

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

AUGUST 2013

NOTE FROM THE COA DIRECTOR

Director's Report:

The dog days of August are here. It is time to start getting ready for fall. One thing you might want to consider is joining the Property Tax Relief Program at the Council on Aging. Our participants work a total of 126 hours per year starting in September and in return they receive a reduction of \$1,000.00 off of their property tax bill. If you think you might want to join, please call 781-329-8799 and request an application form. If you are eligible for the program, you can benefit by working for a town department and reducing your taxes. Enjoy the month.

Sincerely,

Pat Carty-Larkin

Director, Westwood COA

The Council on Aging Board of Directors and Staff would like to welcome Karen Hill Segreve as the new Outreach Worker. Karen has a background working in the field of Human Services and a degree in Social Work. Please feel free to stop in and meet our new Outreach Worker. If you know an elder who might benefit from a visit from Karen please call and leave your information.

Thursday, August 22 9-11 AM

Come meet Westwood's new Police Chief, Jeff Silva and members of our Police Department. A continental breakfast will be served.

Do You Like to Read? Come Join our Book Club

Thursday, August 15 10:30 AM

"Miss Dreamsville and the Collier County Women's Literary Society"
Reserve your copy at the Library today.

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

REGISTRATION REQUIRED FOR MOST 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 August 1:00pm
 5,12,19,26
 Wednesdays August 1:00pm
 7,14,21,28
 Keep fit, stay healthy!

Fun Fit Exercise **\$3.00/session**
 Mondays August 8:30am
 5,12,19,26
 Wednesdays August 8:30am
 7,14,21,28
 Fridays August 8:30am
 2,9,16,23,30

This class is led by Fitness Instructor, Stephanie. Keep fit, stay healthy!
**Time Has Changed for Summer*

Tai Chi **\$3.00/session**
 Tuesdays August 6,13,20,27 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 August 9:30 am
 6,13,20,27

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 August 1:00pm
 6,13,20,27

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

Ladies Craft Group **Free**
 Mondays August 5,12 10:00am

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

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

8-week session watercolor painting class.

Quilting **\$1.00**
 Tuesdays August 10:00am
 6,13,20,27

Join our group and enjoy quilting with friends.

**REGISTRATION REQUIRED FOR
MOST 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 August 7,21 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 August 21 9:00am

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

Waxing Appointments required

Friday August 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.

Legal Advice

Free

Tuesday September 3* 8:30am-10:00am

Mary J. Roque, Attorney, specializing in Elder Law and Estate Planning, will provide free legal guidance to seniors usually on the first Tuesday of each month. Appointments are scheduled at half hour intervals.

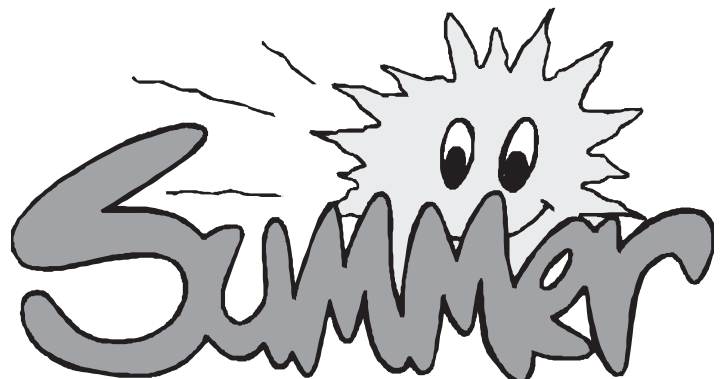
***No August appointments.**

SHINE

(Serving Health Information Needs of Elders)

Tuesday August 13 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.



GAMES & SPORTS

REGISTRATION REQUIRED FOR MOST 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)

Manicures \$10.00

Monday August 12 9:00 AM
 Lauren, the manicurist is back!
 APPOINTMENTS are required. Call for an appointment.

Wii Games Free

Thursdays August 9:30am
 1,8,15,22,29
 You'll have so much fun playing Wii Games, you won't even know you're exercising!

Whist Free

Tuesdays August 1:00PM
 6,13,20,27
 We are trying to build our Whist Group back up. If you enjoy playing Whist please come and join us.



Bingo Free
 Thursdays August 1:15pm
 1,8,15,22,29

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

Bowling League
 Mondays September 9:30am

Bridge Free
 Fridays August 11:15am
 2,9,16,23,30

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

Duplicate Bridge Free
 Wednesdays August 11:30am
 7,14,21,28

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

Mah Jongg Free
 Thursdays August 12:30pm
 1,8,15,22,29

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.

Laugh Yoga
 Wednesday August 14 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.

Gary Hylander : Truman and the Bomb

Tuesday, August 6 10:00 am

After Japanese leaders dismissed Truman's demand to accept unconditional surrender or to face "prompt and utter destruction" from the air, Truman ordered that atomic bombs be dropped on Hiroshima and Nagasaki on August 6th and August 9th, 1945. Saying that the time had come to "bear the unbearable", Emperor Hirohito surrendered thus ending the most destructive war in human history.

Book Club

Thursday August 15 10:30 am

Please join us to discuss the book "*Miss Dreamsville* and the Collier County Women's Literary Society". It's a *rollicking tale* by Amy Hill Hearth. Reserve your copy of the book by calling Main Library at 781-326-7562 or Islington Branch at 781-326-5914.

Gary Hylander: Liliuokalani: Hawaii's Last Queen

Tuesday August 20 10:00 am

Captain Cook, in looking for the fabled Northwest Passage, stumbled upon the Hawaiian Islands. Over time, American Missionaries and sugar planters also found their way to the Islands and began to plot for the annexation of Hawaii. On January 16, 1893, US Marines, armed with Garling guns surrounded the royal palace. The following day Liliuokalani abdicated.

"Meet and Greet" Westwood's New Police Chief and Members of WPD

Thursday August 22 9:00-11:00am

Come and meet our new Chief, Jeff Silva and members of Westwood Police Department. A continental breakfast will be served.



Senior Discounts

Gone are the days of your grandmother's "early bird special" at the local diner. As our baby boomers reach retirement age, hundreds of retailers are featuring new and improved discounts exclusively for the 60 and older crowd. We have composed a list of senior savings that will help you keep more cash in your pocket. Whoever said getting older was a bad thing, obviously didn't know about these fantastic senior discounts!

- Applebee's: 15% off with Golden Apple Card (60+)
- Arby's: 10% off (55+)
- Boston Market: 10% off (65+)
- Burger King: 10% off (60+)
- Chili's: 10% off (55+)
- Denny's: 10% off, 20% off for AARP members (55+)
- Dunkin' Donuts: 10% off or free coffee (55+)
- IHOP: 10% off (55+)
- KFC: free small drink with any meal (55+)
- Subway: 10% off at manager's discretion (60+)
- Taco Bell: 5% off; free beverages for seniors (65+)
- Wendy's: 10% off (55+)

Retail and Clothing Discounts

- Banana Republic: 10% off (50+)
- Clarks: 10% off (62+)
- Dress Barn: 10% off (55+)
- Goodwill: 10% off one day a week (date varies by location)
- Hallmark: 10% off one day a week (date varies by location)
- Kohl's: 15% off (60+) on select Wednesdays
- Lens Crafters: 30% off for AARP members
- Michael's: 10% off on Tuesdays with AARP card
- Modell's Sporting Goods: 10% off
- Rite Aid: 10% off on Tuesdays & 10% off prescriptions
- The Salvation Army Thrift Stores: up to 50% off (55+)
- TJ Maxx: 10% on Tuesdays, varies by location.

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 was recently married for the second time and my new husband and I both have children from our previous marriages. I have been trying to convince my new husband that it is important that we update our Wills but he seems reluctant to do anything. What can I say to persuade him that this is important?

A. You are right to be concerned. A change in marital status could mean a change in the way in which your estate is distributed even if you have a Will that you created before you got married. If either of you does not have a Will, then your estate will be distributed in accordance with the intestate laws of the Commonwealth of Massachusetts which may not be in keeping with your intentions. In addition, it is important to create durable Powers of Attorney and Health Care Proxies if you want your spouse to have the legal authority to make decisions for you in the event of your incapacity. Estate Planning for so-called blended families can be complicated as each spouse may want to benefit children from a prior marriage. Your husband's reluctance to undertake this planning may be because he recognizes that these issues can be difficult ones to resolve. However, the two of you and your families will be far better served if you and he create an estate plan now rather than waiting for a crisis when your options may then be limited or non-existent. An experienced estate planning attorney can guide you through the process and provide you with options and solutions to address your particular situation.

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.sballc.com or call 781/461-1020

TRIPS

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

Italian Festival 2013 Luciano's at Lake Pearl, Wrentham, MA

Wednesday, October 16th \$55 pp includes:
Luncheon & Show
Direct from Italy is Italy's funniest clean
comedian, Rocco Ponzini. Also the incredible
duo of Frank Zarba and Ray Cavicchio sing the
music of Italy.
Meal Choices: Chicken Parmesan or Baked
Haddock
This is a drive on your own event and doors
open at 11:30 AM

Liza and Judy Together Again Venus de Milo, Swansea, MA

Wednesday, November 13th 79 pp includes:
Luncheon, Show and Transportation*
Judy Garland and Liza Minelli, the most
famous mother and daughter entertainers the
world of show business has ever seen,
performed only a few times "Together".
Meal choices: Chicken Parm. or Baked
Haddock

MOVIES FREE

Tuesdays 2:00 pm

August 6

Dan in Real Life

2007 PG-13 98 minutes

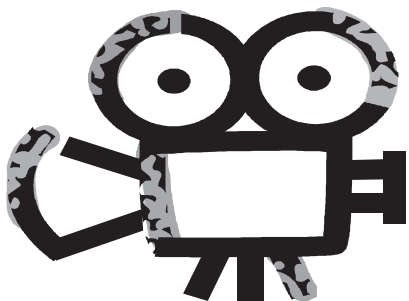
In this romantic comedy from director Peter Hedges, advice columnist and widowed father of three Dan Burns meets a new woman who is beautiful and smart -- but she also happens to be the girlfriend of Dan's brother, Mitch. Cast: Steve Carell, Juliette Binoche, Dane Cook, Dianne Wiest, John Mahoney.

August 13

Man on a Ledge

2012 PG-13 102 minutes

When fugitive ex-cop Nick Cassidy steps onto a window ledge high above a busy Manhattan street, police psychologist Lydia Anderson tries to talk him down. But soon Anderson suspects that there's more to Cassidy's stunt than meets the eye. Cast: Sam Worthington, Elizabeth Banks, Ed Burns, Kyra Sedgewick, and Ed Harris



August 20

One for the Money

2012 PG-13 91 minutes

Janet Evanovich's spunky heroine, Stephanie Plum, is adrift after getting a divorce and losing her job. To make ends meet, she becomes a bounty hunter, with her first big case revolving around a high school boyfriend who may be falsely accused. Cast: Katherine Heigl, Daniel Sunjata, John Leguizamo, Debbie Reynolds and Sherri Shepherd.

August 27

The Outsiders - The Complete Novel Extended Edition

1983 PG-13 114 Minutes

Acclaimed filmmaker Francis Ford Coppola breathes new life into his beloved 1983 coming-of-age tale based on the novel by S.E. Hinton. This restored version features previously unreleased footage, including a new beginning and ending; a new soundtrack (with tunes from Elvis and Van Morrison); director commentary; and remarks from cast members Matt Dillon, Ralph Macchio, C. Thomas Howell, Patrick Swayze, Rob Lowe and Diane Lane.

ACROSS

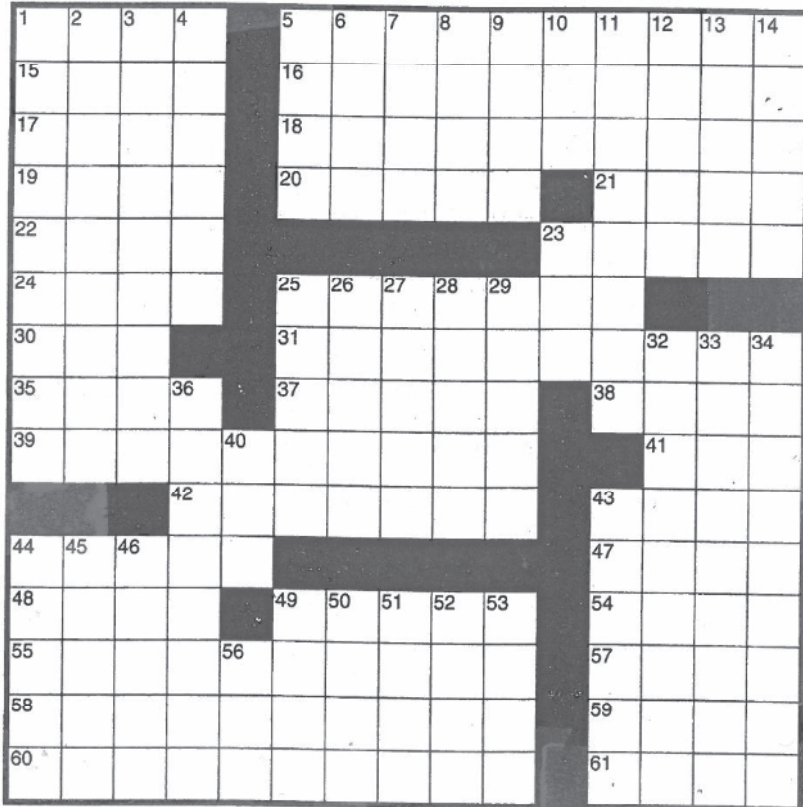
- 1 ___ snag (run into problems)
- 5 Trailer
- 15 "A miss ___ good ..."
- 16 Relating to body structure
- 17 Clench
- 18 Office supplies merchants
- 19 Hearty companion?
- 20 Performs alone
- 21 "Done!"
- 22 Chopped
- 23 French patron saint
- 24 Yale attendees
- 25 Entered uninvited, as a party
- 30 German article


- 31 Popular hymn
- 35 Old Ford models
- 37 Theater employee
- 38 Rainy day rarity
- 39 Big Mac bun topper
- 41 A-E links
- 42 Thin plain-weave cotton
- 43 Saskatchewan native
- 44 Ice cream server
- 47 Feels feverish
- 48 Stretched tight
- 49 Tea-producing Indian state
- 54 "___ we forget"
- 55 Frozen continent
- 57 Nastase of tennis
- 58 Objective
- 59 Splashing sound
- 60 Drowsy state
- 61 Towel word

DOWN

- 1 Raised shoes
- 2 Hebrew
- 3 They blow in the traveler's direction
- 4 Poplar trees
- 5 Volume
- 6 Aware of
- 7 False god
- 8 "Leave ___ Beaver"
- 9 Hi's partner in comics
- 10 Comedian Philips
- 11 Made allusions about
- 12 Large water body
- 13 ___ Gras
- 14 Lanchester and Maxwell
- 23 Dictionary offering: Abbr.
- 25 Vinegar server
- 26 Martini's partner
- 27 Feels sore

- 28 Sport of clay pigeon shooting
- 29 Multitude
- 32 "Scent of a Woman" actress Anwar
- 33 New York's state motto
- 34 Eludes
- 36 Undermine
- 40 Navigator's need
- 43 Muslim religious leader
- 44 They may be vital
- 45 Panama or Suez
- 46 Eccentric
- 49 "Julius Caesar" opener
- 50 Mr. Getz
- 51 Mare's mate
- 52 High cards
- 53 Farnyard sounds
- 56 Bodybuilder's motion



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
VOLUNTARY DONATION IS \$2.50 PER MEAL TO CANCEL MEALS CALL 781-329-6514	THIS MENU IS SUBJECT TO CHANGE WITHOUT NOTICE		1 BBQ BEEF RIB WHIPPED POTATO BROCCOLI MEDLEY DINNER ROLL MIXED FRUIT	2 TURKEY STEW WITH VEGETABLES NOODLES FRUIT MUFFIN FRESH ORANGE			
			<i>CALORIES</i> 349 <i>SODIUM</i> 590	<i>CALORIES</i> 370 <i>SODIUM</i> 640			
			5 RIGATONI W/MEATBALLS ITALIAN BLEND VEG >WHOLE WHEAT BREAD MIXED FRUIT	6 BEEF STEW W/VEGETABLES BOILED POTATOES MULTIGRAIN ROLL APPLE SAUCE	7 MEAT LOAF W/ONION GRAVY WHIPPED POTATO GLAZED CARROTS WHEAT BREAD FRESH FRUIT	8 KALE SOUP *OVEN BAKED CHICKEN RICE PILAF >WHOLE WHEAT ROLL #HERMIT COOKIE	9 POTATO CRUNCH POLLACK *TARTAR SAUCE LYONNAIS POTATO ZUCCHINI & TOMATO FINGER ROLL ARTIC ICE
			<i>CALORIES</i> 350 <i>SODIUM</i> 280	<i>CALORIES</i> 448 <i>SODIUM</i> 384	<i>CALORIES</i> 458 <i>SODIUM</i> 463	<i>CALORIES</i> 385 <i>SODIUM</i> 749	<i>CALORIES</i> 349 <i>SODIUM</i> 507
			12 LS HOT DOG *MUSTARD PACKET CHUCK WAGON VEG BAKED BEANS HOT DOG ROLL PINEAPPLE CHUNKS	13 PINEAPPLE GINGER CHICKEN BREAST GARLIC MASHED POTATO CUT GREEN BEANS >WHOLE WHEAT BREAD #BROWNIE	14 MACARONI & CHEESE ESCALLOPED TOMATOES WITH SPINACH FRUIT MUFFIN PEACHES	15 ROAST TURKEY WITH GRAVY #CRANBERRY SAUCE WHIPPED POTATO WINTER SQUASH MULTIGRAIN ROLL FRESH FRUIT	16 SWEET & SOUR MEATBALLS ORIENTAL RICE ASIAN BLEND VEG WHEAT BREAD MIXED FRUIT
<i>CALORIES</i> 482 <i>SODIUM</i> 630	<i>CALORIES</i> 410 <i>SODIUM</i> 455	<i>CALORIES</i> 433 <i>SODIUM</i> 467	<i>CALORIES</i> 385 <i>SODIUM</i> 589	<i>CALORIES</i> 326 <i>SODIUM</i> 697			
19 CHICKEN A LA KING WHIPPED POTATO PEAS DINNER ROLL PEACHES	20 AMERICAN CHOP SUEY WAX & GREEN BEANS >WHOLE WHEAT #VANILLA PUDDING	21 CREAM OF CARROT SOUP *PARMESAN BAKED CHICKEN FLUFFY WHITE RICE MULTIGRAIN ROLL FRESH FRUIT	22 BEEF TIPS MARSALA RED BLISS POTATO COUNTRY BLEND VEG WHEAT BREAD #STREUSEL COFFEE CAKE	23 FISH STICKS *TARTAR SAUCE HASH BROWN POTATO SUMMER BLEND VEG >WHOLE WHEAT ROLL MIXED FRUIT			
<i>CALORIES</i> 481 <i>SODIUM</i> 301	<i>CALORIES</i> 293 <i>SODIUM</i> 210	<i>CALORIES</i> 380 <i>SODIUM</i> 736	<i>CALORIES</i> 258 <i>SODIUM</i> 359	<i>CALORIES</i> 396 <i>SODIUM</i> 283			
26 CHEESE TORTELLINI W/ALFREDO SAUCE MIXED VEGETABLES MULTIGRAIN ROLL FRESH ORANGE	27 BBQ CHICKEN O'BRIEN POTATO TARRAGON CARROTS WHEAT BREAD MIXED FRUIT	28 HAPPY BIRTHDAY MEAT LOAF W/GRAVY GARLIC MASHED POT. BEETS >WHOLE WHEAT BREAD #BIRTHDAY CAKE	29 TURKEY DIVAN W/BROCCOLI CONFETTI RICE >WHOLE WHEAT ROLL PEARS	30 SALMON BOAT W/DILL SAUCE WHIP POTATO W/CHIVE CUT GREEN BEANS FINGER ROLL PEACHES			
<i>CALORIES</i> 468 <i>SODIUM</i> 499	<i>CALORIES</i> 305 <i>SODIUM</i> 463	<i>CALORIES</i> 471 <i>SODIUM</i> 542	<i>CALORIES</i> 404 <i>SODIUM</i> 337	<i>CALORIES</i> 351 <i>SODIUM</i> 387			

ALL OVER 60 YEARS OF AGE ARE WELCOME AT THE MEAL SITES FOR LUNCH AND SOCIALIZATION.
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AUGUST 2013 ACTIVITIES


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Wii Games 9:30 Mah Jongg 12:30 BINGO 1:15	Fun Fit 8:30 Waxing 8:30 Roche Bros. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
5	6	7	8	9
Fun Fit 8:30 Ladies Craft Grp. 10:00 Lo Impact Exercise 1:00	SHINE 9:00 YOGA 9:30 Gary Hylander 10:00 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 Lo Impact Exercise 1:00	Wii Games 9:30 Sr. Men's Club Board Mtg. 10:00 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
12	13	14	15	16
Fun Fit 8:30 Manicures 10:00 Ladies Craft Grp 10:00 Lo Impact Exercise 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 Laugh Yoga 10:30 Dup. Bridge Gr. at Foxboro 11:30 Lo Impact Exercise 1:00	Wii Games 9:30 Book Club 10:30 Mah Jongg 12:30 BINGO 1:15	Fun Fit 8:30 Hannaford's Mkt. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
19	20	21	22	23
Fun Fit 8:30 Lo Impact Exercise 1:00	YOGA 9:30 Xmas Tree/Foxb. 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 Blood Pressure 9:00 Bereavement 10:00 Dup. Bridge Gr. at Foxboro 11:30 Lo Impact Exercise 1:00	WPD Meet & Greet 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
26	27	28	29	30
Fun Fit 8:30 Lo Impact Exercise 1:00	YOGA 9:30 Walmart/Walpole 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 Lo Impact Exercise 1:00	Wii Games 9:30 Mah Jongg 12:30 BINGO 1:15	Fun Fit 8:30 Roche Bros. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15

BLOOD PRESSURE CLINIC

Senior Center

AUGUST 21

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.

Aug	DATE	DESTINATION	FEE
	2	Roche Bros.	\$2.00
	9	Shaw's Mkt.	\$2.00
	16	Hannaford's Mkt.	\$2.00
	20	Xmas Tree Foxb.	\$2.00
	23	Stop & Shop	\$2.00
	27	WalMart	\$2.00
	30	Roche Bros.	\$2.00

The COA will make 2 trips for food shopping at 9:30 and 10:30am. The 9:30 trip will be picked up at store at 11:00 and the 10:30 trip will be picked up at 12:00 for return trip 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.

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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Friends of Westwood

Council on Aging

60 Nahatan Street

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