

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

<http://www.townhall.westwood.ma.us>

Sherry Norman-Interim Director

Karen Segreve-Outreach Counselor

Trish Tucke-Program Director

Lorraine Cavanaugh-Administrator

John Trijilio – Van Driver

APRIL 2014

NOTE FROM THE COA DIRECTOR

Director's Corner

Working as the Director of the Senior Center has proven to be my greatest pleasure in life. I have so many friends that I truly will never forget. The days flew into years and now I find that it is time for me to retire. Unfortunately, I have an illness that causes me to admit that my job is simply too much for me to handle. If I can't do a good job, I don't want to do any job. My strength is depleted and it is time to give the job to someone who has the energy to advocate for seniors and bring a new outlook on the Senior Center. It has been my supreme pleasure to serve you over the past 24 years. My staff has been remarkable. They are a great team that needs a leader with energy.

As my journey continues, I will think back with loving memories of my many years in Westwood.

Fondly,

Pat Carty-Larkin

Director, Westwood COA

On The Path to Better Health Through Home Exercise on Wednesday, April 9th at 10:15 AM.

Tax Day is April 15 -- The AARP volunteer tax preparers are available from 9:00-1:30 on April 7 and 14. Call 781-329-8799 to make your appointment.

Westwood Fire Department will be coming to the COA to discuss Fire Safety on Monday, April 14th at 10:15 AM. Breakfast Goodies will be provided.

Protect Yourself from Medicare Fraud! Join us for a free informational Medicare Workshop on Thursday, April 17th at 10:15 AM. Healthcare errors cost consumers and Medicare billions of dollars annually!

Our Town Nurse, Mary Beechinor is out of the office on Medical Leave. She will return Monday, April 14.

**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 April 7, 14, 28 1:00pm
Wednesdays April 2, 9, 16, 23, 30 1:00pm

Keep fit, stay healthy!

Fun Fit Exercise \$3.00/session

Mondays April 7, 14, 28 9:00am
Wednesdays April 2, 9, 16, 23, 30 9:00am
Fridays April 4, 11, 18, 25 9:00am

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

Tai Chi \$3.00/session

Tuesdays April 1, 8, 15 1:00pm

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 April 1, 8, 15, 22 9:30 am

Experience the wonderful benefits of balance and strength from yoga.

Registration required

Quilting \$1.00

Tuesdays April 1, 8, 15, 22 10:00am

CLASSES and EXERCISE

(continued)

Knit and Crochet		Free
Tuesdays	April 1, 8, 15, 22	1:00pm

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

Laugh Yoga		Free
Thursday	No Class	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.

Thought for the Day

***We need old friends to help us
grow old***

***And new friends to help us stay
young!***

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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

Waxing Appointments required

Friday April 4 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.

Bereavement Group Free

Wednesday April 9,23 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 April 16 9:00am

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

Crafts Group Free
Monday April 7 10:00

Come join our Craft Group led by Lorraine. Crafts made will be sold to raise funds for the Friends of Westwood Council on Aging. Limited to 8 participants.

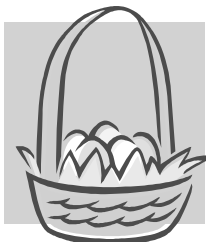
Legal Advice Free
Tuesday April 1 8:30-10:00am

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 April 1 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.



**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

GAMES & SPORTS

Bingo **Free**
Thursdays April 3,10,17,24 1:15pm

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

Bridge **Free**
Fridays April 4,11,25 11:00am

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

Mah Jongg **Free**
Thursdays April 3,10,17,24 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 April 1,8,15,22 1:00pm

We are trying to build our Whist Group back up. If you enjoy playing Whist please call Lorraine at 781-329-8799 to join the group.



Errand Day
\$2.00

1st and 3rd ** **WEDNESDAY**** 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.

~~at~~ **Braintree Mall/Target** **\$2.00**
Braintree Mall/Target **\$2.00**
Wednesday April 23 9:00am

Come join us for a trip to the Braintree Mall and Target. Target has just about everything you need including food.

Quilt Museum **\$15.00**
Wednesday April 2 9:00am

The New England Quilt Museum is the only Northeast venue to showcase these award-winning quilts from the international competition of the Japanese Handicraft Instructor's Association. We will have lunch (pay on your own) before coming back to center. Limit of 8.

**On The Path to
Better Health
Through Home
Exercise** **Free**
Wednesday April 9 10:15am

New England Therapy Associates will be presenting this program. Come learn exercises you can do in your own home.

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.

Songbirds of the Northeast **Free**

Thursday April 10 10:30am

Naturalist John Root will feature both photographs and recordings of our region's songbirds.

WFD – Fire Prevention Program **Free**

Monday April 14 10:15am

Members of the Westwood Fire Department will be here at COA to discuss Fire Prevention in your homes. They will also be setting up appointments to inspect your home for possible hazards and install new batteries for smoke/carbon monoxide detectors. Breakfast goodies will be provided. Call to register!

Protect Yourself From Medicare Fraud! **Free**

Thursday April 17 10:15am

Join us for this free workshop when a representative of the Mass. Senior Medicare Patrol Program provides us with tools to become better educated and engaged health care consumers to help protect ourselves and our loved ones from Medicare fraud and deceptive marketing tactics.

Senior Men's Club 9:00am

Thursday April 17

Come join the Senior Men for refreshments, conversation and always interesting speakers. All are welcome. ***This Meeting held at DPW.***

Southeast Asian Social at Sharon Adult Center **Free**

Tuesday April 29 11:00am

A special event and social will be held at the Sharon Adult Center for elders and others ages 55+ from the Indian Subcontinent. This will be a time to catch up with the latest news from home and here with old and new friends! Contact Chandra Ganapathy at cganapathy@hessco.org or leave a message for her at HESSCO at 781-784-4944 *as soon as possible* or before April 22. If you live outside of Sharon, there may be some transportation.

Preserving Your Memory 10:30am

Wednesday April 30

The brain is a vital, active and energy consuming part of our bodies. Up to 10% of our daily energy expenditure can occur in our brains. If our brain is not engaged and exercised daily it loses vitality. Like a muscle it loses conditioning when it is not actively trained. We can actually create more vital brain cells at any age. Come learn some simple and easy techniques to daily enhance your memory, create new brain cells and feel more vibrant mentally. Terry Hickey a Certified Cognitive Fitness Facilitator will present an interactive lecture and end with questions and answers.



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. My house is full of items that I have collected over the years and mean a lot to me. I also have some jewelry that I want to go to specific family members when I pass away. What is the best way to make sure these things go to people I want to have them?

A. There are a few different ways to make sure your intended recipients receive the items you want them to have. First you can give those items to them while you are still alive when you feel the time is right. You may enjoy giving these items to friends or family members now, especially if these are the things you do not use yourself anymore. If you would rather leave items to your intended recipients after your death, the best way to do this is by memorandum that is mentioned in but separate from your Will, on which you can list any number of items and the people you wish to receive them. Your Will can direct that the items be distributed according to the memorandum. Alternatively, your Will may state that the memorandum represents an expression of your wishes but is not binding. A non-binding memorandum could be used, for example, to let your spouse know how you would want items distributed if your spouse chooses to give items away after your death. If you have particular items of significant value, whether monetary or sentimental, or if you anticipate disputes among family members with respect to your tangible personal property, you should be certain you have addressed this issue in your estate plan. Seek the advice of your estate planning attorney to determine the best way to achieve your wishes and make sure each item that is important to you will end up in the hands of the person you wish to receive it.

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

Thursday, June 12, 2014 The Temptations in Concert at Venus De Milo in Swansea, MA

The Temptations are known for their choreography, distinct harmonies, and flashy wardrobe. The group has been very influential to R&B. This group lead by Glenn Leonard had a long and illustrious career as the First Tenor and Lead Singer from 1975 to 1983. Today, his Glenn Leonard's Temptations Revue, thrills crowds with great music that will last forever.

Tickets are \$74/pp includes: Show Ticket, Transportation on COA Van, Luncheon with choice of Chicken Parmesan or Baked Haddock

Sunday, July 13, 2014 Tanglewood & The Pops with Special Guest Star Jason Alexander in Lenox, MA

Enjoy Keith Lockhart and the Boston Pops in a terrific matinee performance at Tanglewood. Jason Alexander of Seinfeld fame, has played 14 different characters on Broadway, garnering a host of accolades, including a Tony Award. It's a performance not to be missed.

Tickets are \$139/pp includes: Koussevitzky Shed Section Ticket, Transportation, and Luncheon.

Call COA at 781-329-8799 to register.

FREE MOVIES

Tuesdays at 2:00 PM

April 1

61*

2001 129 minutes

One was the Yankee's best loved player, the other was their most valuable. In the summer of 1961, Roger Maris and Mickey Mantle took on Babe Ruth's record, the 1927 single-season 60 home run slam. It would a summer that no one who loves baseball will ever forget. Cast: Barry Pepper, Thomas Jane, Anthony Michael Hall.

April 8

Admission

2013 107 minutes

While scouting applicants at an experimental high school, Ivy League admissions officer Portia Nathan discovers that the school's founder is her former college classmate John Halsey -- and that she may have a connection to one of his students. Cast: Tina Fey, Paul Rudd, Michael Sheen and Lily Tomlin.

April 15

Red

2010 111 minutes

After trading in his professional past as a black-ops CIA operative for a new identity, Frank Moses is basking in normality. But he's forced to return to old habits when an assassin puts a target on his back and goes after the woman he loves. Cast: Bruce Willis, Morgan Freeman, Helen Mirren, John Malkovich

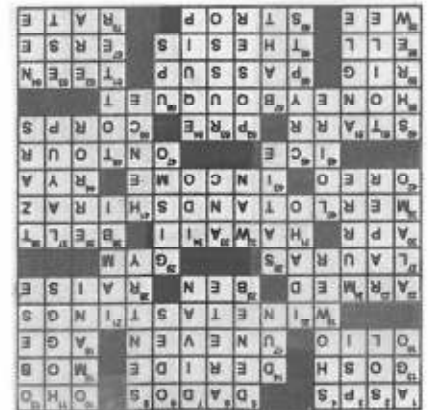
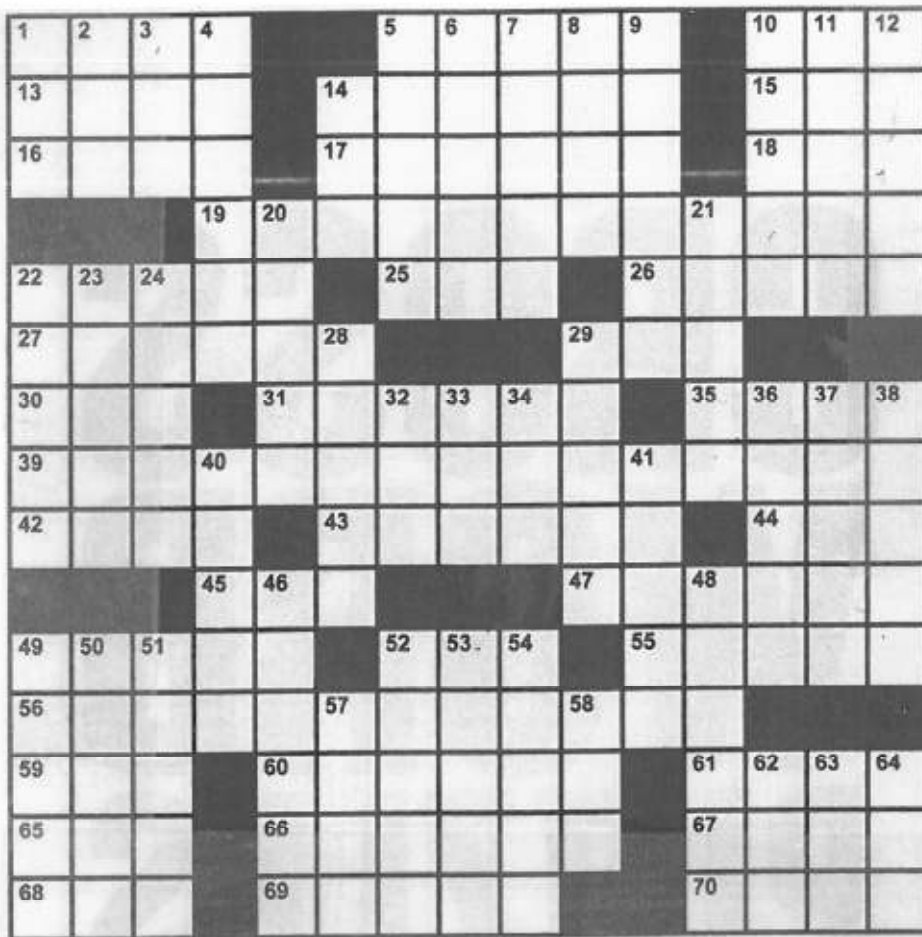
April 22

The Young Victoria

2009 105 minutes

Eighteen-year-old British royal Victoria ascends to the throne and is romanced by future husband Prince Albert in this lush period film that chronicles the early years of the British monarch's larger-than-life reign. Cast: Emily Blunt, Rupert Friend, Miranda Richardson.





ACROSS

- 1 Egyptian serpents
- 5 Carpentry grooves
- 10 "What have we here?!"
- 13 "Sheesh!"
- 14 Pooh-pooh
- 15 Syndicate
- 16 Mélange
- 17 Odd
- 18 Bio bit
- 19 NAPA valley activities
- 22 Ready for war
- 25 He's big in Pittsburgh
- 26 Union demand
- 27 Ms Branigan's
- 29 Sporting facility
- 30 Month
- 31 Pro Bowl locale
- 35 Whack
- 39 Reds
- 42 Snack choice
- 43 Kind of tax
- 44 Scandinavian rug
- 45 Age or cube starter
- 47 Out in the RV
- 49 Belle ____, outlaw
- 52 Cousin of ante-
- 55 Army unit
- 56 Wine aroma or Valentine's gift?
- 59 Fake
- 60 Forgo
- 65 Addition
- 66 Dissertation
- 67 Irish offshoot
- 68 Teeny
- 69 Razor sharpener
- 70 Put on a scale

DOWN

- 1 In the past
- 2 Costa del ____
- 3 ___ Love You...62' McCartney song
- 4 Rainfall
- 5 Cygnus star
- 6 A sharp, narrow mountain ridge
- 7 Couch
- 8 Horace volume
- 9 Guard
- 10 Certain Arab
- 11 Unshorn sheep
- 12 Way too weighty
- 14 Bradstreet's partner
- 20 Its license plates say "Famous potatoes"
- 21 Poets' feet
- 22 Wayne movie, with The
- 23 Law and Order SUV perp, often
- 24 Diving birds
- 28 Composer Erik
- 29 Gadget
- 32 Haggard
- 33 Mandela's org.
- 34 Promise at the altar
- 36 Miscalculation
- 37 Basketball shot
- 38 Boris and Alexander
- 40 Noted wine valley
- 41 Ergo
- 46 Burial chamber
- 48 Sway
- 49 Nagger
- 50 Upholstery fabric
- 51 Go fish
- 52 Toughie
- 53 ___-Japanese War
- 54 Outfit
- 57 Thai currency
- 58 Good times
- 62 Time in history
- 63 NY time, for short
- 64 Jackie Onassis (___ Bouvier)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A WEEK	1	2	3	4
	SWEET POTATO	STUFFED SHELLS	CHICKEN VEG. SOUP	SWEET POTATO POLLOCK
	SHEPHERDS PIE	W/SAUCE	BREADED CHICKEN	*TARTAR SAUCE
	SPRING BLEND VEG	PEAS W/MUSHROOMS	RICE FLORENTINE	DELMONICO POTATO
	>WHOLE WHEAT ROLL	DINNER ROLL	MULTIGRAIN ROLL	GREEN BEANS
	PEARS	MIXED FRUIT	WAFFLE GRAHAM	>WHOLE WHEAT BREAD
	FRESH FRUIT			
<i>CALORIES 483</i>	<i>CALORIES 276</i>	<i>CALORIES 411</i>	<i>CALORIES 340</i>	<i>CALORIES 340</i>
<i>SODIUM 304</i>	<i>SODIUM 425</i>	<i>SODIUM 750</i>	<i>SODIUM 292</i>	<i>SODIUM 292</i>
B WEEK 7	8	9	10	11
BEEF & CABBAGE	GRILLED CHICKEN	*BAKED HAM	SWEDISH MEATBALLS	MACARONI & CHEESE
CASSEROLE	W/LEMON DILL SAUCE	W/RAISIN SAUCE	BUTTERED NOODLES	ESCALLOPED TOMATO
GENOA BLEND VEG	WHIPPED POTATO	SCALLOPED POTATO	BEEFS	FRUIT MUFFIN
MULTIGRAIN ROLL	COUNTRY BLEND VEG	GLAZED CARROTS	FINGER ROLL	FRESH FRUIT
MIXED FRUIT	WHEAT BREAD	>WHOLE WHEAT ROLL	STRAWBERRY CUP	
	PEACHES	#PINEAPPLE		
		UPSIDE DOWN CAKE		
<i>CALORIES 281</i>	<i>CALORIES 413</i>	<i>CALORIES 348</i>	<i>CALORIES 490</i>	<i>CALORIES 443</i>
<i>SODIUM 324</i>	<i>SODIUM 473</i>	<i>SODIUM 1408</i>	<i>SODIUM 562</i>	<i>SODIUM 542</i>
A WEEK 14	15	16	17	18
ITALIAN PASTA	BEEF STIR FRY	TOMATO FLORENTINE	MEATLOAF	SEAFOOD SALAD
W/MEAT SAUCE	W/ORIENTAL VEG	SOUP	W/ONION GRAVY	PASTA SALAD
ITALIAN BLEND VEG	ASIAN RICE	HONEY GLAZED CHICKEN	MASHED POTATO	COLESLAW
>WHOLE WHEAT BREAD	MULTIGRAIN ROLL	RED BLISS POTATO	CALIFORNIA BLEND VEG	PITA BREAD
APPLESAUCE	PINEAPPLE CHUNKS	DINNER ROLL	WHEAT BREAD	FRESH FRUIT
		STRAWBERRY CUP	#BROWNIE	
<i>CALORIES 420</i>	<i>CALORIES 264</i>	<i>CALORIES 354</i>	<i>CALORIES 473</i>	<i>CALORIES 388</i>
<i>SODIUM 220</i>	<i>SODIUM 517</i>	<i>SODIUM 640</i>	<i>SODIUM 404</i>	<i>SODIUM 639</i>
B WEEK 21	22	23	24	25
PATRIOTS DAY	CHICKEN PARMESAN	VEGETARIAN CHILI	ROAST TURKEY W/GRAVY	BEEF STEAK PATTY
NO MEAL SERVED	PENNE PASTA	DIRTY RICE	*CRANBERRY SAUCE	W/PEPPERS & ONIONS
	TUSCAN BLEND VEG	FRUIT MUFFIN	WINTER SQUASH	ON A SUB ROLL
	MULTIGRAIN ROLL	MIXED FRUIT	WHIPPED POTATO	HASH BROWN POTATO
	STRAWBERRY CUP		WHOLE WHEAT ROLL	ZUCCHINI & TOMATO
			#CHOCOLATE PUDDING	FRESH FRUIT
<i>CALORIES 358</i>	<i>CALORIES 347</i>	<i>CALORIES 413</i>	<i>CALORIES 309</i>	<i>CALORIES 309</i>
<i>SODIUM 477</i>	<i>SODIUM 338</i>	<i>SODIUM 402</i>	<i>SODIUM 422</i>	<i>SODIUM 422</i>
A WEEK 28	29	30		
CHICKEN POT PIE		<u>HAPPY BIRTHDAY</u>	VOLUNTARY	MENU
W/VEGETABLES	CLOSED FOR	AMERICAN CHOP SUEY	DONATION	SUBJECT TO
PARSLEY WHIPPED POT		WAX BEANS	IS \$3.00 PER	CHANGE
BISCUIT	VOTING	SNOWFLAKE ROLL	MEAL	WITHOUT
MIXED FRUIT		#BIRTHDAY CAKE	TO CANCEL	NOTICE
<i>CALORIES 436</i>	<i>CALORIES 420</i>	<i>CALORIES 293</i>	781-326-6514	
<i>SODIUM 535</i>	<i>SODIUM 816</i>	<i>SODIUM 210</i>		

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

APRIL 2014 ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Legal Asst. 8:30 SHINE 9:00 YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Garden Club 1:30 Movie 2:00	Errands 8:30-2:30 Quilt Museum Trip 9:00 Fun Fit 9:00 Lo Impact Exercise 1:00 Woman's Club Bd. Mtg. 1:00	Wii Games 9:30 Westwood Sings 10:00 Mah Jongg 12:30 BINGO 1:15	Waxing 8:30 Fun Fit 9:00 Roche Bros. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00
7	8	9	10	11
Fun Fit 9:00 AARP Tax Prep 9:00 Crafts 10:00 Lo Impact Exercise 1:00 Painting 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 9:00 Walmart 9:30 Bereavement 10:00 Great Decisions 10:00 Home Exercises 10:15 Lo Impact Exercise 1:00	Sr. Men's Club Bd. 9:30 Wii Games 9:30 Songbirds of NE 10:30 Mah Jongg 12:30 Woman's Club 1:00 BINGO 1:15	Fun Fit 9:00 Shaws/Norwood 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00
14	15	16	17	18
Fun Fit 9:00 AARP Tax Prep 9:00 WFD Fire Prevention Program 10:15 Lo Impact Exercise 1:00 Painting 1:00	YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Town of Westwood Employee Fair 3:00	Errands 8:30-2:30 Fun Fit 9:00 Blood Pressure 9:00 Lo Impact Exercise 1:00	Sr. Men's Club (at DPW) 9:00 Wii Games 9:30 Medicare Fraud 10:15 Mah Jongg 12:30 BINGO 1:15	Fun Fit 9:00 Hannafords 9:00 Coffee Hour 10:00 <p style="text-align: center;">1/2 DAY GOOD FRIDAY Close at 12:30</p>
21	22	23	24	25
<i>PATRIOT'S DAY</i> <i>CLOSED</i>	YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Whist Group 1:00 Movie 2:00	Fun Fit 9:00 Target and Braintree Mall 9:30 Bereavement 10:00 Great Decisions 10:00 Lo Impact Exercise 1:00	Wii Games 9:30 Mah Jongg 12:30 BINGO 1:15	Fun Fit 9:00 Roche Bros. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00
28	29	30		
Fun Fit 9:00 Lo Impact Exercise 1:00 Painting 1:00	<i>VOTING STATION</i> <i>CLOSED</i>	Errands 8:30-2:30 Fun Fit 9:00 Blood Pressure 9:00 Memory Program 10:30 Lo Impact Exercise 1:00		

BLOOD PRESSURE CLINIC

Senior Center

APRIL 16

9:00 AM – 11:30 AM



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RAZZA LAW OFFICES
 MICHAEL S. RAZZA, Esq.

SERVING OUR WESTWOOD SENIOR COMMUNITY SINCE 1972
 National Academy of Elder Law Attorneys

WILLS • TRUSTS • ASSET PROTECTION
 REAL ESTATE • GUARDIANSHIP
 MEDICAID PLANNING • PROBATE

95 Chapel Street, Norwood, MA

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Lift Chairs

From \$799.
 Made in USA!

Westwood Furniture
 Rt. 1A at 95, Dedham

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SENIOR TRANSPORTATION SERVICES

Shoppers' Bus for Westwood residents is available on most Wednesdays to local Shopping Malls, and on most Fridays for food shopping. Participants are restricted to **4 shopping bags** per person.

Apr	DATE	DESTINATION	FEE
	2	Errands	\$2.00
	4	Roche Bros.	\$2.00
	11	Shaws/Norwood	\$2.00
	16	Errands	\$2.00
	18	Hannaford's	\$2.00
	23	Target/Braintree Mall	\$2.00
	25	Roche Bros.	\$2.00
	30	Errands	\$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 align="center">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>Interim Director Sherry Norman</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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