

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

DECEMBER 2013

NOTE FROM THE COA DIRECTOR

Happy Holidays to Everyone!

This is a busy season for many people. Seniors sometimes find the holidays difficult to get through. They miss their loved ones who are no longer with them to celebrate the holidays. If you know a senior who is having a difficult time please stop by and say hello to them. Remind them that the Senior Center offers programs, lunches and services that may make them feel not so alone. If they need transportation our van is available to bring them to the Senior Center.

Enjoy your month and your holidays.

Sincerely,

Pat Carty-Larkin

Director, Westwood COA

Snow Days and Cancellations at Westwood Senior Center

Please remember that if the Westwood Public Schools are closed due to inclement weather, the Senior Center will also be closed. If the schools have a delayed opening, the senior center will also have the delay. Watch channels 4, 5, or 7 for an announcement of cancellation of Meals on Wheels.



Thank you to the *Westwood Police Association* for sponsoring a special **Thanksgiving Dinner for Westwood Seniors at The Olde Colonial in Norwood. The COA would like to thank the Westwood Police Association for this wonderful dinner.**

**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	December 2,9,16,23,30	1:00pm
Wednesdays	December 4,11,18	1:00pm

Keep fit, stay healthy!

Fun Fit Exercise \$3.00/session

Mondays	December 2,9,16,30	9:00am
Wednesdays	December 4,11,	9:00am
Fridays	December 6,13,27	9:00am

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

Tai Chi \$3.00/session

Tuesdays	December 3,10,17	1:00pm
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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	December 3,10,17,24,31	9:30 am
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Experience the wonderful benefits of balance and strength from yoga.
Registration required

Quilting \$1.00

Tuesdays	December 3,10,17,24,31	10:00am
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CLASSES and EXERCISE

(continued)

Knit and Crochet Free

Tuesdays	December 3,10,17,	1:00pm
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This class is led by Louise. Bring your projects and enjoy relaxing afternoons.

Ladies Craft Group Free

Mondays	No class this month	10:00am
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The Ladies Craft Group usually meets the first two Mondays of each month.

Laugh Yoga Free

Thursdays	December 5	10:00AM
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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.

Senior Alert Care Scam Calls

A senior citizen received a phone call from "Senior Alert Care" (323) 281-1384. The caller promised a **free** medical alert system worth \$400.00 and \$3000 worth of **free** groceries. He asked her for her address and credit card info to cover the **cost** of sending the **free** items. This is a scam! Don't answer calls from this number.

**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 December 4, 18 10:00am

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

Waxing **Appointments required**

Friday December 6 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 December 16 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 December 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.

SHINE

(Serving Health Information Needs of Elders)

Tuesday December 3 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 December 18 9:00am

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



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 December 1:15pm
 5,12,19,26

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

Bridge **Free**
 Fridays December 11:15am
 6,13,20,27

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

Mah Jongg **Free**
 Thursdays December 12:30pm
 5,12,19,26

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 December 1:00PM
 3,10,17,

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



SPECIAL EVENTS

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.

Gary Hylander – Dickens: "A Christmas Carol" **Free**
 Tuesday December 3 10:00AM

"Marley was dead, to begin with. " With this spare sentence, Dickens draws the reader into his Yuletide classic "A Christmas Carol." Written in four weeks, "A Christmas Carol" is a ghost story which recounts the plight of the Cratchit family and traces the moral regeneration of Bob Cratchit's miserly boss, Ebenezer Scrooge, after he is visited by the ghosts of Christmas past, present and future.

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.

People are living longer than expected. In 1940 the US Census Bureau reported that there were less than 4,000 people over the age of 100. In the year 2000, the US Census Bureau reported that there are over 53,000 people age 100 or older and that figure is increasing.

SPECIAL EVENTS (cont.)

Museum of Fine Arts **\$25.00**
Wednesday December 4 9:00 AM

The MFA is one of the most comprehensive art museums in the world; the collection encompasses nearly 450,000 works of art. More than one million visitors each year experience art from ancient Egyptian to contemporary, special exhibitions, and innovative educational programs. The John Singer Sargent Exhibit is currently on display at the MFA. Limited to 7.

“Out to Lunch” Thursdays
Thursday December 12

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.

‘Tis The Season **Free**
Thursday December 19 10:00AM

Call it what you wish, Christmas, Hanukkah, Kwanzaa, come and celebrate the season with fellow seniors at the COA. There will be great brunch food, live music and good cheer. There is a limit so sign up soon.

Renew your subscription to the Westwood Council on Aging Newsletter. Cost is \$4.00 to cover postage for the year. Make checks payable to: Friends of Westwood COA, 60 Nahatan Street, Westwood, MA 02090

Name

Address

Phone No.

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. What is a geriatric care manager and why would I need one?

A. This is a very good question. I often refer my clients to Geriatric Care Managers (also known as GCMs) to assist them with a variety of things, but I have noticed that many of my clients are not familiar with GCMs or what they do.

Geriatric Care Managers are experts in issues that affect elders. They are often social workers by training, and have special expertise and experience in assisting elders and their families. Here are some examples of what GCMs can do:

- Meet with an elder and her family to discuss whether and what type of assistance an elder may need to remain in her home
- Help an elder locate resources that will provide assistance that will allow the elder to remain at home
- Help an elder or their family identify housing options that are right for the elder's particular preferences and needs
- Advocate for appropriate medical care for the elder
- Educate elders and their families about resources that are available
- Accompany elders to medical appointments or speak to medical professionals
- Provide updates and assistance to family members who may reside at distance



These are just a few examples of the way GCMs can assist elders and their families. To find a GCM in your area, contact the New England Chapter of the National Association of Geriatric Care Managers at (617) 227-4669 or www.gcmnewengland.org

Attorney Maria C. Baler 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

***New Year's Eve Day Trip
Featuring Stan Anderson at Sheraton 4
Points, Norwood MA
Almost sold out – call for availability***

***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

December 3

The Book of Eli

2010 118 minutes

Determined to protect a sacred text that promises to save humanity, Eli goes on a quest westward across the barren, postapocalyptic country. But when he stops in a decrepit desert town, the town's tyrannical leader plots to take the book by force. Cast: Denzel Washington, Gary Oldman, Mila Kunis, and Tom Waits.

December 10

Akeelah and the Bee

2006 112 minutes

Eleven-year-old Akeelah Anderson is determined to spell her way out of South Los Angeles and make it to the National Spelling Bee in Washington, D.C. With a tutor behind her, Akeelah may even show her pessimistic mother she has what it takes to win. Cast: Laurence Fishburne, Keke Palmer, Lee Thompson Young.

December 17

Now You See Me

2013 116 minutes

Brainy magicians Atlas and Henley lead a troupe of illusionists who specialize in robbing from the rich, in the form of banks, and giving to the poor, their audiences, all while trying to outwit a team of FBI agents determined to bring them down. Cast: Isla fisher, Mark Ruffalo, Woody Harrelson and Michael Caine.



ACROSS

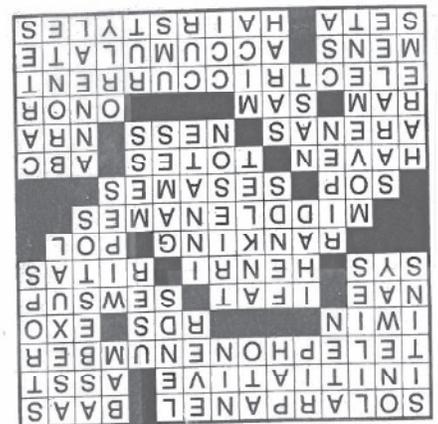
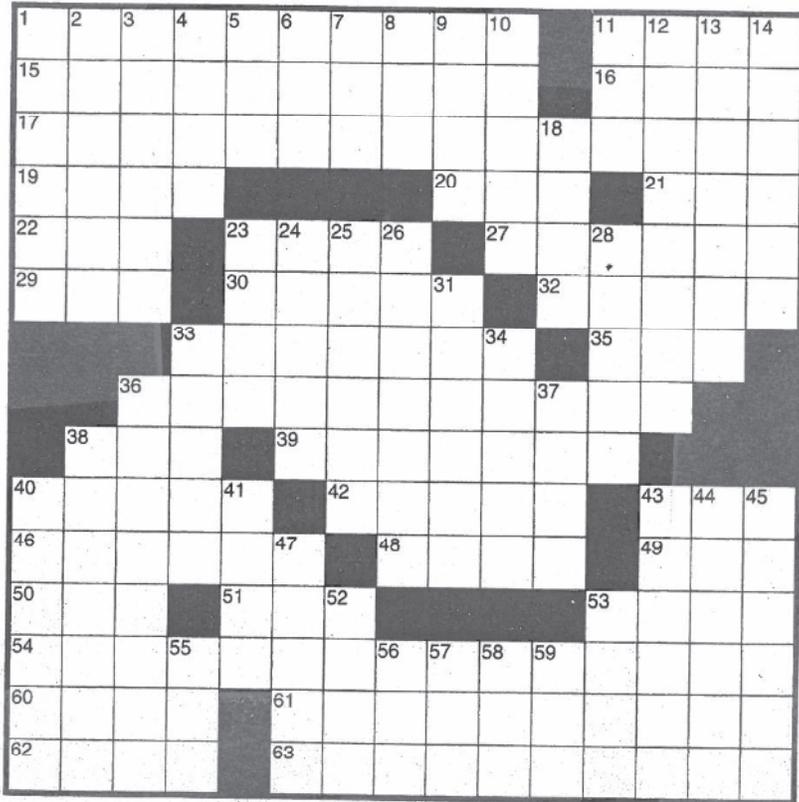
- 1 Space station energy producer
- 11 Barnyard bleats
- 15 Enterprise
- 16 Type of D.A.
- 17 Directory assistance info
- 19 Champion's cry
- 20 Abbey et al.: Abbr.
- 21 Prefix with skeleton
- 22 Scottish negative
- 23 "___ first you don't ..."
- 27 Concludes successfully
- 29 Org.
- 30 Nobelist Bergson
- 32 Hayworth and Moreno

- 33 Grading
- 35 D.C. insider
- 36 Delano for Roosevelt and Milhous for Nixon, e.g.
- 38 Drench
- 39 Oil-bearing seeds
- 40 Harbor
- 42 Lugs
- 43 Jackson 5 hit
- 46 Stadiums
- 48 Monster's loch
- 49 FDR program
- 50 Lamb's dad
- 51 American uncle
- 53 ___ about (approximactly)
- 54 Amperage
- 60 Washroom sign
- 61 Collect
- 62 ___ precedent
- 63 Salon offerings

DOWN

- 1 Peaceful protests
- 2 Unidirectional
- 3 Symbols of whiteness
- 4 Two fives for ___
- 5 Tombstone inscription
- 6 Exclamation of disgust
- 7 From ___ Z (the gamut)
- 8 Diarist Anaïs
- 9 Always
- 10 Imparts
- 11 Comic book impact sound
- 12 Fireproof substance
- 13 Lacking gender
- 14 Razor sharpeners
- 18 Mouse manipulator
- 23 "But ___ no choice!"
- 24 Resists, with "off"
- 25 Leg ornament
- 26 Checks the fit of
- 28 Obliterates, with "out"

- 31 Present at birth
- 33 Age
- 34 Tennis units
- 36 Symphony division
- 37 Military diner
- 38 Big name in frozen desserts
- 40 Ladies rooms?
- 41 American cartoonist Thomas
- 43 Toughen by heating
- 44 Charlotte or Emily
- 45 Menus
- 47 Skater Hughes
- 52 Flaky mineral
- 53 Airport near Paris
- 55 Union opponents: Abbr.
- 56 Third-century date
- 57 Mongrel
- 58 No-see-___ (tiny insects)
- 59 Furrow



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
A WEEK 2		3		4		5		6	
POTATO LEEK SOUP		MEATBALL SUB		LOW SALT HOT DOG		SHEPHERDS PIE		SALMON FILLET	
*HERB BAKED CHICKEN		O'BRIEN POTATO		ON A ROLL		W/SWEET POTATO		W/DILL SAUCE	
BEETS		ITALIAN BLEND VEG.		*MUSTARD PKT		CALIFORNIA BLEND VEG		CONFETTI RICE	
MULTIGRAIN ROLL		MINI SUB ROLL		BAKED BEANS		>WHOLE WHEAT BREAD		PEAS AND CARROTS	
MIXED FRUIT		STRAWBERRY CUP		HOT GERMAN SLAW		PEARS		>WHOLE WHEAT ROLL	
				#BLOND BROWNIE				FRESH ORANGE	
CALORIES 402		CALORIES 347		CALORIES 425		CALORIES 456		CALORIES 325	
SODIUM 772		SODIUM 747		SODIUM 707		SODIUM 308		SODIUM 356	
B WEEK 9		10		11		12		13	
AMERICAN CHOP SUEY		BEEF STROGANOFF		RST. TURKEY W/GRAVY		CHICKEN FILLET		CRUNCHY LITE FISH	
GREEN & WAX BEANS		RED BLISS POTATO		#CRANBERRY SAUCE		W/HONEY MUSTARD		*TARTAR SAUCE	
WHEAT BREAD		TARRAGON CARROTS		WHIPPED POTATO		RICE FLORENTINE		LYONNAIS POTATO	
#PUDDING		>WHOLE WHEAT ROLL		WINTER SQUASH		ZUCCHINI & TOMATO		CHUCK WAGON VEG	
		FRESH FRUIT		SNOWFLAKE ROLL		MULTIGRAIN ROLL		>WHOLE WHEAT BREAD	
				#HOLIDAY JELLO CAKE		MIXED FRUIT		STRAWBERRY CUP	
CALORIES 293		CALORIES 477		CALORIES 387		CALORIES 292		CALORIES 410	
SODIUM 210		SODIUM 394		SODIUM 679		SODIUM 684		SODIUM 385	
A WEEK 16		17		18		19		20	
BEEF TERIYAKI STIR FRY		CHICKEN VEG SOUP		MACARONI & CHEESE		HAPPY BIRTHDAY		ITALIAN STYLE SPAGHETTI	
W/VEGETABLES		BREADED BK CHICK		ESCALLOPED TOMATOES		ROAST PORK		WITH MEAT SAUCE	
ASIAN RICE		WHIPPED POTATO		W/SPINACH		W/APPLE GRAVY		TUSCANY BLEND VEG	
DINNER ROLL		MULTIGRAIN ROLL		MUFFIN		OVEN ROASTED POTATO		WHOLE WHEAT ROLL	
PEARS		FRESH FRUIT		ARTIC ICE		ROMAN BLEND VEG		MIXED FRUIT	
						SNOWFLAKE ROLL			
						#BIRTHDAY CAKE			
CALORIES 198		CALORIES 440		CALORIES 443		CALORIES 580		CALORIES 565	
SODIUM 661		SODIUM 702		SODIUM 542		SODIUM 220		SODIUM 249	
B WEEK 23		24		25		26		27	
CHICKEN CANTONESE		SWEET & SOUR		 CHRISTMAS DAY NO MEALS SERVED		RST. CHICKEN		TUNA SALAD COLD PLATE	
W/VEGETABLES		MEATBALLS				W/SUPREME SAUCE		PASTA SALAD	
PENNE PASTA		RICE PILAF				GARLIC MASHED POT		THREE BEAN SALAD	
WHEAT BREAD		PEAS W/MUSHROOMS				MIXED VEGETABLES		PITA BREAD	
PINEAPPLE		>WHOLE WHEAT ROLL				MULTIGRAIN ROLL		FRESH FRUIT	
		STRAWBERRY CUP				#OATMEAL COOKIE			
CALORIES 434		CALORIES 372		CALORIES		CALORIES 406		CALORIES 414	
SODIUM 186		SODIUM 699		SODIUM		SODIUM 600		SODIUM 592	
A WEEK 30		31		VOLUNTARY DONATION IS \$3.00 PER MEAL		MENU SUBJECT TO CHANGE WITHOUT NOTICE A HAPPY NEW YEAR			
LASAGNA		TURKEY STEW							
W/TOMATO BASIL SAUCE		W/VEGETABLES							
JARDINIERE VEGETABLES		WHITE RICE							
>WHOLE WHEAT ROLL		MUFFIN							
PEARS		AMBROSIA							
CALORIES 256		CALORIES 284							
SODIUM 407		SODIUM 639							

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.

DECEMBER 2013 ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Fun Fit 9:00 Lo Impact Exercise 1:00 Painting 1:00	3 Errands 8:30-2:30 SHINE 9:00 Legal Asst. 8:30 YOGA 9:30 Gary Hylander 10:00 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	4 Fun Fit 9:00 Bereavement 10:00 Museum of Fine Arts Trip 9:00 Lo Impact Exercise 1:00 Women's Club Board Meeting 1:00	5 Wii Games 9:30 Laugh Yoga 10:00 Mah Jongg 12:30 BINGO 1:15	6 Fun Fit 9:00 Waxing 8:30 Roche Bros. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
9 Fun Fit 9:00 Lo Impact Exercise 1:00 Painting 1:00	10 Walmart 9:30 YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	11 Fun Fit 9:00 Lo Impact Exercise 1:00 Women's Club Board Meeting 1:00	12 Wii Games 9:30 Sr. Men's Club Board Mtg. 10:00 Out to Lunch/Conrads 11:30 Mah Jongg 12:30 Garden Club 1:00 BINGO 1:15	13 Fun Fit 9:00 Shaw's Mkt. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
16 Fun Fit 9:00 Manicures 9:00 Lo Impact Exercise 1:00 Painting 1:00	17 Errands 8:30-2:30 YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:0	18 Blood Pressure 9:00 Bereavement 10:00 Lo Impact Exercise 1:00	19 Friends of COA Holiday Brunch 10:00 Wii Games 9:30 Lunch 11:30 Mah Jongg 12:30 BINGO 1:15	20 Hannaford's Mkt. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
23 Lo Impact Exercise 1:00 Painting 1:00	24 YOGA 9:30 Quilting 10:00 <i>½ Day</i> <i>Close at 12:30 PM</i>	25 MERRY CHRISTMAS CLOSED 	26 Wii Games 9:30 Mah Jongg 12:30 BINGO 1:15	27 Fun Fit 9:00 Roche Bros. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
30 Fun Fit 9:00 Lo Impact Exercise 1:00 Painting 1:00	31 YOGA 9:30 Quilting 10:00 <i>½ Day</i> <i>Close at 12:30 PM</i>			

BLOOD PRESSURE CLINIC December 18

Senior Center

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.

Dec	DATE	DESTINATION	FEE
	3	Errands	\$2.00
	6	Roche Bros.	\$2.00
	10	Walmart	\$2.00
	13	Shaws/Norwood	\$2.00
	17	Errands	\$2.00
	20	Hannaford’s	\$2.00
	27	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. 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.

<p>Council on Aging Board Members</p> <p>Chairperson Edie McCracken</p> <p>Vice-Chairperson Robert Folsom</p> <p>Members Betty Connors Margaret Dullea Carolyn Ganim Mary Gens Irene MacEachern Colleen Messing</p> <p>Director Pat Carty-Larkin</p>

<p>Friends of Westwood Council on Aging 60 Nahatan Street WESTWOOD, MA 02090</p>	<p>NONPROFIT ORGANIZATION U.S. POSTAGE PAID WESTWOOD, MA 02090 PERMIT #16</p>
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