

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

NOVEMBER 2013

NOTE FROM THE COA DIRECTOR

Director's Report:

November is the beginning of a busy time of year. The holidays keep everyone hopping! Take time out and come to the Senior Center and enjoy one of our programs. Yoga can help you relax, get your nails done, or play a relaxing game of Whist.

The ***Westwood Police Association*** is sponsoring a special Thanksgiving Dinner for Westwood Seniors on **Saturday, November 16th at 12:00 noon** at The Olde Colonial in Norwood. Please call the Senior Center after November 1st to make your reservation. The COA would like to thank the Westwood Police Association for this wonderful dinner. Enjoy your month.

Sincerely,

Pat Carty-Larkin
Director, Westwood COA

The Errands Van

November 5th and 19th are the days the van is available to take you on any local errand you would like to do within a 5 mile radius of the Senior Center. Call 781-329-8799 to sign up to get your errands done.

“Out to Lunch Thursdays”

Want to do lunch? Thursdays, November 14th we will go to the Chateau Restaurant in Norwood. Call to register and join us for lunch and conversation.

Gary Hylander is back! Tuesday, November 5th at 10:00 AM. He will present **A Pilgrim Thanksgiving**. Call to register.

Obamacare and Medicare

Thursday, November 7th at 10:00 AM.



**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 November 1:00pm
 4,18,25

Wednesdays November 1:00pm
 6,13,20

Keep fit, stay healthy!

Fun Fit Exercise \$3.00/session

Mondays November 9:00am
 4,18,25

Wednesdays November 9:00am
 6,13,20,27

Fridays November 9:00am
 1,8,15,22

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

Tai Chi \$3.00/session

Tuesdays November 1:00pm
 5,12,19,26

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

Yoga \$3.00/session

Tuesdays November 9:30 am
 5,12,19,26

Experience the wonderful benefits of balance and strength from yoga.

Registration required

Quilting \$1.00

Tuesdays November 10:00am
 5,12,19,26

CLASSES and EXERCISE

(continued)

Knit and Crochet Free

Tuesdays November 1:00pm
 5,12,19,26

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

Ladies Craft Group Free

Mondays November 4 10:00am

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

Laugh Yoga Free

Thursdays November 21 10:00AM

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

Microsoft Phishing Scam

Phishing scams are a well-known form of scams. Someone calls pretending to want to help you.

Ignore calls from "Microsoft" to fix errors coming from your computer. The caller "works with Microsoft to resolve issues" and asks respondents to log on to correct problems. This is a scam! Do not follow their directions or advice and provide NO information to them. Just hang up!!!

**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 November 6, 20 10:00am

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

Waxing **Appointments required**

Friday November 1 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**

Monday November 18 9:00 AM

Lauren, the manicurist will be here to make your nails look beautiful! APPOINTMENTS are required. Call for an appointment.



Legal Advice

Free

Tuesday November 5 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.

SHINE

(Serving Health Information Needs of Elders)

Tuesday November 5 9:00-11:00am

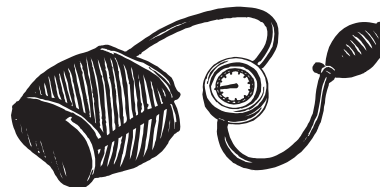
Lori Howell, SHINE representative, is Available, BY APPOINTMENT, on the first Tuesday of each month to help you deal with issues or questions you may have regarding your health insurance.

Blood Pressure Clinic

Free

Wednesday November 20 9:00am

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



SPECIAL EVENTS**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.

GAMES & SPORTS**Bingo** **Free**

Thursdays November 1:15pm
7,14,21,

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

Bowling League

Mondays November 9:30am
4,18,25

Bridge **Free**

Fridays November 11:15am
1,8,15,22

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

Duplicate Bridge **Free**

Wednesdays November 11:30am
6,13,20,27

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

Mah Jongg **Free**

Thursdays November 12:30pm
7,14,21

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 November 1:00PM
5,12,19,26

We are trying to build our Whist Group back up. If you enjoy playing Whist please come and join us.

Westwood High School Technology Students are offering Computer Classes and One-on-One Assistance

-- WHS students will be offering free one-on-one classes afternoons on days to be determined. Please call to sign up and we will get back to you to arrange a time.

Errand Day **\$2.00**

1st and 3rd Tuesday of Each Month

Everyone has errands they need to get done. Whether it's getting your hair cut, banking, drug store, or post office call the COA and take the van. Our driver will either wait for you or come back and pick you up. Destination needs to be within a 5 mile radius of Senior Center.

"Out to Lunch" Thursdays

Thursday November 14 Chateau in Norwood

Join us for a lunch trip. The van can take up to 8 people. Make some new friends or catch up with old friends. Lunch is pay on your own. Call to reserve your seat on the van.

Gary Hylander

Tuesday November 5 Free

A Pilgrim Thanksgiving – When the Pilgrims celebrated their first Thanksgiving, it was with full knowledge of what it was to experience hunger. In the months following their arrival, they came close at times to starving. That they survived at all was greatly due to the help they received from the local Wampanoags. The actual day the Plymouth Colony celebrated its first Thanksgiving is unknown. What is known is that sometimes in the early fall, the Pilgrims, along with Massasoit and ninety braves "entertained and feasted" together for three days.

**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.

SPECIAL EVENTS (cont.)

Yellow Dot Program **Free**
 Friday November 1 10:00AM

The Norfolk County Sheriff's Office will be bringing the *Yellow Dot Program* to the COA on Friday, November 1st from 10:00 AM to 11:30 AM. This is a national program, which currently operates in eight 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. Joe Canavan from Sheriff Bellotti's office will be at COA to sign residents up for this valuable program.

Boott Cotton Mills Museum
 Wednesday November 6 9:30AM

In the mid-19th century, Lowell, MA was the epicenter of the world's cotton textile industry. Much of the infrastructure of the industry is still intact today, providing a window into the American industrial revolution through such large and impressive features as power canals, rail systems, cotton mills and worker housing. We will stop for lunch in Lowell. Limited to 8.

Obamacare and Medicare **Free**
 Thursday November 7 10:00AM

Lindsey Quillen, a Licensed Health Insurance Advisor will speak about two major areas: What does Obamacare mean for my Medicare benefits? And how will Obamacare healthcare exchanges work? And will I be eligible for them? The financial aspects of budgeting and paying for medical coverage will also be covered.

Westwood Men's Group **Free**
 Thursday November 21 9:30AM

All senior men are welcome to join this group. Patrick Ahern, Chairman of Westwood Board of Selectman is the featured speaker.

Great Decisions II **Fee TBD**
 Starting January 2014

Are you interested in what's going on in the world? Do you like to read about international issues? Would you like to discuss world affairs with other people? If so, you might enjoy a Great Decisions discussion group, a nationwide civic education program sponsored by the Foreign Policy Association of New York. Participants use briefing books and a video purchased from the Foreign Policy Association and meet together every two weeks for eight sessions to discuss topics of foreign policy, international affairs and global concerns. A member of the Westwood Woman's Club who has offered to help a new group get started. Discussions will not begin until January 2014 but plans need to be made early so that materials can be ordered. More information is available at www.fpa.org and www.facebook.com/GreatDecisions. Call senior center, leave name and phone number and you will get a call back.

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.

This month's question is:

Q. I am sad to say that I think one of my children will contest my Will at my death. Is there anything I can do to stop him from doing this?

A. I often tell clients that they can't control what someone else will do, but they can take steps to minimize the likelihood that someone will be successful in upsetting their estate plan. For starters, create an estate plan that avoids probate. Probate is necessary when a person dies owning assets such as a bank account, stock or real estate in her individual name. If probate is required, then your heirs will be entitled to notice of the probate proceeding and will have an opportunity to object to your Will. A trust can be a good way to ensure that your assets pass to your intended beneficiaries without probate. That's not to say that your child could not contest your trust—he could. However, it is much more difficult to challenge a trust than it is to upset the probate process. Even when a Will contest is unsuccessful, the delays and costs to the estate can be significant. Another action you could take is to include a so-called 'poison pen' clause in your estate plan documents. This type of clause stipulates that anyone who contests your Will or Trust is to receive nothing from you estate. There are other types you can, and should, take to ensure that your wishes are carried out. An experienced estate planning attorney can advise you and provide you with options and solutions to address your particular situation.

Attorney Suzanne R. Sayward is a partner with the Dedham firm of Samuel, Sayward & Baler LLD. For more information visit 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.

TRIPS

A Very Special Christmas Production of The American Boychoir Demetri's, Foxboro, MA

Tuesday, December 3rd -- \$62.95 pp includes Luncheon and Show

The American Boychoir is regarded as the United States' premier concert boys' choir. Boys in grades 4 through 8, reflecting the ethnic, religious and cultural diversity of the United States, come from across the country and around the world to pursue a rigorous musical and academic curriculum at the school. Meal choices: Roasted Stuffed Chicken Breast or Baked Atlantic Scrod with Ritz Cracker crumbs.

This is a drive on your own event.

New Year's Eve Day Trip Featuring Stan Anderson at Sheraton 4 Points, Norwood MA

Tuesday, December 31st -- \$59 pp includes luncheon and show

A Boston native, Stan Jr. burst on to the New England music scene to critically acclaimed reviews. From Country to Oldies But Goodies and a touch of Gospel, Stan Jr. has it all. Plus dancing to the Tom LeMark Orchestra.

Meal choices: Prime Rib or Baked Scrod, salad, vegetable, potato, Dessert and coffee and tea.

This is a drive on your own event.

Upcoming Trips in 2014

**Tuesday, March 11, 2014 Ronan Tynan at
The Venus de Milo, Swansea, MA**

**Tuesday, March 15, 2014 Debbie Reynolds at
Mohegan Sun**

**Wednesday, June 12, 2014 The Temptations
at The Venus de Milo, Swansea, MA**

Watch future newsletters for more details and information.

FREE MOVIES

Tuesdays at 2:00 PM

November 5

Salmon Fishing in the Yemen

2011 **PG-13** 111 minutes

A sheik with a love for the sport hopes to introduce fly-fishing to the Middle East and turns to uptight fisheries expert Fred Jones for help. Buoyed by the sheik's enthusiasm (and his comely English aide), Fred sets out to achieve the impossible. Cast: Ewan McGregor, Emily Blunt, Kristin Scott Thomas and Tom Beard.

November 19

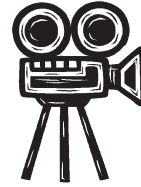
The World's Fastest Indian

2005 **PG-13** 126 minutes

This fact-based drama stars Anthony Hopkins as quirky New Zealander Burt Munro, a 67-year-old grandfather who flies across Utah's Bonneville Salt Flats and attempts to break into the record books on his customized Indian Scout motorcycle. Cast: Anthony Hopkins, Bruce Greenwood, Diane Ladd and Chris Williams.

November 12 -- No Movie

Town of Westwood Retirees Health Fair



November 26

Freedom Writers

2007 **PG-13** 122 minutes

While her at-risk students are reading classics such as "The Diary of Anne Frank," a young teacher asks them to keep journals about their troubled lives -- hoping they can apply history's lessons to break the cycle of violence and despair. Cast: Hilary Swank, Patrick Dempsey, Scott Glenn, and Imelda Staunton.

ACROSS

- 1 Popular '80s car
- 8 Lays waste to
- 15 Outdoor
- 16 Divorcé's payment
- 17 Wed anew
- 18 Sirius, familiarly
- 19 Epoch
- 20 Hitchcock classic of 1958
- 22 "___ on parole Français"
- 23 Ski jacket
- 25 Tic-tac-toe win, maybe
- 26 ___-car
- 28 Aleutian island
- 29 Stags
- 31 Tommy's carbine

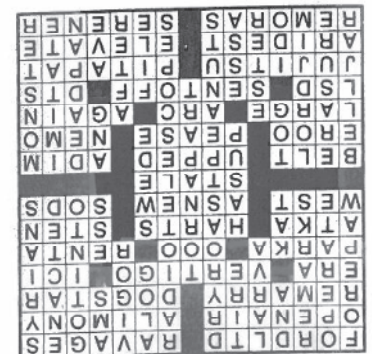
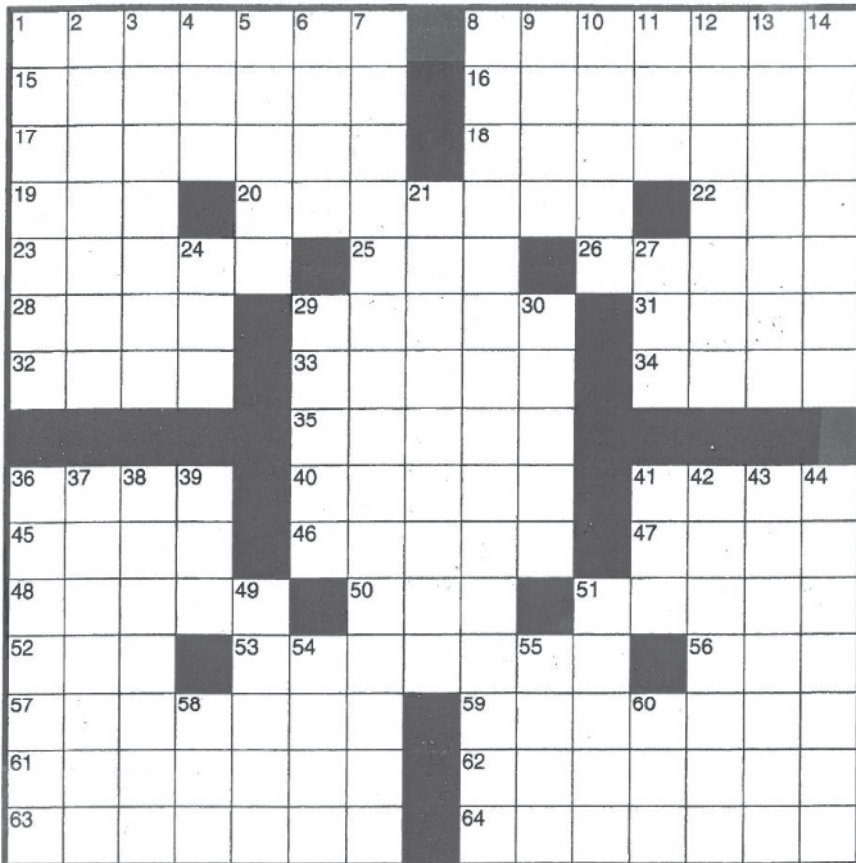
- 32 "___ End Girls" (Pet Shop Boys hit)
- 33 Good ___ (restored)
- 34 Lays down the lawn
- 35 Like old bread
- 36 Radial part
- 40 Increased
- 41 Take ___ view of (regard poorly)
- 45 Slangy suffix
- 46 "___-porridge hot ..."
- 47 Verne captain
- 48 Enormous
- 50 Joan of ___
- 51 "Encore!"
- 52 Drug also known as acid
- 53 Dismissed
- 56 Rehab shakes
- 57 Judo relative
- 59 Rainfall sound
- 61 Most dry

- 62 Lift
- 63 Sucking fishes
- 64 More tranquil

DOWN

- 1 Cat's "hand"
- 2 Perform surgery
- 3 Comments
- 4 Double helix letters
- 5 Insect stage
- 6 Fatigue
- 7 Planters products
- 8 Astronomers' dishes
- 9 Sleep like ___
- 10 Vim's partner
- 11 Morning periods, for short
- 12 Became involved with
- 13 Brought into law
- 14 Damascus natives
- 21 Ripped to pieces
- 24 "Krazy ___"

- 27 Frowned-upon feminizing suffix
- 29 Brings before a magistrate
- 30 Stockholm native
- 36 Protective glass cover
- 37 Takeout sign?
- 38 Conrad classic
- 39 Dress natively, with "up"
- 41 Movic director ___ Lee
- 42 Poker-faced
- 43 Copy
- 44 Mythical Loch Ness creature
- 49 Fragrant compound
- 51 Subsequently
- 54 It, in Italy
- 55 Dossier
- 58 Altar agreement
- 60 "___ Maria"



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
VOLUNTARY DONATION IS \$3.00 PER MEAL	B	MEALS ARE SUBJECT TO CHANGE WITHOUT NOTICE		1 SWEET & SOUR MEATBALLS RICE MEDLEY CUT BREEN PEANS >WHOLE WHEAT BREAD ARTIC ICE CALORIES 320 SODIUM 545	
	A4	5	6	7	
	LOW SALT HOT DOG ON A ROLL	BEEF BARLEY SOUP BREADED CHICKEN	MEATLOAF WITH GRAVY GARLIC MASHED POT	CHICKEN MARSALA AUGRATIN POTATO	AMERICAN CHOP SUEY WAX & GREEN BEANS
	*MUSTARD PACKET BAKED BEANS HOT GERMAN SLAW STRAWBERRY CUP	MIXED VEGETABLES MULTIGRAIN ROLL FRESH ORANGE	FALL BLEND VEG MULTIGRAIN ROLL FRUITED JELLO	TAHITIAN BLEND VEG >WHOLE WHEAT BREAD WAFFLE COOKIE	FRUIT MUFFIN PEARS
	CALORIES 428 SODIUM 617	CALORIES 400 SODIUM 677	CALORIES 466 SODIUM 393	CALORIES 366 SODIUM 615	CALORIES 293 SODIUM 210
11	12	13	14	15	
VETERANS DAY NO MEALS SERVED	CHICKEN ALA KING RICE FLORENTINE PEAS WHEAT BREAD FRESH FRUIT	TORTELLINI ALFREDO ITALIAN BLEND VEG WHOLE WHEAT ROLL #HERMIT COOKIE	HEARTY TURKEY STEW W/VEGETABLES WHIPPED POTATO WHOLE WHEAT BREAD PEACHES	ORIENTAL SALMON LOMAIN ASIAN VEGETABLES >WHOLE WHEAT ROLL PINEAPPLE CHUNKS	
	CALORIES 415 SODIUM 349	CALORIES 559 SODIUM 393	CALORIES 327 SODIUM 586	CALORIES 279 SODIUM 219	
A 18	19	20	21	22	
MACARONI & CHEESE SPANISH TOMATOES MUFFIN PEACHES	SPLIT PEA SOUP OVEN RST. CHICKEN COUNTRY BLEND VEG >WHOLE WHEAT ROLL FRESH FRUIT	ITALIAN PENNE PASTA W/MEAT SAUCE PEAS & CARROTS WHEAT BREAD STRAWBERRY CUP	HAPPY THANKSGIVING RST. TURKEY W/GRAVY CRANBERRY SAUCE WHIPPED POTATO WINTER SQUASH DINNER ROLL #APPLE COBBLER	FISH STICKS W/*TARTAR SAUCE SCALLOPED POPTATOES GLAZED CARROTS MULTIGRAIN ROLL ARTIC ICE	
CALORIES 443 SODIUM 542	CALORIES 345 SODIUM 498	CALORIES 408 SODIUM 229	CALORIES 344 SODIUM 533	CALORIES 384 SODIUM 577	
25	26	27	28	29	
SWEDISH MEATBALLS BUTTERED NOODLES CALIFORNIA BLEND VEG >WHOLE WHEAT BREAD STRAWBERRY CUP	VEGETARIAN CHILI BROWN RICE MULTIGRAIN ROLL FRESH FRUIT	HAPPY BIRTHDAY HONEY LIME CHICKEN OVEN RST. POTATO MIXED VEGETABLES WHEAT BREAD #BIRTHDAY CAKE	THANKSGIVING DAY NO MEALS SERVED	*TURKEY HAM W/RASIN SAUCE WHIPPED POTATO RIVIERA BLEND VEG >WHOLE WHEAT ROLL #PUDDING	
CALORIES 417 SODIUM 727	CALORIES 322 SODIUM 235	CALORIES 320 SODIUM 475	CALORIES SODIUM	CALORIES 329 SODIUM 911	

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.

NOVEMBER 2013 ACTIVITIES


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Fun Fit 9:00 Waxing 8:30 Roche Bros. 9:30 Yellow Dot Program 10:00 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
4	5	6	7	8
Fun Fit 9:00 Ladies Craft Grp. 10:00 Lo Impact Exercise 1:00 Painting 1:00	Errands 8:30-2:30 SHINE 9:00 Legal Asst. 8:30 YOGA 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 9:00 Bereavement 10:00 Boot Mill Cotton Mills Museum Trip 10:00 Dup. Bridge Gr. at Foxboro 11:30 Lo Impact Exercise 1:00 Women's Club Board Meeting 1:00	Wii Games 9:30 Sr. Men's Club Board Mtg. 10:00 Obamacare 10:00 Mah Jongg 12:30 BINGO 1:15	Fun Fit 9:00 Shaw's Mkt. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
11	12	13	14	15
Veteran's Day Closed	Walmart 8:30 YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Retirees Health Fair 3:00-4:30	Fun Fit 9:00 Blood Pressure 9:00 Dup. Bridge Gr. at Foxboro 11:30 Lo Impact Exercise 1:00	Men's Club Mtg 9:00 Wii Games 9:30 Book Club 10:30 Lunch/Chateau 11:30 Mah Jongg 12:30 BINGO 1:15	Fun Fit 9:00 Hannaford's Mkt. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
18	19	20	21	22
Fun Fit 9:00 Manicures 9:00 Lo Impact Exercise 1:00 Painting 1:00	Errands 8:30-2:30 YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	Fun Fit 9:00 Bereavement 10:00 Dup. Bridge Gr. at Foxboro 11:30 Lo Impact Exercise 1:00 Great Decisions II 1:00	Wii Games 9:30 Laugh Yoga 10:00 Mah Jongg 12:30 BINGO 1:15	Fun Fit 9:00 Roche Bros. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
25	26	27	28	29
Fun Fit 9:00 Lo Impact Exercise 1:00 Painting 1:00	Braintree Mall 9:30 YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	Fun Fit 9:00 Dup. Bridge Gr. at Foxboro 11:30 CENTER CLOSSES 12:00 NOON	THANKSGIVING CLOSED	THANKSGIVING CLOSED

BLOOD PRESSURE CLINIC

Senior Center

November 20

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.

Nov	DATE	DESTINATION	FEE
	1	Roche Bros.	\$2.00
	5	Errands	\$2.00
	8	Shaw's Mkt.	\$2.00
	12	Walmart	\$2.00
	15	Hannaford's	\$2.00
	19	Errands	\$2.00
	22	Roche Bros.	\$2.00
	26	Braintree Mall	\$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. Suggested donation for this service is \$2.00. Local residents will be picked up at their homes.

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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Carolyn Ganim

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Irene MacEachern

Colleen Messing

Director

Pat Carty-Larkin

**Friends of Westwood
Council on Aging
60 Nahatan Street
WESTWOOD, MA
02090**

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