

# 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>

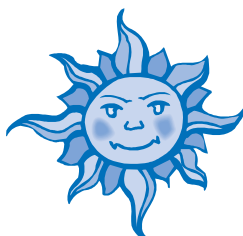
Sherry Norman-Interim Director	Karen Segreve-Outreach Counselor
Trish Tucke-Program Manager	Lorraine Cavanaugh-Administrator
John Trigilio – Van Driver	Al Mahagen – Van Driver

## JUNE 2014

### Greetings!

We are pleased to announce that Al Mahegan has joined our staff as a part time Van Driver; he will work Wednesdays and Fridays. Al has lived in Westwood for 35 years with his wife Mimi who worked as a secretary for the School Department. Al also has a home repair business and worked as a volunteer, driving the van for the Food Pantry. We would like to acknowledge John Trigilio for his hard work these past several weeks while he we have been short-staffed. John will work full time Monday through Friday. Please review our transportation services and policies on the back page of this newsletter.

The summer solstice takes place on June 21 – in the northern hemisphere, the day with the longest hours of sunlight. The summer solstice has been observed for centuries, with a variety of traditions and festivities still celebrated around the world. So, get outside and enjoy those extra hours of light. Don't forget your sunscreen!



### *Upcoming Events*

*(see inside for more details)*

**Monday, June 2 at 10:30 am –**  
Gary Hylander presents DDay

**Wednesday, June 4 at 9:00 am –**  
Hearing Tests by Medfield  
Audiology

**Wednesday, June 11 at 10:30 am**  
– Oral Health Presentation by  
Sahani Dental in Westwood

**Monday, June 16 at 10:30 am –**  
“The Morphine Dream” Book Talk by  
Westwood resident Donald Brown

**Wednesday, June 18 at 10:00 am –**  
Tour the Trinity Church in Boston.

**Thursday, June 19 at 10:00 am –**  
Friends of Westwood Council on  
Aging Quarterly Meeting

**Wednesday, June 25 at 10:30 am -**  
– Sugar Shockers By Tricia Silverman

**Thursday, June 26 Out to Lunch**  
**Thursday is back for the Summer.**

**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 June 1:00pm  
2,9,16,23,30  
Wednesdays June 4,18,25 1:00pm  
Keep fit, stay healthy!

### Fun Fit Exercise \$3.00/session

Mondays June 9:00am  
2,9,16,23,30  
Wednesdays June 4,11,18,25 9:00am  
Fridays June 6,13,20,27 9:00am

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

### Tai Chi \$3.00/session

Tuesdays June 3,10,17,24 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 June 3,10,17,24 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 June 3,10,17,24 10:00am  
This class led by Cathy Bodio meets Tuesdays to share ideas and learn new things too.

### Knit and Crochet Free

Tuesdays June 3,10,17,24 1:00pm  
This class is led by Louise. Bring your projects and enjoy relaxing afternoons.

### Crafts Group Free

Monday June 2 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 June 6 8:30-10:30am

Licensed Aesthetician Lisa will offer waxing on the first Friday of each month (with the exception of Friday holidays).

#### 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 June 3 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 June 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.

### Bereavement Group Free

Wednesday June 11, 25 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 June 18 9:00am

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

### Errand Day \$2.00

Wednesday June 4,25

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 depending on schedule.

### Trader Joe's and Xmas Tree Shop \$2.00

in Foxboro  
Wednesday June 11 9:00am

The van will take you to Foxboro where you can go to Trader Joe's, The Christmas Tree Shop, Off Broadway Shoes, and Bed, Bath and Beyond.



**If you are planning on attending an event, please be sure and sign up at the front desk. We need to know how many people to expect, or the event could be canceled.**

**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 June 5,12,19,26 1:15pm

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

**Bridge** **Free**  
Fridays June 6,13,20,27 11:00am

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

**Mah Jongg** **Free**  
Thursdays June 5,12,19,26 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 June 3,10,17,24 1:00pm

If you enjoy playing Whist please join our group.

**Calling 9-1-1**

Emergency call takers are professionals who are there to help you. When you reach them, the dispatcher will ask you a few necessary questions. Stay calm and be clear in your responses.

Tell the emergency operator the detailed location and nature of the emergency. If you call 9-1-1 from a cell phone, your call is transmitted to the closest 9-1-1 operator, which may mean the call has to be re-routed to a local dispatcher and you would have to state this information more than once.

If you are calling from a wireless phone, provide the operator with the number you are calling from, so if you get disconnected they can call you back. You do not have to do this is your calling from a land line.

Don't dial 9-1-1 unless there is an actual emergency. The non-emergency number for Westwood Police and Fire is 781-326-3885.

**SPECIAL EVENTS**

**D-Day with Gary Hylander** **Free**  
Monday June 2 10:30 am

In the military, **D-Day** is the day on which a combat attack or operation is to be initiated. The best known D-Day is June 6, 1944 — the day of the Normandy Landings— initiating the Western Allied effort to liberate mainland Europe from Nazi occupation during World War II. Come hear Gary Hylander give us more insight into this important date in history. Please call to register.

**Hearing Tests** **Free**  
Wednesday June 4 9:00-12:00am

Medfield Speech Language and Hearing Associates will be conducting hearing screenings. Tina Roberts, a certified Audiologist, will be at our Center to provide these services. Each screening takes about 20 minutes. Please sign up ahead of time to have your hearing checked and find out what you may be missing!

**Oral Health Presentation** **Free**  
Wednesday June 11 10:30am

Sahani Dental in Westwood, a general dental office, will do a presentation that will cover healthy habits, concerns, and nutrition to maintain a healthy mouth. They will cover care for denture wearers, oral cancer and smoking, oral hygiene, link between medications and cavities like dry mouth, gum disease and paying for dental care after retirement. There will also be some free giveaways.

**The Morphine Dream Book Talk** **Free**  
Thursday June 16 10:30am

Westwood resident, Don Brown will present an inspiring talk about his life experiences and his newly released best-selling book *The Morphine Dream*.

**Trinity Church of Boston Tour** **\$10**  
Wednesday June 18 10:00am

Trinity Church is recognized as one of the most significant buildings in America. We will take a tour and go for lunch (pay on your own). **Limited to 7 people.**

**Friends of Westwood COA Quarterly Meeting** **Free**  
Thursday June 19 10:00am

Come to this informal coffee hour to meet new friends and to swap stories. Friends of Westwood Council on Aging is a vital part of the town as well as the council, one of the many services offered to the seniors.

**Sugar Shockers** **Free**  
Wednesday June 25 10:30am

In this engaging presentation, you will learn about the shocking amounts of sugar in some of your favorite foods. Do you know how many grams of sugar are in your favorite jarred spaghetti sauce or barbecue sauce? Do you know exactly how many grams are in a teaspoon of sugar? Learn why sugar is not so good for you. Tricia from NuTricia's Lifestyles will give you the facts you need to keep your sugar intake under control.

**Out to Lunch Thursdays** **Pay on your own**  
Thursday June 26 11:30am

Join us for lunch at **Bamboo**. Bamboo has a great Chinese buffet. Meet some new friends or reconnect with old friends. The van can pick up 8 people or you can drive yourself and meet us there. Please register at 781-329-8799.

## 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 live alone and my dog is like a member of my family. I am worried about what will happen to her if I become ill or pass away. Can my Will make provisions for my dog?

**A.** It is possible to make provisions for your dog or other pet in your estate plan, and it is a good idea to think about how your pet would be cared for under the circumstances you describe. The simplest way to provide for your pet is to identify a trustworthy friend of family member who will agree to care for your pet on a temporary or permanent basis in the event of your illness or death. Provide that person with feeding and care instructions, the name of your pet's veterinarian, and information regarding any permanent care arrangements you have made for your pet, and inform your neighbors, friends, relatives, and your pet's veterinarian of the name of the temporary or permanent caregiver.

You can also include provisions in your estate plan to ensure your wishes regarding your pet are carried out:

- Your Power of Attorney can give your agent the authority to deliver your pet to the caregiver you have identified and to expend funds for the care and boarding of your pet.
- Your Will can leave your pet to a particular person, or to an organization established to care for your pets at the death of an owner. Under some circumstances, you may wish to leave money to the person or organization who will receive your pet after your death.
- Massachusetts is one of several states that permit a trust to be created for the benefit of a pet. A Pet Trust can designate a Trustee who will oversee the pet's care and manage and distribute the trust funds as needed to ensure your pet is provided for following your death.

You may also wish to request the packet prepared by The Humane Society of the United States entitled *Providing for your Pet's future Without You* which includes wallet alert cards, emergency care instructions for your pet, window stickers notify

emergency responders that there is a pet in the house, and an emergency contacts form that can be hung in a visible location inside your home.

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.

## ***Attention World War II Veterans!***

The Honor Flight Network's mission is to fly World War II Veterans to Washington DC to visit their Memorial. All WWII Veterans are encouraged to submit an application because it is their ultimate goal that ALL capable WWII Veterans travel to DC to see the Memorial. As always, the veteran is not required to pay anything. They have paid enough with their service to this country. Applications and more information are available at the COA.

## ***Senior Charlie Card***

**The Westwood Council on Aging will be conducting a senior *CharlieCard* Event!**

**We need a group of at least 15 seniors (65 or older) interested in applying for or replacing their expired *CharlieCard***

**We will take your digital picture, provide the necessary form and submit to MBTA. Once processed the card will be mailed to you directly.**

**The date will be set once we get 15 seniors registered.**

**To register please call Trish Tucke  
At COA 781-329-8799**

## FREE MOVIES

### Tuesdays at 2:00 PM

June 3

#### The Duchess

2008 **PG-13** 109 minutes

Keira Knightley stars as Georgiana Spencer, a young duchess who indulges in extravagant vices and begins a scandalous affair with politician Charles Grey to compensate for her unhappy marriage to the Duke of Devonshire.

June 10

#### Philomena

2013 **PG-13** 95 minutes

Floundering BBC journalist Martin Sixsmith and aging Irishwoman Philomena Lee form an unlikely bond when they pair up to find the son Philomena was forced to give up for adoption 50 years ago. Cast: Judi Dench, Steve Coogan, Sophie Kennedy Clark.

June 17

#### The African Queen

1951 **NR** 105 minutes

Charlie Allnut (Humphrey Bogart), the booze-guzzling, rough-hewn captain of a broken-down East African riverboat, teams with a straitlaced, iron-willed missionary (Katharine Hepburn) to take on a menacing German gunboat during World War I.

June 24

#### Gravity

2013 **PG-13** 91 minutes

As a medical engineer on her first shuttle mission embarks on a space walk with a seasoned astronaut, debris strikes their craft and destroys it -- leaving the two floating through space tethered together, with no connection to Earth. Cast: Sandra Bullock and George Clooney.



**ACROSS**

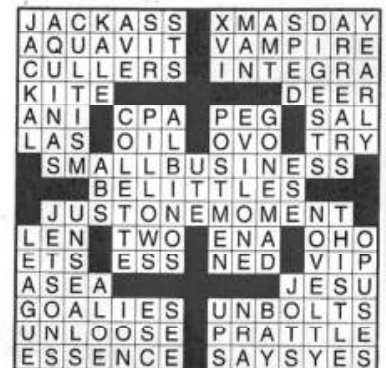
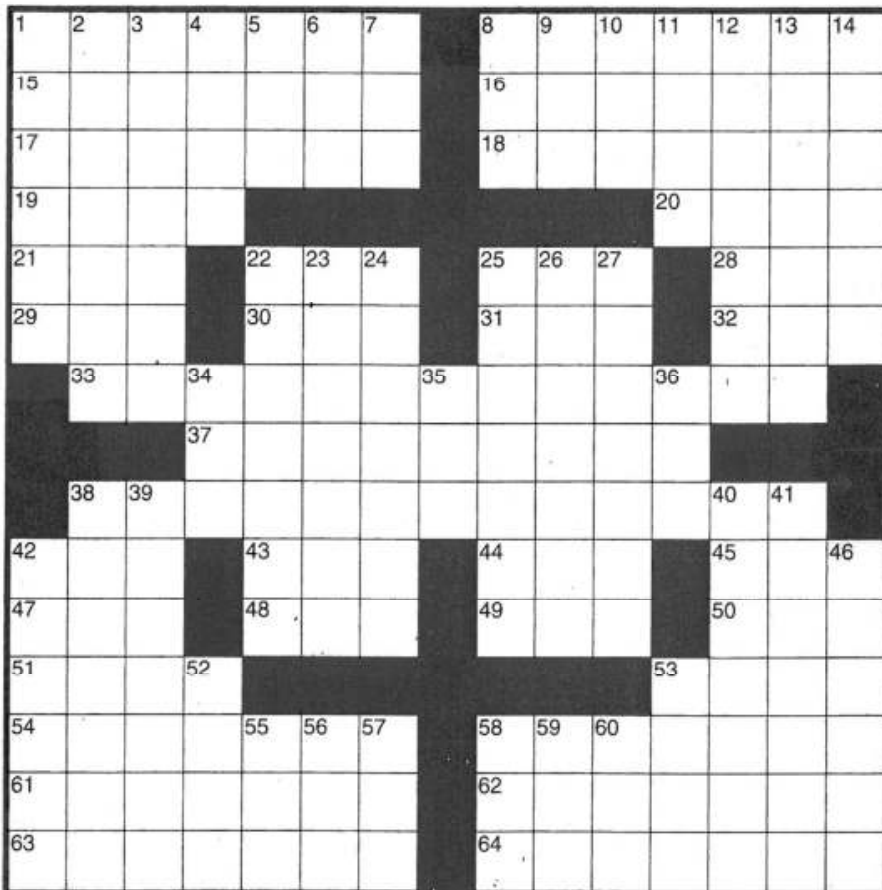
- 1 Blockhead
- 8 December occasion, for short
- 15 Scandinavian liquor
- 16 Dracula, for one
- 17 Winnowers
- 18 Acura model
- 19 High flyer
- 20 Expensive-sounding animal?
- 21 Cuckoo of crosswords
- 22 Figurehead?: Abbr.
- 25 Cribbage board accessory
- 28 "My Gal \_\_\_"
- 29 \_\_\_ Vegas
- 30 Squeak silencer
- 31 Lacto-\_\_\_-vegetarian
- 32 Attempt

- 33 Corner store, e.g.
- 37 Denigrates
- 38 "I'll be right with you ..."
- 42 Novelist Deighton
- 43 Tango quorum
- 44 Bambi's aunt
- 45 "So that's where you are!"
- 47 Little green men, briefly
- 48 Serpentine letter
- 49 Australian outlaw Kelly
- 50 Dignitary
- 51 On the Caspian
- 53 "\_\_\_, Joy of Man's Desiring"
- 54 Certain hockey players
- 58 Opens, in a way
- 61 Liberate
- 62 Chatter
- 63 Soul
- 64 Agrees

**DOWN**

- 1 "The Day of the \_\_\_" (1973 movie)
- 2 Saint Thomas \_\_\_
- 3 Zealot's belief
- 4 Curly-leafed cabbage
- 5 "\_\_\_ Maria"
- 6 Lancelot's title
- 7 Rds.
- 8 16, in old Rome
- 9 Operate
- 10 Total: Abbr.
- 11 Went over the limit
- 12 Literary compilations
- 13 Amount owed
- 14 Every 12 months
- 22 "Young Lady of Paris" author
- 23 Cushions
- 24 Pale-skinned people
- 25 Letter carriers
- 26 Satan
- 27 Lost one's mind

- 34 Sit-up muscles, for short
- 35 Sport-\_\_\_ (popular vehicle)
- 36 Vane dir.
- 38 Elroy's cartoon family
- 39 Opens, as an envelope
- 40 Freshness
- 41 Prickly Scottish symbol
- 42 Association
- 46 Composers' works
- 52 \_\_\_ vera
- 53 Notes, with "down"
- 55 You may get a charge out of it
- 56 PC panic key
- 57 Witness
- 58 Increases
- 59 FDR program
- 60 Inlet





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A WEEK 2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
SWEDISH MEATBALLS	KALE SOUP	MAC & CHEESE	TURKEY STEW	ITALIAN STYLE PASTA
NOODLES	HERB RST. CHICKEN	ESCALLOPED TOMATO	WITH VEGETABLES	WITH MEAT SAUCE
JARDINIÈRE VEG	WHIPPED POTATO	FLORENTINE	RICE PILAF	TUSCANY BLEND VEG
>WHOLE WHEAT BREAD	>WHOLE WHEAT ROLL	MUFFIN	MULTIGRAIN ROLLS	WHEAT BREAD
#VANILLA PUDDING	FRESH FRUIT	MIXED FRUIT	PINEAPPLE CHUNKS	HERMIT COOKIE
CALORIES 331	CALORIES 419	CALORIES 288	CALORIES 292	CALORIES 397
SODIUM 431	SODIUM 749	SODIUM 542	SODIUM 737	SODIUM 249
<b>B WEEK 9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
CHICKEN CANTANESE	MEATLOAF	<b>No Lunch Today</b>	<b>HAPPY FATHER'S DAY</b>	SALMON BOAT
WITH VEGETABLES	W/MUSHROOM GRAVY		*BAKED HAM	W/LEMON DILL SAUCE
WHITE RICE	CHIVE WHIPPED POT		WITH RASIN SAUCE	GARLIC MASHED POTATO
MULTIGRAIN ROLL	CARROT COINS		WHIPPED SWEET POTATO	PEAS & ONIONS
MIXED FRUIT	WHEAT BREAD		MIXED VEGETABLES	DINNER ROLL
	#BUTTERSCOTCH		>WHOLE WHEAT ROLL	FRESH FRUIT
	PUDDING		#APPLE CRISP	
CALORIES 341	CALORIES 480	CALORIES 291	CALORIES 354	CALORIES 361
SODIUM 221	SODIUM 492	SODIUM 610	SODIUM 1028	SODIUM 276
<b>A WEEK 16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
VEGETARIAN CHILI	AMERICAN CHOP SUEY	CHICKEN L'ORANGE	RST. TURKEY W/GRAVY	<b>HAPPY SUMMER</b>
NOODLES	MIXED VEGETABLES	RICE PILAF	CRANBERRY SAUCE	*LOW SALT HOT DOG
MULTIGRAIN ROLL	MUFFIN	BROCCOLI	WHIPPED POTATO	HOT DOG ROLL
MANDARIN ORANGES	MIXED FRUIT	>WHOLE WHEAT BREAD	WINTER SQUASH	*MUSTARD PACKET
		#PISTACIO COOKIE	PARKER HOUSE ROLL	BAKED BEANS
			PEARS	COLESLAW
				FRESH FRUIT
CALORIES 416	CALORIES 324	CALORIES 295	CALORIES 413	CALORIES 415
SODIUM 236	SODIUM 226	SODIUM 602	SODIUM 602	SODIUM 811
<b>B WEEK 23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
MEATBALL SUB	SANDWICH STUFFERS	<b>HAPPY BIRTHDAY</b>	PORK LO MEIN	SWEET POT POLLACK
SUB ROLL	SPANISH RICE	BREADED CHICKEN	ORIENTAL VEGETABLES	*TARTAR SAUCE
CHUCK WAGON	ZUCCHINI & TOMATO	PARSLEY WHIPPED POT	MULTIGRAIN ROLL	DELMONICO POTATO
BLEND VEGETABLES	MIXED FRUIT	GLAZED CARROTS	PINEAPPLE CHUNKS	PEAS & MUSHROOMS
HASH BROWN POTATO		>WHOLE WHEAT BREAD		>WHOLE WHEAT ROLL
#CHOCOLATE PUDDING		#BIRTHDAY CAKE		FRESH FRUIT
CALORIES 396	CALORIES 401	CALORIES 402	CALORIES 400	CALORIES 419
SODIUM 635	SODIUM	SODIUM 626	SODIUM 310	SODIUM 474
<b>A WEEK 30</b>			<b>VOLUNTARY DONATION IS \$3.00 PER MEAL TO CANCEL MEALS CALL 781-329-6514</b>	<b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>
CHICKEN MASALA				
RICE MEDLEY				
BEETS				
>WHOLE WHEAT BREAD				
MANDARIN ORANGES				
CALORIES 326				
SODIUM 623				

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.

# JUNE 2014 ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Fun Fit 9:00 <b>Crafts 10:00</b> <b>Gary Hylander 10:30</b> Lo Impact Exercise 1:00 Painting 1:00	<b>3</b> <b>Legal Asst. 8:30</b> <b>SHINE 9:00</b> Strength & Flexibility Yoga 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00 <b>No Van Service</b>	<b>4</b> <b>Errands 8:30-2:00</b> Fun Fit 9:00 <b>Hearing Tests 9:00</b> Lo Impact Exercise 1:00	<b>5</b> Wii Games 9:30 Mah Jongg 12:30 BINGO 1:15  <b>No Van Service From 8-11 AM</b>	<b>6</b> <b>Waxing 8:30</b> Fun Fit 9:00 <b>Roche Bros. 9:30</b> Coffee Hour 10:00 Rub. Bridge Gr. 11:00
<b>9</b> Fun Fit 9:00 Lo Impact Exercise 1:00 Painting 1:00	<b>10</b> Strength & Flexibility Yoga 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	<b>11</b> Fun Fit 9:00 <b>Christmas Tree/Trader Joe's Foxboro 9:30</b> <b>Bereavement 10:00</b> <b>Oral Health 10:30</b> <b>Intergenerational Pizza Party 11:00</b>  <b>No Lunch Served</b>	<b>12</b> Wii Games 9:30 Mah Jongg 12:30 <b>Woman's Club 1:00</b> BINGO 1:15	<b>13</b> Fun Fit 9:00 <b>Shaws/Norwood 9:30</b> Coffee Hour 10:00 Rub. Bridge Gr. 11:00
<b>16</b> Fun Fit 9:00 <b>Don Brown Speaker 10:30</b> Lo Impact Exercise 1:00 Painting 1:00	<b>17</b> Strength & Flexibility Yoga 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	<b>18</b> Fun Fit 9:00 Blood Pressure 9:00 <b>Trinity Church Trip 10:00</b> Lo Impact Exercise 1:00	<b>19</b> Wii Games 9:30 <b>Friends Meeting 10:00</b> Mah Jongg 12:30 BINGO 1:15	<b>20</b> Fun Fit 9:00 <b>Hannafords 9:30</b> Coffee Hour 10:00 Rub. Bridge Gr. 11:00
<b>23</b> Fun Fit 9:00 Lo Impact Exercise 1:00 Painting 1:00	<b>24</b> Strength & Flexibility Yoga 9:30 Quilting 10:00 Knit & Crocheting 1:00 Whist Group 1:00 Tai Chi 1:00 Movie 2:00	<b>25</b> <b>Errands 8:30-2:30</b> Fun Fit 9:00 <b>Bereavement 10:00</b> <b>Sugar Shockers 10:30</b> Lo Impact Exercise 1:00	<b>26</b> Wii Games 9:30 Mah Jongg 12:30 BINGO 1:15	<b>27</b> Fun Fit 9:00 <b>Roche Bros. 9:30</b> Coffee Hour 10:00 Rub. Bridge Gr. 11:00
<b>30</b> Fun Fit 9:00 Lo Impact Exercise 1:00 Painting 1:00				

## BLOOD PRESSURE CLINIC

Senior Center

**JUNE 18**

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.

June	DATE	DESTINATION	FEE
	4	Errands	\$2.00
	6	Roche Bros.	\$2.00
	11	Xmas Tree/Trader Joe	\$2.00
	13	Shaws/Norwood	\$2.00
	20	Hannaford's	\$2.00
	25	Errands	\$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 3<sup>rd</sup> Wednesday of each month. Please call the Center at (781)329-8799 to arrange for transportation.

**FISH volunteers** are also available for limited 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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