00/session**
 Tuesdays July 2,9,16,23,30 9:30 am

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



CLASSES and EXERCISE

(continued)



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.

Knit and Crochet **Free**
 Tuesdays July 2,9,16,23,31 1:00pm

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

Ladies Craft Group **Free**
 Mondays July 1,8 10:00am

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

Painting **\$40.00 plus supplies**
 Mondays Will start resume 1:00pm
 in September

8-week session watercolor painting class.

Quilting **\$1.00**
 Tuesdays July 9,16,23,30, 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 July 10, 24 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 July 17 9:00am

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

Food Safety Tip

Thaw and marinate meat in the refrigerator where it will remain at a safe, constant temperature of 40 degrees or below.



Legal Advice (by appt. only) Free
Tuesday July 2 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 Wednesdays 9:00am-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 3)

SHINE

(Serving Health Information Needs of Elders)

Tuesday July 2 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 2 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.

Manicures **\$10.00**
 Wednesday July 24 9:00 AM

Lauren, the manicurist is back! APPOINTMENTS are required. Call for an appointment.

Bingo **Free**
 Thursdays July 11,18,25 1:15pm

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

Bowling League
 Mondays September 9:30am

Bridge **Free**
 Fridays July 5, 12,19,26 11:15am

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

Duplicate Bridge **Free**
 Wednesdays July 3,10,17,24,31 11:30am

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

Mah Jongg **Free**
 Thursdays July 11,18,25 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 July 2,9,16,23,30 1:00PM

Wii Games **Free**
 Thursdays July 11,18,25 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.

Wednesday, July 10 at 10:30 AM -- Laughter Yoga 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.

Thursday, July 11 at 11:00 AM – Longevity Gifts of Abkhazia, Vilcabamba and Hunza. Come join Tricia Silverman, Registered Dietician, for an engaging and informative presentation. She will discuss the life and dietary practices of cultures where elders are known for living long lives full of vitality and health. Explore the unique breakfast habits of the Abkhazians and Hunzans. Learn about the natural foods diet of the Vilcabambans and see how reducing processed foods in your own diet may contribute to longevity and robust health.

Tuesday, July 16 at 10:00 AM – Gary Hylander will present *First Ladies of the Civil War*

Tuesday, July 23 at 10:00 AM – Gary Hylander will present the 150th Anniversary of The Emancipation Proclamation

Professor Gary Hylander returns with his captivating history presentations on the Civil War.

Massachusetts Related Literary Works for 2013

Sure, you know the latest Jodi Picoult book is a must read for 2013. And with movie adaptations in theaters, many readers are also picking up *Life of Pi*, *Admission* and *The Silver Lining Playbook*.

But, what about books written closer to home? Which Massachusetts authors or books should you be reading in 2013?

Since 2000, the Massachusetts Center for the Book has teamed up with the Massachusetts Library Association, to choose the Commonwealth's best fiction literature that has been written by Massachusetts writers or is about Massachusetts themes. Winners were chosen by a panel of Massachusetts librarians.

The MCB announced the finalists for the fiction category in April:

The Art Forger by B.A. Shapiro
Cascade by Maryanne O'Hara
Defending Jacob by William Landry
The Song of Achilles by Madeline Miller
The Technologists by Matthew Pearl
Three Parts Dead by Max Gladstone

The Winner is “The Technologists”!

Boston, 1868. The Civil War may be over but a new war has begun, one between past and present, tradition and technology. The daring Massachusetts Institute of Technology is on a mission to harness science for the benefit of all. But when an unnatural disaster strikes the ships in Boston Harbor, and an equally inexplicable catastrophe devastates the heart of the city, an anti-science backlash casts a pall over MIT and threatens its very survival. So the best and brightest from the Institute's first graduating class secretly join forces to save innocent lives and track down the truth. Armed with ingenuity and their unique scientific training, gifted war veteran Marcus Mansfield, blueblood Robert Richards, genius Edwin Hoyt, and brilliant freshman Ellen Swallow will match wits with a master criminal bent on the utter destruction of the city.

Other category winners are:

Non-Fiction – *Brothers* by George Howe Colt
Poetry – *Place* by Jorie Graham
Children's /Young Adult Literature – *Ocean Sunlight* by Molly Bang & Penny Chisholm

ASK A LAWYER

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

This month's question is:

Q. I want to name my daughter as the executor of my Will but she is very busy with her children and her job and I'm worried that I will be putting too much of a burden on her. Could I say in my Will that she will be paid for serving as executor?

A. You are right to be concerned, as the duties and responsibilities of serving as a Personal Representative (formerly called executor) can be extensive and time consuming. The good news is that Massachusetts law provides that your Personal Representative would be entitled to compensation whether or not you include such a provision in your Will. The amount of compensation to which a fiduciary (Personal Representative, Trustee, Conservator, etc.) is entitled is based on services actually rendered which benefit the estate at a rate of compensation commensurate with both the level of skill brought to the job and the level of skill required by the job. A Personal Representative will need to keep a record of the time spent on the various tasks undertaken in the settlement of the estate and will be entitled to be compensated for that time. The hourly rate of compensation depends in part upon the level of skill of the Personal Representative. For example, an attorney or CPA is likely to be entitled to a higher hourly rate than a non-professional. Sometimes family members who are serving as Personal Representatives are reluctant to take compensation for their services because they believe their siblings will be angry if they do so.

If you think this might be the case in your family, or if you think your daughter would be reluctant to accept pay for her service, then including a provision in your Will that you intend that she be compensated for serving as Personal Representative can be an easy way to make your wishes known to all of your children.

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 LLD. For more information visit www.ssbllc.com or call 781/461-1020

TRIPS

The Spirit of Boston Cruise and Fanueil Hall

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

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

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

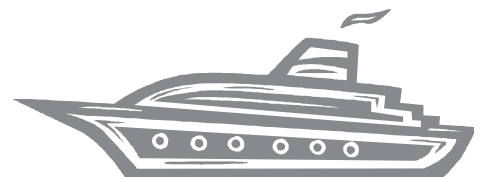
Tom Jones Tribute Twin River Casino, Lincoln, RI

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

***Ten people needed to provide bus
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 2:00 pm

July 2 Life of Pi

2012 **PG** 127 minutes

Based on Yann Martel's best-selling novel, this coming-of-age tale recounts the adventures of Pi, an Indian boy who is the sole survivor of a shipwreck. Pi finds himself on a lifeboat with only some zoo animals for company. Cast: Suraj Sharma, Irrfan Khan, Ayush Tandon and Gerard Depardieu.

July 9 Hotel Rwanda

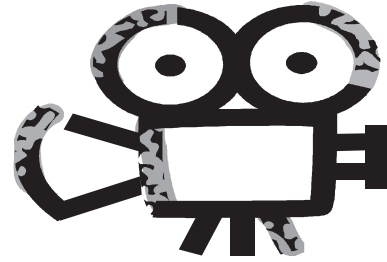
2004 **PG-13** 122 minutes

Amid the holocaust of internecine tribal fighting in Rwanda that sees the savage butchering of hundreds of thousands of men, women and children, one ordinary hotel manager musters the courage to save more than 1,000 helpless refugees. Cast: Don Cheadle, Sophie Okonedo, Nick Nolte, Joaquin Phoenix.

July 16 Shine

1996 **PG-13** 106 minutes

A richly deserved Oscar went to Geoffrey Rush for his riveting portrayal of Australian virtuoso David Helfgott and his ultimate triumph over a domineering father (Armin Mueller-Stahl, who also earned Academy honors for his supporting turn); schizophrenia; and an obsession with the Rachmaninoff Piano Concerto No. 3. Sir John Gielgud, superb as ever, plays Helfgott's tutor, with Lynn Redgrave co-starring as Helfgott's future wife. Cast: Geoffrey Rush, Lynn Redgrave, John Gielgud.



July 23 Pay It Forward

2000 **PG-13** 123 minutes

In this gentle drama from director Mimi Leder, young Trevor McKinney (Haley Joel Osment) responds to a school assignment with a plan to help three people who will, in turn, help three more, and so on, in an ever-widening circle. But Trevor touches more people than he expected, including his abused mother (Helen Hunt), his physically and emotionally scarred teacher (Kevin Spacey) and a journalist (Jay Mohr) who's investigating the plan. Cast: Kevin Spacey, Helen Hunt, Jim Caviezel, Jon Bon Jovi, Angie Dickinson.

July 29 Red Dawn

1984 **PG-13** 114 minutes

When a group of teenagers witnesses Soviet and Cuban paratroopers descending on their small town and systematically setting off World War III, they take food and whatever weapons they can find and hightail it to the hills to wait things out. Cast: Patrick Swayze, C. Thomas Howell, Charlie Sheen, Jennifer Gray, Powers Boothe.

ACROSS

- 1 Tags
- 7 By the time
- 15 It works like a charm
- 16 Most showery
- 17 Hubbub
- 18 Deer's companion,
in song
- 19 Fix, as a jacket
- 20 O.T. book
- 21 Diarist Anaïs
- 22 Obliterates
- 23 Bookie's place: Abbr.
- 24 He cracks down on
crack
- 25 Social outcasts
- 26 Earnings
- 27 Provo's place

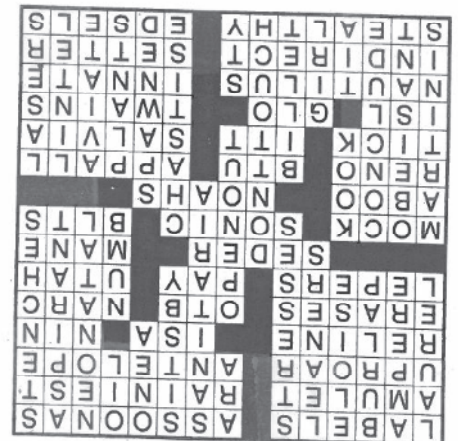
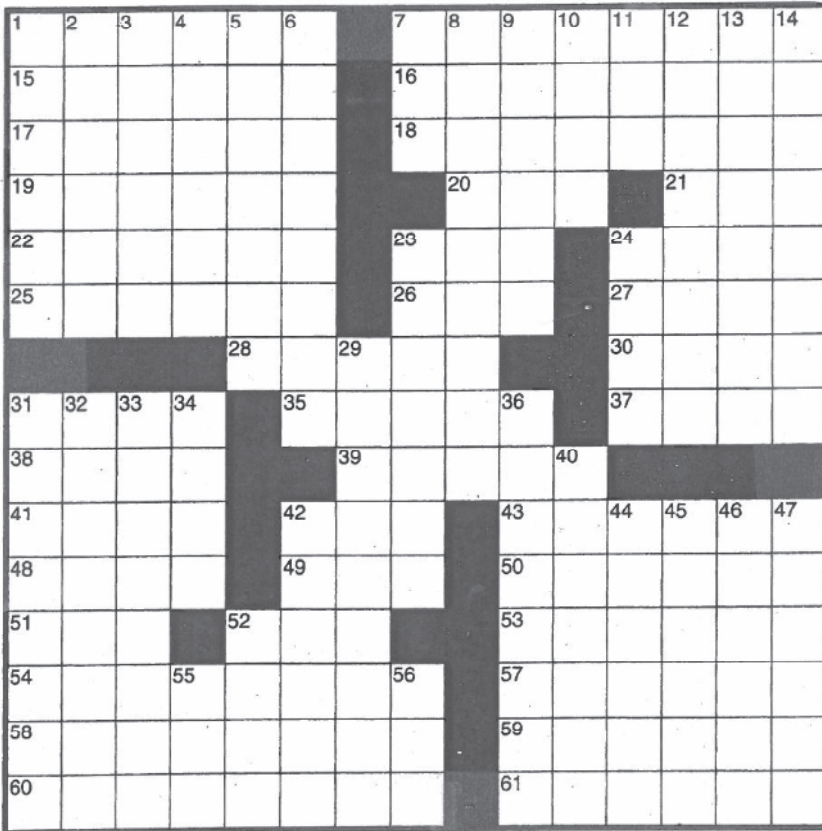
- 28 Passover meal
- 30 Neck growth
- 31 Imitation
- 35 Type of boom
- 37 Fast food sandwiches,
briefly
- 38 Peek follower
- 39 ___ Ark
- 41 Nevada city
- 42 Air conditioner unit:
Abbr.
- 43 Horrify
- 48 Clock sound
- 49 Hairy Addams Family
cousin
- 50 Herb of the mint
family
- 51 Wight or Man: Abbr.
- 52 Day-___ paints
- 53 Singer Shania and
family



- 54 Nemo's submarine
- 57 Congenital
- 58 Roundabout
- 59 Hunting dog
- 60 Furtive
- 61 Ford flops

DOWN

- 1 Hardy's partner in
comedy
- 2 Current unit
- 3 Plain-woven fabric
- 4 Fictional Plaza Hotel
brat
- 5 Some horseshoe
throws
- 6 Underlines
- 7 Coach Parseghian
- 8 Places of recovery
- 9 Is located near
- 10 Draft stratus


- 11 Alaska export
- 12 Baby-related
- 13 Hopeful one
- 14 Bad smells
- 23 Unfold
- 24 Feeling no pain
- 29 "Hands off!"
- 31 007's drinks
- 32 Deferential
- 33 Bring to a close
- 34 Eccentric sort
- 36 Castigate
- 40 Engendered
- 42 Soldier's lodging
- 44 Factories
- 45 Fly
- 46 Door beam
- 47 Scanner lights
- 52 "It's a ___!"
- 55 Aunt, in Aragón
- 56 Hog's home



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
GREEK MEATBALLS GARLIC MASH POTATO GREEN BEANS MULTIGRAIN ROLL MIXED FRUIT	CREAM OF BROCCOLI SOUP PINEAPPLE GINGER CHICKEN HAWAIIAN RICE >WHOLE WHEAT BREAD FRESH FRUIT	LASAGNA W/TOMATO SAUCE ITALIAN BLEND VEG >WHOLE WHEAT ROLL PEACHES	HAPPY 4TH OF JULY NO MEALS SERVED 	BBQ BEEF RIBS WHIPPED POTATO PEAS WHEAT BREAD #JELLO CAKE
CALORIES 479 SODIUM 680	CALORIES 399 SODIUM 627	CALORIES 251 SODIUM 405		CALORIES 395 SODIUM 469
8	9	10	11	12
MEXICALI CHICKEN W/VEGETABLES SPANISH RICE >MULTIGRAIN ROLL #VANILLA PUDDING	BEEF & CABBAGE CASSEROLE RED BLISS POTATO SNOWFLAKE ROLL PINEAPPLE	GRILLED CHICKEN L/ORANGE AU GRATIN POTATO SUMMER BLEND VEG >WHOLE WHEAT BREAD #ALMOND COOKIE	BEEF BORDELAISE W/NOODLES GREEN BEANS WHEAT BREAD ORANGE	CRUNCHY LIFE FISH *TARTAR SAUCE PARSLEY WHIPPED POTATO CARROT COINS >WHOLE WHEAT BREAD MIXED FRUIT
CALORIES 284 SODIUM 233	CALORIES 300 SODIUM 300	CALORIES 352 SODIUM 631	CALORIES 494 SODIUM 287	CALORIES 342 SODIUM 373
15	16	17	18	19
CHEESE TORTELLINI W/TOMATO SAUCE JARDINIÈRE VEG >WHOLE WHEAT ROLL PEACHES	VEGETABLE SOUP OVEN BAKED BREADED CHICKEN RICE PILAF >MULTIGRAIN ROLL FRESH FRUIT	MEATLOAF W/MUSHROOM GRAVY CHIVE MASH POTATO CHUCK WAGON VEGGIES DINNER ROLL #CHOCOLATE PUDDING	ROAST TURKEY & GRAVY #CRANBERRY SAUCE MASHED POTATO WINTER SQUASH WHEAT BREAD #APPLE CRISP	SHAVED STEAK W/PEPPERS & ONIONS HASH BROWN POTATO CALIF. BLEND VEG >WHOLE WHEAT BREAD PEARS
CALORIES 297 SODIUM 388	CALORIES 365 SODIUM 681	CALORIES 532 SODIUM 319	CALORIES 413 SODIUM 586	CALORIES 317 SODIUM 410
22	23	24	25	26
AMERICAN CHOP SUEY SCANDANAVIAN BLEND VEGETABLES DINNER ROLL #ARTIC ICE	HAWAIIAN LUAU Boneless Breast Chicken Fillet w/Marashino & Sour Sauce White Rice w/Roasted Veg. & Roll Strawberry Peach Cake	CHICKEN FILET W/SUPREME SAUCE PES & CARROTS CONFETTI RICE >WHOLE WHEAT BREAD MIXED FRUIT	*TURKEY HAM WITH RAISIN SAUCE LYONNAISE POTATO COUNTRY VEGETABLES >WHOLE WHEAT BREAD FRESH FRUIT	SALMON BOAT WITH LEMON DILL SAUCE WHIPPED POTATO BEETS >WHOLE WHEAT ROLL PEACHES
CALORIES 308 SODIUM 222	CALORIES 341 SODIUM 212	CALORIES 326 SODIUM 610	CALORIES 315 SODIUM 1242	CALORIES 355 SODIUM 474
29	30	31	VOLUNTARY DONATION IS \$2.50 PER MEAL TO CANCEL MEALS CALL 781-329-6514	
TERIYAKI CHICKEN ORIENTAL VEGETABLES ASIAN RICE MULTIGRAIN ROLL PINEAPPLE	MEATBALL STROG. W/NOODLES SPRING BLEND VEG. >WHOLE WHEAT BREAD #BUTTERSCOTCH PUDDING	HAPPY BIRTHDAY ROAST PORK W/GRAVY CHEESY MASH POTATO GREEN BEANS WHEAT BREAD #BIRTHDAY CAKE		
CALORIES 260 SODIUM 674	CALORIES 530 SODIUM 337	CALORIES 445 SODIUM 261		

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 JULY 2013


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Fun Fit 8:30 Ladies Craft Grp. 10:00 Exercise Class 1:00 Painting 1:00	Free Legal Help 8:30 Waxing 8:30 SHINE 9:00 YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Whist Group 1:00 Movie 2:00	Fun Fit 8:30 Dup. Bridge Grp. at Foxboro 11:30 Exercise Class 1:00	CLOSED HAPPY 4TH!! 	Coffee Hour 10:00 Rub. Bridge Gr. 11:15
8	9	10	11	12
Fun Fit 8:30 Ladies Craft Grp. 10:00 Painting 1:00	YOGA 9:30 Braintree Mall 9:30 Quilting 10:00 Knit & Crocheting 1:00 Whist Group 1:00 Tai Chi 1:00 Movie 2:00	Fun Fit 8:30 Bereavement 10:00 Laugh Yoga 10:30 Dup. Bridge Gr. at Foxboro 11:30	Wii Games 9:30 Sr. Men's Club Board Mtg. 10:00 Nutrition Talk 11:00 Mah Jongg 12:30 BINGO 1:15	Fun Fit 8:30 Shaw's Mkt. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
15	16	17	18	19
Fun Fit 8:30 Exercise Class 1:00 Painting 1:00	YOGA 9:30 Kohl's Walpole Mall 9:30 Quilting 10:00 Gary Hylander 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	Blood Pressure 9:00 Fun Fit 8:30 Dup. Bridge Gr. at Foxboro 11:30 Exercise Class 1:00	Wii Games 9:30 Mah Jongg 12:30 BINGO 1:15	Hannaford's Mkt. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
22	23	24	25	26
Exercise Class 1:00	YOGA 9:30 Walmart Walpole 9:30 Quilting 10:00 Gary Hylander 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	Fun Fit 8:30 Bereavement 10:00 Dup. Bridge Gr. at Foxboro 11:30 Exercise Class 1:00 Manicures 9:00	Wii Games 9:30 Mah Jongg 12:30 BINGO 1:15	Fun Fit 8:30 Stop & Shop 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
29	30	31		
Fun Fit 8:30 Exercise Class 1:00	YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	Fun Fit 8:30 Dup. Bridge Gr. at Foxboro 11:30 Exercise Class 1:00		

BLOOD PRESSURE CLINIC

Senior Center

JULY 17

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
	9	Braintree Mall	9:30am	\$2.00
	12	Shaw's Mkt.	9:30am	\$2.00
	16	Kohls/Walpole	9:30am	\$2.00
	19	Hannaford's Mkt.	9:30am	\$2.00
	23	Walmart	9:30am	\$2.00
	26	Stop & Shop	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 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. For more information, call (781) 329-8799.

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