

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>

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John Trigilio – Van Driver

MAY 2014

Greetings!

Spring is one of the best times to live in New England! After such a long winter, it is wonderful to be outside again and feel the sun shining, hear the birds chirping, and watch everything turning green!

Here at the Council on Aging, we have lots to do to keep your body and mind active. Come for lunch and visit with old friends and make some new ones! Or try a new class! Our Gentle Chair Yoga class (Tuesdays at 9:30) will improve your strength, flexibility, and balance, no matter what your fitness level - and movements can be modified for those with physical challenges.

In May, we also start looking forward to summer (when we can start complaining about the heat). One of our popular summer events, the Farmer's Market, is being relocated this year to St. Margaret Mary's on High Street. The first one is Tuesday, June 18 – just in time for fresh strawberry season. Yum!



Upcoming Events

(see inside for more details)

May 2: Identity Theft and How to Reduce the Risk of Becoming a Victim. Brought to us by Triad Division of Norfolk County Sheriff's Office

May 12: 1915 Sinking of the Lusitania with Gary Hylander. Join us for this popular speaker. Sponsored by Wingate in Needham.

May 19: Prescription Drugs—What You Don't Know Can Hurt You. Presented by District Attorney Michael Morrissey's Office. Find out how prescription and over-the-counter drugs can impact your life.

May 22: Taking Control of your Future: A Legal Checkup presented by The Mass. Bar Association.

May 21 & 28: With a Song in My Heart: The Great American Songbook. Don't miss this two-part presentation by Richard Travers.

**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 May 5,12,19, 1:00pm
 Wednesdays May 7,14,21,28 1:00pm
 Keep fit, stay healthy!

Fun Fit Exercise \$3.00/session

Mondays May 5,12,19, 9:00am
 Wednesdays May 7,14,21,28 9:00am
 Fridays May 2,9,16,23,30 9:00am

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

Tai Chi \$3.00/session

Tuesdays May 6,13,20,27 1:00pm

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

Chair Yoga \$3.00/session

Tuesdays May 6,13,20,27 9:30 am

Chair Yoga for Strength, Flexibility, Balance and Relaxation. This class incorporates gentle sitting and standing movements, breathing exercises and meditation. People at all levels of fitness and/or with physical challenges are welcome.

Registration required

CLASSES and EXERCISE

(continued)

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

This class led by Cathy Bodio meets Tuesdays to share ideas and learn new things too.

Knit and Crochet Free
 Tuesdays May 6,13,20,27 1:00pm

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

Crafts Group Free
 Monday May 5 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.

ONGOING ACTIVITIES

Waxing Appointments required

Friday May 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.

**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)

Legal Advice Free

Tuesday May 6 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 May 6 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.

Bereavement Group Free

Wednesday May 14,28 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 May 21 9:00am

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

Errand Day \$2.00

Wednesday May 7, 21

The COA van will take you on errands within a 5 mile radius of COA. Our driver will either wait for you or come back and pick you up.

Trader Joe's and Xmas Tree Shop \$2.00

in Foxboro

Wednesday May 14 9:00am

The van will take you to Foxboro where you can go to Trader Joe's and The Christmas Tree Shop.

Braintree Mall and Target \$2.00

Wednesday May 28 9:00

The van will take you to Braintree where you can visit the Mall and Target. You can get just about anything at Target including groceries.

Health Quicks

Never split pills unless your doctor or pharmacist has told you it's safe

to do so. Some pills shouldn't be cut because they're coated to be long acting or to protect the stomach. Also, don't assume chewing a pill is as good as swallowing it. Chewing or crushing certain pills may change how they're absorbed by the body.



**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 May 1:15pm
1,8,15,22,29

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

Bridge **Free**
Fridays May 11:00am
2,9,16,23,30

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

Mah Jongg **Free**
Thursdays May 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.

Whist **Free**
Tuesdays May 6,13,20,27 2:00pm

If you enjoy playing Whist please join our group.

SPECIAL EVENTS

Westwood COA **Free**
Book Club
Thursday May 1 10:00am

“The All-Girl Filling Station’s Last Reunion” by Fannie Flagg. Come join us for a lively discussion of Fannie’s fun, remarkable and irresistible mystery novel.

Identify Theft and **Free**
Reducing Risk of
Becoming a Victim
Friday May 2 10:00am

Mr. Clete Thomas from American Consumer Credit Counseling will do a presentation on Identity Theft and also provide information about how seniors can reduce the risk of becoming a victim and what to do if identity theft occurs. Brought to us by Triad Division of Norfolk County Sheriff’s Office.

1915: Sinking of **Free**
the Lusitania
Gary Hylander
Monday May 12 10:30am

Since the beginning of World War I in 1914, the United States, under President Woodrow Wilson, had maintained strict neutrality, other than providing material assistance to the Allies. Even in May 1915, when a German submarine sank the British ocean liner *Lusitania*, killing 128 U.S. citizens out of a total 1,200 dead, the United States, though in uproar, remained neutral. Brought to you by Wingate in Needham.

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.

SPECIAL EVENTS

Prescription Drugs: Free
What You Don't Know Can Hurt You
 Monday May 19 10:30am

A Presentation from District Attorney Michael Morrissey's Office describing how prescription and over-the-counter drugs can impact your life. Sheila Pransky, Senior Programs Coordinator and David Morgan, RPh, Safe Prescribing Consultant, about ways in which medications can affect your behaviors, the environment, and the importance of safe handling of your medications for environmental safety and crime prevention.

The Great American Songbook Free
 Wednesday May 21 and 27 10:30

What are the great songs of American popular music? Will your persona favorite choices make the list? This lecture will include a look into the composers, performers and arrangers who made the American Songbook an integral part of the fabric of the American way of life. This is a two-part series presented by Richard Travers. The Foundation for Westwood Education has generously provided a grant for this program.



Taking Control of Your Future: A Legal Checkup Free
 Thursday May 22 11:00am

This program is part of the statewide Elder Law Education Program presented by the Mass Bar Association. This year's topic is "Taking Control of Your Future: A Legal Checkup." Attorney Maria C. Baler will be presenting this year's free event. Call to register for this informative and always popular program.

TRIPS

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.

10 people are needed for this trip to take place

Call COA at 781-329-8799 to register.

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 husband has dementia and we have not done any planning. I know we should have done something and I am worried sick about the situation. Is it too late to do anything at this point?

A. While it is always better to undertake estate and asset protection planning sooner rather than later, there is still important planning that you can, and should, do now. For example, if your husband has the capacity to understand and sign legal documents, then he should create a Power of Attorney and Health Care Proxy authorizing you to make decisions for him when he is not able to do so for himself. It may also be prudent for the two of you to transfer assets such as your home and bank accounts into your name alone so that you can preserve those from having to be spent down on his long term care costs. If your husband no longer has the capacity to sign legal documents, you may need to ask the court to appoint a legal guardian and conservator in order to transfer assets out of his name. It is also vital that you create your own estate plan to protect your assets in the event you predecease your husband or in case you get sick.

An experienced elder law attorney can guide you through this process and ease your worry. Pick up the phone and make the appointment – you'll feel better the minute you take that first step.

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.

'Tis the Season – Beware Home Improvement Scams

Excerpted from "Savvy Senior: How to Avoid Financial Fraud" available from the Attorney General's office

<http://www.mass.gov/ago/docs/consumer/savvy-seniors.pdf> 888-243-5337

It is important to know the signs of home improvement scams so that you can avoid becoming a victim.

Many scam artists will go door-to-door selling what is often substandard work. Be on guard if someone comes to your door offering any kind of home improvement or home repair services. They are typically unlicensed, unregistered and uninsured.

These predators often approach seniors claiming they have left-over materials from another job and offer services at a lower cost. Typically, they use high pressure tactics like "today only" deals or claim that the need to repair is more serious than it really is. The FTC "cooling off rule" requires that someone selling door to door informs you of your right to cancel the transaction if you notify the seller in writing within three days of the sale.

If someone comes to your door selling home repairs, ask to see their license and a permit to be soliciting in your town. If they cannot provide either, it is most likely a scam. You may also want to call town hall and verify this information.

Even if you hire a licensed contractor, make sure to check references and get a contract spelling out the work to be done, monies to be paid and a timeline for the work. For more information on selecting a home improvement contractor:

<http://www.mass.gov/ocabr/consumer-rights-and-resources/home-improvement-contract/selecting-a-home-improvement-contractor.html> 888-283-3757

FREE MOVIES

Tuesdays at 2:00 PM

May 6

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

May 13

August Rush

2007 112 minutes

After cellist Lyla (Keri Russell) and guitarist Louis (Jonathan Rhys Meyers) share an enchanted night together, circumstances rip them apart, and the child (Freddie Highmore) produced by the union is raised by an opportunistic stranger (Robin Williams) who nurtures the boy's musical talent. Determined to find his parents, the boy -- known as August Rush -- relies on music to draw his mother and father to him. Terrence Howard co-stars.

May 20

Amelia

2009 120 minutes

Hilary Swank stars as famed aviator Amelia Earhart in this dramatic biopic that follows the daring pilot's rise from obscurity in Kansas to her troubled marriage to businessman George Putnam (Richard Gere), who recruited her for her first transatlantic flight. Mira Nair (The Namesake, Vanity Fair) directs; Ewan McGregor, Joe Anderson, Christopher Eccleston and Mia Wasikowska co-star.

May 27

Tower Heist

2011 104 minutes

When a group of workers at a ritzy Manhattan condo realize their boss has swindled them out of their pensions, they vow to reap their own justice. With the cooperation of the building manager, the group devises an ingenious plot to recover the funds.



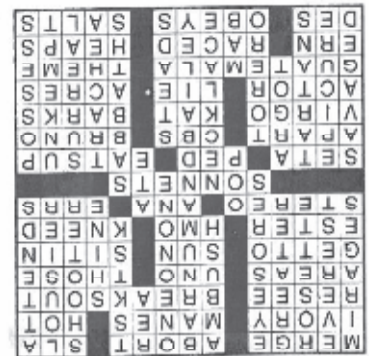
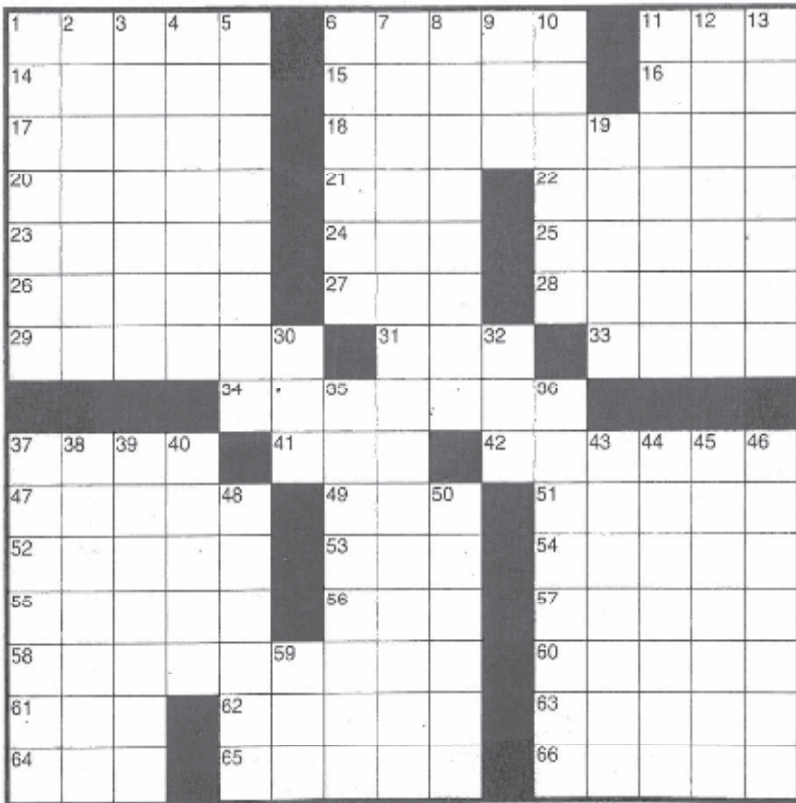
ACROSS

- 1 On-ramp sign
- 6 Scrub, as a mission
- 11 Patty Hearst's kidnappers: Abbr.
- 14 Tusk material
- 15 Pride of lions?
- 16 Peppery
- 17 Date ancw
- 18 Escapes, as from jail
- 20 Domains
- 21 Numero ____
- 22 "____ were the days ..."
- 23 Arrive at
- 24 Day light
- 25 Peaceful form of civil disobedience
- 26 Organic compound
- 27 Medical org.

- 28 Struck, in a way
- 29 Two-channel
- 31 Get ____ (ace the course)
- 33 Is incorrect
- 34 14-line poems
- 37 Botanical bristle
- 41 ____ Xing (street sign)
- 42 Consumes completely
- 47 Separate
- 49 ABC rival
- 51 San ____, California
- 52 Sixth sign of the zodiac
- 53 "Krazy ____"
- 54 Pound sounds
- 55 All the stage is his world
- 56 Untruth
- 57 "Green ____" (TV oldie)

- 58 Belize neighbor
 - 60 Topic
 - 61 Suffix with south
 - 62 Went like the wind
 - 63 Piles
 - 64 ____ Plains, Illinois
 - 65 Follows orders
 - 66 Seamen
- DOWN**
- 1 Desert illusions
 - 2 Himalayan high point
 - 3 Circular cluster of leaves
 - 4 Larger
 - 5 Ugly structures
 - 6 Waylay
 - 7 Big names in big tops
 - 8 Man-to-man
 - 9 Actor Stephen of "The Crying Game"
 - 10 Sound of disapproval

- 11 Person throwing the dice, in craps
- 12 Worse
- 13 Shows up
- 19 Glisten
- 30 "Alley ____"
- 32 Breakfasted
- 35 Ornamental chain
- 36 Days of rest
- 37 Attacked violently
- 38 Gourmet
- 39 Plaid patterns
- 40 Patois
- 43 Windpipe, in anatomy
- 44 Dreamlike
- 45 Messy
- 46 Have
- 48 Matador
- 50 Bed and home followers
- 59 Mercutio's Queen ____ speech



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B WEEK			1	2
VOLUNTARY DONATION IS \$3.00 PER MEAL TO CANCEL MEALS CALL 781-329-6514	MENU SUBJECT TO CHANGE WITHOUT NOTICE		BEEF STEW W/VEGETABLES BOILED POTATO >WHOLE WHEAT ROLL PEACHES	POTATO POLLACK FISH *TARTAR SAUCE HASH BROWN POTATO TUSCANY BLEND VEG. >WHOLE WHEAT BREAD FRESH FRUIT
			CALORIES 448 SODIUM 384	CALORIES 246 SODIUM 461
A WEEK 5	6	7	8	9
MACARONI & CHEESE TOMATO FLORENTINE MUFFIN PEARS	BBQ CHICKEN FILLET SCALLOPED POTATO CALIF. BLEND VEG. >WHOLE WHEAT BREAD FRESH FRUIT	SWEET & SOUR MEAT BALLS WHITE RICE PEAS MULTIGRAIN ROLL PINEAPPLE CHUNKS	ROAST TURKEY W/GRAVY CRANBERRY SAUCE WHIPPED POTATO WINTER SQUASH DINNER ROLL #STRAWBERRY SHORT CAKE	*LOW SODIUM HOT DOG *MUSTARD PACKET BAKED BEANS HOT GERMAN SLAW HOT DOG ROLL MIXED FRUIT
CALORIES 443 SODIUM 542	CALORIES 306 SODIUM 706	CALORIES 371 SODIUM 643	CALORIES 352 SODIUM 500	CALORIES 425 SODIUM 707
B WEEK 12	13	14	15	16
ITALIAN PASTA W/MEAT SAUCE ITALIAN BLEND VEG MULTIGRAIN ROLL *FRUITED JELLY	SANDWICH STUFFER SPANISH RICE BROCCOLI FRESH FRUIT	SPRING VEG. SOUP HERB BAKED CHICKEN WHIPPED POTATO >WHOLE WHEAT ROLL #OATMEAL COOKIE	*BAKED HAM W/RAISIN SAUCE DEL MONICO POTATO CARROT COINS >WHOLE WHEAT BREAD PINEAPPLE CHUNKS	SALMON FILLET W/TERRIYAKI SAUCE RICE PILAF ORIENTAL VEGETABLES WHEAT BREAD MANDARIN ORANGES
CALORIES 420 SODIUM 221	CALORIES 411 SODIUM 533	CALORIES 405 SODIUM 679	CALORIES 400 SODIUM 1355	CALORIES 435 SODIUM 385
A WEEK 19	20	21	22	23
BREADED CHICKEN CHEESY MASHED POT CHUCK WAGON VEG MULTIGRAIN ROLL MIXED FRUIT	AMERICAN CHOP SUEY WAX & GREEN BEANS MUFFIN #CHOCOLATE PUDDING	ROAST PORK W/GRAVY RED BLISS POTATO SPRING BLEND VEG SNOWFLAKE ROLL APPLE SAUCE	MEAT LOAF W/GRAVY WHIPPED POTATO BEETS >WHOLE WHEAT ROLL #BROWNIE	CHICKEN STEW W/VEGETABLES NOODLES WHEAT BREAD FRESH FRUIT
CALORIES 445 SODIUM 570	CALORIES 293 SODIUM 210	CALORIES 341 SODIUM 207	CALORIES 471 SODIUM 540	CALORIES 468 SODIUM 360
B WEEK 26	27	28	29	30
MEMORIAL DAY NO MEALS SERVED 	SLOPPY JOE HEARLY BULKY ROLL HOT GERMAN POTATO SALAD MIXED VEGETABLES MIXED FRUIT	HAPPY BIRTHDAY CHICKEN PICCATA RICE FLORENTINE ZUCCHINI & TOMATO WHEAT BREAD #BIRTHDAY CAKE	SHEPHERD'S PIE SUMMER BLEND VEG MULTIGRAIN ROLL PEACHES	FISH STICKS *TARTAR SAUCE O'BRIEN POTATO TAHITIAN BLEND VEG >WHOLE WHEAT ROLL FRESH FRUIT
	CALORIES 404 SODIUM 366	CALORIES 317 SODIUM 487	CALORIES 483 SODIUM 309	CALORIES 359 SODIUM 404

ALL OVER 60 YEARS OF AGE ARE WELCOME AT THE MEAL SITES FOR LUNCHEON AND SOCIALIZATION.
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SYMBOLS: > HIGH FIBER, * ADDED SALT, # ADDED SUGAR, MODIFIED DESSERTS ARE AVAILABLE

MAY 2014 ACTIVITIES

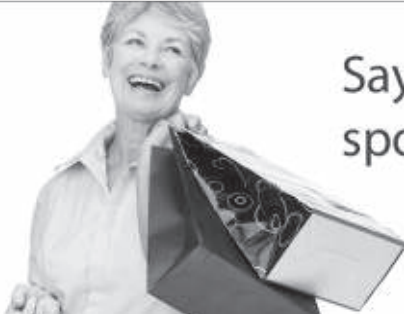
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Wii Games 9:30 Book Club 10:00 Mah Jongg 12:30 BINGO 1:15	2 Waxing 8:30 Fun Fit 9:00 Roche Bros. 9:30 Identity Theft 10:00 Coffee Hour 10:00 Rub. Bridge Gr. 11:00
5 Fun Fit 9:00 Crafts 10:00 Lo Impact Exercise 1:00 Painting 1:00	6 Legal Asst. 8:30 SHINE 9:00 Strength & Flexibility Yoga 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	7 Errands 8:30-2:30 Fun Fit 9:00 Great Decisions 10:00 Lo Impact Exercise 1:00	8 Sr. Men's Club Bd. 9:30 Wii Games 9:30 Mah Jongg 12:30 Woman's Club 1:00 BINGO 1:15	9 Fun Fit 9:00 Shaws/Norwood 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00
12 Fun Fit 9:00 Gary Hylander 10:30 Lo Impact Exercise 1:00 Painting 1:00	13 Strength & Flexibility Yoga 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	14 Fun Fit 9:00 Xmas Tree/Trader Joe's Foxboro 9:30 Bereavement 10:00 Lo Impact Exercise 1:00	15 Sr. Men's Club 9:00 Wii Games 9:30 Mah Jongg 12:30 BINGO 1:15	16 Fun Fit 9:00 Hannafords 9:00 Coffee Hour 10:00
19 Fun Fit 9:00 Prescription Drug Safety Program 10:15 Lo Impact Exercise 1:00 Painting 1:00	20 Strength & Flexibility Yoga 9:30 Quilting 10:00 Knit & Crocheting 1:00 Whist Group 1:00 Tai Chi 1:00 Movie 2:00	21 Errands 8:30-2:30 Fun Fit 9:00 Blood Pressure 9:00 The Great American Songbook 10:30 Lo Impact Exercise 1:00	22 Wii Games 9:30 Mass Bar Speaker 10:00 Mah Jongg 12:30 BINGO 1:15	23 Fun Fit 9:00 Roche Bros. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00
26 Memorial Day Closed	27 Strength & Flexibility Yoga 9:30 Quilting 10:00 Knit & Crocheting 1:00 Whist Group 1:00 Tai Chi 1:00 Movie 2:00	28 Fun Fit 9:00 Braintree Mall/Target 9:00 Bereavement 10:00 The Great American Songbook 10:30 Lo Impact Exercise 1:00	29 Wii Games 9:30 Mah Jongg 12:30 BINGO 1:15	30 Fun Fit 9:00 Shaws/Norwood Coffee Hour 10:00 Rub. Bridge Gr. 11:00

BLOOD PRESSURE CLINIC

Senior Center

MAY 21

9:00 AM – 11:30 AM



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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.

May	DATE	DESTINATION	FEE
	2	Roche Bros.	\$2.00
	7	Errands	\$2.00
	9	Shaws/Norwood	\$2.00
	14	Xmas/Trader Joe's	\$2.00
	16	Hannaford's	\$2.00
	21	Errands	\$2.00
	23	Roche Bros.	\$2.00
	28	Mall/Target	\$2.00
	30	Shaws/Norwood	\$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 Bill Sebet</p> <p>Interim Director Sherry Norman</p>	<p align="center">Friends of Westwood Council on Aging 60 Nahatan Street WESTWOOD, MA 02090</p>	<p align="center">NONPROFIT ORGANIZATION U.S. POSTAGE PAID WESTWOOD, MA 02090 PERMIT #16</p>
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