

# 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>

Lina Arena-DeRosa- Director

Trish Tucke-Program Manager

John Trigilio – Van Driver

Paul Kelly – Van Driver

Karen Segreve-Outreach Counselor

Lorraine Cavanaugh-Administrator

Al Mahagen – Van Driver

## OCTOBER 2014

### Greetings!

As the days get shorter and each morning cooler, one can feel the change in the air; and change is in the air here at the Westwood Senior Center. As your new COA Director, I would like to introduce myself. I live in Holliston and am married with two sons. I was the Director of the Holliston COA for nine years and have spent most of my career working on elder issues...seniors are my passion.

I have had the pleasure of meeting some of you and look forward to meeting more of you. Thanks to everyone who have stopped by to welcome me and offer kind words. The COA staff, Town Hall employees and Center volunteers have been so kind and friendly; thank you all.

I also know that Pat was beloved, so I will work hard to fulfill what are obviously very big shoes. My goal is to cultivate the roots that have been planted and help the Center grow. The physical Center building is beautiful and with a little "tweaking", I know we can find room for more programming. Moreover, if you have any ideas for new programs or suggestions on what we need to do, please know that my door is always open.

I am honored to be here and I look forward to meeting everyone, so stop by and say hi.

*Lina*

### ***Upcoming Events***

*(see inside for more details)*

***TRIAD SPEAKER BUREAU PRESENTS JOHN O'CONNOR -- Friday October 3 at 10:00 am***

***TWIN RIVER CASINO GAMBLING TRIP -- Wednesday October 15***

***WESTWOOD TOWN RETIRED EMPLOYEES HEALTH FAIR – Tuesday October 21 from 3:00-5:00 PM***

***FALLON SENIOR HEALTH CARE INFORMATION MEETING – Friday October 24 at 10:00 AM***

***COA HALLOWEEN PARTY WITH BUFFET LUNCH (COSTUMES OPTIONAL) – Thursday, October 30 at 11:00 AM***

***SHINE Dates for Open Enrollment: October 14, 29 November 3,10,18 and December 2. Appointments scheduled between 9:00-11:00 AM***

**REGISTRATION REQUIRED FOR  
MOST EVENTS.**

To register, or for more information on any of these activities, please call the Senior Center at (781) 329-8799.

## CLASSES and EXERCISE

### Low Impact Exercise \$3.00/session

Mondays Oct 6,20,27 1:00pm  
 Wednesdays Oct 1,8,15,22,29 1:00pm  
 Keep fit, stay healthy!

### Fun Fit Exercise \$3.00/session

Mondays Oct 6,20,27 9:00am  
 Wednesdays Oct 1,8,15,22,29 9:00am  
 Fridays Oct 3,10,17,24,31 9:00am

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

### Tai Chi \$3.00/session

Tuesdays Oct 7,14,21,28 1:00pm

Tai Chi is a slow-motion, moving, meditative exercise for relaxation and health. As a stress-relieving therapy, it leaves the participants ready to face whatever difficulties their day may bring. The instructor Scott Brumit, has studied various forms of martial arts since 1983, including tai chi and qigong. No class Aug 5.

**\*Start time will be 1:30\***

### Chair Yoga \$3.00/session

Tuesdays Oct 7,14,21,28 9:30 am  
 Thursdays Oct 2,9,16,23,30

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.

## CLASSES and EXERCISE

(continued)

### Quilting \$1.00

Tuesdays Oct 7,14,21,28 10:00am

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

### Knit and Crochet Free

Tuesdays Oct 7,14,21,28 1:00pm

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

## ONGOING ACTIVITIES

### Waxing Appointments required

Friday October 3 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.

### Blood Pressure Clinic Free

Wednesday October 15 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.

## ONGOING ACTIVITIES

(continued)

### Legal Advice Free

Tuesday      Oct 7      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      Oct 14, 29      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.

### Crafts Group Free

Monday      October 6      10:00am

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.

### Bereavement Group Free

Wednesday      Oct 8,22      10:00am

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

### Wrentham Outlets \$2.00

Wednesday      October 1      9:30am

Join us for a day of shopping at the Outlets. There is a food court there for lunch.

### Errand Days \$2.00

Wednesday      October 8,22      9:30am

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.

### Walmart \$2.00

Wednesday      October 29      9:30am

**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.**

## TRIPS

### **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 Oct 2,9,16,23 1:15pm

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

**Bridge** **Free**  
Fridays Oct 11:00am  
3,10,17,24,31

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

**Mah Jongg** **Free**  
Thursdays Oct 12:30pm  
2,9,16,23,30

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 Oct 7,14,21,28 1:00pm

If you enjoy playing Whist come join our group.

### **Murder Mystery Matinee – October 29**

Lantana's Function Facility in Randolph

**Meal:** minestrone soup, rolls/butter, Holiday roast turkey dinner with all the fixings (gravy, cranberry sauce, potato, stuffing, vegetable) dessert, coffee/tea.

**Price:** \$59 includes show and meal

### **The Sicilian Tenors – December 4**

The Sicilian Tenors bring the joy of our favorite Christmas songs to life at Demetri's in Foxboro.

**Meal:** Roast Stuffed Chicken Breast or Baked Atlantic Scrod

**Price:** \$59 includes luncheon and show

### **New Year's Even Day Event –**

**Wednesday, December 31** at Sheraton Four Points in Norwood. Featuring Stephen McNulty and dancing to the Roy Cavicchio Orchestra.

Meal: Prime Rib or Baked Scrod

Price: \$64.95 includes Luncheon, Show, Orchestra, Party Favors & Champagne Toast

### **SHINE (SERVING HEALTH NEEDS OF SENIORS)**

Don't get stuck paying too much for your 2015 Medicare Coverage. Medicare's "Open Enrollment", which allows you to change your current Medicare coverage to another plan for 2015, runs from October 15-December 7. Call 781-329-8799 for an appointment.

## SPECIAL EVENTS

### TRIAD Speaker: **Free** John O'Connor

Friday      October 3      10:00 am

John O'Connor is a former US Secret Service Agent and Massachusetts attorney for nearly two decades. Special Agent O'Connor investigated a host of financial crimes including: counterfeiting, securities fraud, bank fraud and commercial/residential real estate fraud. Mr. O'Connor informs seniors of current financial crimes that are circulating nationally and warned them of fraudulent activity that can occur over the phone, on computers, and even on a person's doorstep. By educating seniors on the preventative measures they can take to avoid these types of scams, O'Connor aims to reduce the risk of them becoming the victim of financial crimes.

### Twin River **\$15.00** Gambling Trip

Wednesday      October 15      8:30 am

Do you like to gamble? The COA van will be providing transportation to Twin River Casino in Lincoln, RI. The van will plan to arrive at the casino by 10:00 am and leave Lincoln at 2:30 pm. Lunch is on your own. **Limit 8**

### COA Halloween **\$5.00** Party

Thursday      October 30      11:00 am

Join us for a Halloween party featuring entertainer Tommy Roll. A buffet lunch will be provided. Costumes are optional but encouraged! Please sign up and pay by October 20.

### Fallon Senior **Free** Health Care Plan

Friday      October 24      10:00 am

Health care can be confusing, and that's where Fallon Health Care comes in. This session is an opportunity to learn more about Fallon's Senior Plan and the options you have, but with no pressure to join.

### COA Book Club **Free**

Thursday      November 6      10:00

*Mrs. Lincoln's Dressmaker* by Jennifer Chiaverine

## DON'T IGNORE YOUR MEDICARE MAIL!

It's that time of the year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2014. During the annual Medicare Open Enrollment (October 15-December 7) you will have a chance to CHANGE your plan for next year. Our SHINE Counselor can help you understand your plan changes, as well other options you may have. We have dates available in October, November and December.

## 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. Please feel free to submit your questions anonymously by dropping them in the Ask a Lawyer Box.*

This month's question is:

**Q.** I see a lot of ads in the paper for retirement communities, and I read about places called CCRC's. What are these and who are they appropriate for?

**A.** The acronym "CCRC" stands for "continuing care retirement community." CCRCs provide different living options for seniors and also provide a continuum of care as it is needed. These communities may include independent living units (single family units, townhomes, and/or apartments), an assisted living facility, a nursing home, and a memory care unit or facility all on the same campus.

Some CCRCs require residents to pay a large entry fee when they move in, which is typically refundable to the resident's estate at their death. Residents of CCRCs also pay a monthly fee to reside in the community. In exchange, CCRCs typically provide some number of meals each month, transportation, organized activities, housecleaning, and other services. In some CCRCs, residents pay for care as they need it. In other CCRCs, typically those with higher entry and monthly fees, the cost of some or all of a resident's future care may be fully covered.

CCRCs can be a good place to live for couples where one person needs assisted living or nursing home care while the other is still able to live independently, but wants to be near their spouse, and enjoys the activities and services that a CCRC provides. They are also a good fit for many seniors who do not enjoy living alone or have a difficult time getting around by themselves, since CCRCs can allow them to connect with other residents, participate in clubs and activities, and take advantage of the transportation provided for shopping or cultural events.

The number of CCRCs in Massachusetts is growing. Each one is different in terms of the services they provide to their residents, the cost of being a resident, the care provided to the residents, and the cost of that care. If you are considering a CCRC, ask a lot of questions and read the lease agreement and other documents carefully. An experienced elder law attorney can help you evaluate the pros and cons of different CCRCs, review the agreements with you, and help you decide which CCRC is right for you.

**Attorney Maria C. Baler is an elder law attorney, and a partner with Samuel, Sayward & Baler LLC. For more information visit [www.ssblc.com](http://www.ssblc.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.

### ***ANNUAL 90'S BIRTHDAY PARTY***

Thursday, October 23

12-2

To be held at the First Baptist  
Church

808 High Street

Light lunch and refreshments will  
be served

Watch the Mail for Your  
Invitation



## **FREE MOVIES**

**Tuesdays at 2:00 PM**

### **October 7**

#### ***Heaven Is for Real***

2014 **PG** 99 minutes

Heaven Is for Real is the true story of the 4-year old son of a small-town Nebraska pastor who, during emergency surgery, slips from consciousness and enters heaven. When he awakes, he recounts his experiences on the other side. Cast: Greg Kinnear, Kelly Reilly, Connor Corum.

### **October 14**

#### ***Winter's Tale***

2014 **PG-13** 118 minutes

Mark Helprin's novel provides the basis for this film starring Colin Farrell as a thief who breaks into an ill girl's home and then falls for her. As the action shifts between past and present, the burglar also acquires a flying-horse guardian angel. Cast: Colin Farrell, Russell Crowe, Will Smith.



### **October 21**

**No Movie Today**

### **October 28**

#### ***Frozen***

2013 **PG** 102 minutes

After her kingdom is doomed to suffer from eternal winter, intrepid Anna goes on a quest to find her reclusive sister, the Snow Queen, and break the curse. Along the way, Anna teams with eccentric mountaineer Kristoff and his comic reindeer, Sven. Voices: Kristen Bell, Idina Menzel, Jonathan Groff.

**ACROSS**

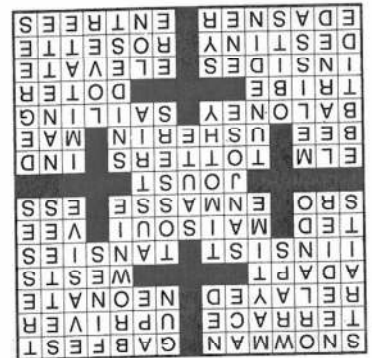
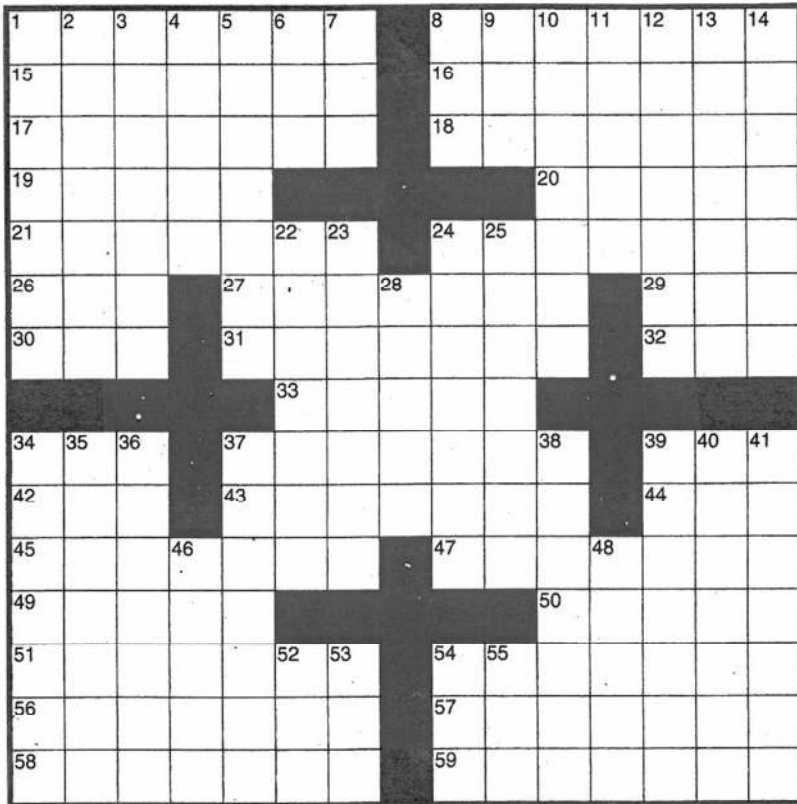
- 1 Frosty, for one
- 8 It's all talk
- 15 Patio
- 16 Toward the source of a stream
- 17 Passed on, as a message
- 18 Recent maternity ward arrival
- 19 Make fit
- 20 Bridge positions
- 21 "No, please ... let me!"
- 24 Yellow-flowered herbs
- 26 Senator Kennedy
- 27 "For sure!" in France

- 29 Flight formation
- 30 Sign at a sold-out show
- 31 As a group
- 32 Serpentine curve
- 33 Lance competition
- 34 Slippery \_\_\_
- 37 Walks unsteadily
- 39 Bach's "Tocatta and Fugue \_\_\_ minor"
- 42 Queen or drone
- 43 Be a precursor of
- 44 Fannie \_\_\_
- 45 "Nonsensc!"
- 47 On a voyage
- 49 Clan
- 50 Grandparent, at times
- 51 Guts
- 54 Raise
- 56 Fate


- 57 Circular award
- 58 Lou Grant portrayer
- 59 Principal dishes

**DOWN**

- 1 Narrow channels
- 2 More impoverished
- 3 Central Florida city
- 4 Prepares birthday presents
- 5 Spring period
- 6 King beater
- 7 Homer Simpson's neighbor
- 8 Shooter
- 9 Copycat
- 10 Chocolate treat
- 11 Parking tickets, e.g.
- 12 Dodging
- 13 Small sqfas
- 14 Head locks?
- 22 "Do You Know the Way to \_\_\_"
- 23 Hutton or Bottoms
- 24 Coin flippers
- 25 Vienna's land
- 28 Fry
- 34 Receding ocean motion
- 35 Knowledgeable
- 36 Singer Etheridge
- 37 Paying attention
- 38 Most derogatory
- 39 Copy
- 40 "No, No, \_\_\_"
- 41 Thermometer markings
- 46 Sad notices, for short
- 48 Devotee
- 52 Vane dir.
- 53 Neighbor of Isr.
- 54 Before, in poesy
- 55 Actor Chaney






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B WEEK</b>		<b>1</b>	<b>2</b>	<b>3</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>	MEAT LOAF W/ GRAVY WHIPPED PARSLEY POT MIXED VEGETABLES >FRUIT MUFFIN #CHOCOLATE PUDDING	BROCCOLI CHEDDAR SOUP OVEN ROAST CHICKEN RED BLISS POTATO >MULTIGRAIN ROLL FRESH FRUIT	FISH TACO W/SOUR CREAM TOMATO & PEPPER SALSA BLACK BEANS & RICE TORTILLA SHELL PEARS
<i>CALORIES</i> 414 <i>SODIUM</i> 806	<i>CALORIES</i> 393 <i>SODIUM</i> 515	<i>CALORIES</i> 360 <i>SODIUM</i> 334	<i>CALORIES</i> 385 <i>SODIUM</i> 687	<i>CALORIES</i> 401 <i>SODIUM</i> 446
<b>A WEEK 6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
LOW SODIUM HOT DOG W/ROLL *MUSTARD PACKET POTATO WEDGES COLESLAW #FRUITED JELLO	CHICKEN MARSALA BUTTERED NOODLES CUT GREEN BEANS >WHOLE WHEAT FRESH ORANGE	MACARONI & CHEESE ESCALLOPED TOMATO FLORENTINE >MULTIGRAIN ROLL #HERMIT COOKIE	ROAST TURKEY W/ROSEMARY GRAVY #CRANBERRY SAUCE WHIPPED POTATO WINTERSQUASH DINNER ROLL PEACHES	BEEF & CABBAGE CASSEROLE CARROT COINS >WHOLE WHEAT ROLL STRAWBERRY CUP
<i>CALORIES</i> 414 <i>SODIUM</i> 806	<i>CALORIES</i> 393 <i>SODIUM</i> 515	<i>CALORIES</i> 443 <i>SODIUM</i> 542	<i>CALORIES</i> 390 <i>SODIUM</i> 687	<i>CALORIES</i> 268 <i>SODIUM</i> 373
<b>B WEEK 13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
COLUMBUS DAY NO MEALS SERVED 	<b>INTERNATIONAL WEEK</b> CHICKEN CANTANESE ASIAN RICE WHEAT BREAD FORTUNE COOKIE PINEAPPLE	ITALIAN STYLE SPAGHETTI MEAT SAUCE ROMAN BLEND VEG. ITALIAN BREAD #CHEESE CAKE PUDDING	CORN CHOWDER SOUTHERN STYLE CHICKEN CHOPPED BROCCOLI >WHOLE WHEAT BREAD PEACHES	SALMON W/DILL SAUCE WHIPPED POTATO SCANDINAVIAN VEG. >FRUIT MUFFIN FRESH FRUIT
<i>CALORIES</i> 345 <i>SODIUM</i> 355	<i>CALORIES</i> 360 <i>SODIUM</i> 219	<i>CALORIES</i> 367 <i>SODIUM</i> 732	<i>CALORIES</i> 362 <i>SODIUM</i> 256	
<b>A WEEK 20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
CHEESE RAVIOLI W/TOMATO BASIL SAUCE GREEN & WAX BEANS >WHOLE WHEAT ROLL PEARS	CALIFORNIA STYLE CHICKEN SALAD ITALIAN PASTA SALAD BEET SALAD PITA POCKET FRESH ORANGE	SHEPHERD'S PIE GENOA BLEND VEG MULTIGRAIN ROLL #ALMOND COOKIE	TURKEY STEW WITH VEGETABLES PARSLEY BOILED POTATO DINNER ROLL APPLE SAUCE	BBQ BEEF RIB BROWN RICE JARDINIERE BLEND VEG >WHOLE WHEAT BREAD STRAWBERRY CUP
<i>CALORIES</i> 277 <i>SODIUM</i> 589	<i>CALORIES</i> 434 <i>SODIUM</i> 536	<i>CALORIES</i> 479 <i>SODIUM</i> 309	<i>CALORIES</i> 337 <i>SODIUM</i> 654	<i>CALORIES</i> 330 <i>SODIUM</i> 665
<b>B WEEK 27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
POTATO CRUNCH FISH *TARTAR SAUCE WHIPPED POTATO COUNTRY BLEND VEG WHEAT BREAD FRESH FRUIT	TORTELLINI W/ALFREDO SAUCE GLAZED CARROTS >FRUIT MUFFIN STRAWBERRY CUP	<b>HAPPY BIRTHDAY</b> CHICKEN ALA ORANGE RICE PILAF FALL BLEND VEG >WHOLE WHEAT BREAD #BIRTHDAY CAKE	SLOPPY JOE W/ HAMBURGER BUN HASH BROWN POTATOES CARROTS PEACHES	<b>HAPPY HALLOWEEN</b> PENNE PASTA MEATBALLS PEAS W/PEARL ONIONS MULTIGRAIN ROLL #HALLOWEEN TREAT!
<i>CALORIES</i> 508 <i>SODIUM</i> 429	<i>CALORIES</i> 393 <i>SODIUM</i> 438	<i>CALORIES</i> 292 <i>SODIUM</i> 590	<i>CALORIES</i> 347 <i>SODIUM</i> 459	<i>CALORIES</i> 465 <i>SODIUM</i> 303

**SODIUM & CALORIES ARE FOR ENTREE AND DESSERT ONLY. MILK, BREAD & MARG ARE ADDITIONAL 300 MG SODIUM  
SYMBOLS: > HIGH FIBER, \* ADDED SALT, # ADDED SUGAR, MODIFIED DESSERTS ARE AVAILABLE**

# OCTOBER 2014 ACTIVITIES


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>	<b>2</b>	<b>3</b>
		<b>Wrentham Outlets 9:00</b> Fun Fit 9:00 Lo Impact Exercise 1:00	Yoga 9:30 Mah Jongg 12:30 BINGO 1:15	<b>Waxing 8:30</b> Fun Fit 9:00 <b>Roche Bros. 9:30</b> <b>Triad Meeting 10:00</b> Rub. Bridge Gr. 11:00
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Fun Fit 9:00 <b>Crafts 10:00</b> Lo Impact Exercise 1:00 Painting 1:00	<b>Legal Asst. 8:30</b> Yoga 9:30 Quilting 10:00 Knit & Crocheting 1:00 Whist Group 1:00 Tai Chi 1:00 Movie 2:00	<b>Errands 8:30-2:00</b> Fun Fit 9:00 <b>Bereavement 10:00</b> Lo Impact Exercise 1:00	<b>Men's Club Board 9:00</b> Yoga 9:30 Mah Jongg 12:30 BINGO 1:15	Fun Fit 9:00 <b>Shaws/Norwood 9:30</b> Coffee Hour 10:00 Rub. Bridge Gr. 11:00
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Columbus Day Closed</b>  	<b>SHINE 9:00</b> Yoga 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	<b>Twin Rivers Casino 8:30</b> Fun Fit 9:00 Blood Pressure 9:00 Lo Impact Exercise 1:00 <b>COA Board Meeting 1:00</b>	<b>Men's Club Meeting 9:00</b> Yoga 9:30 Mah Jongg 12:30 BINGO 1:15 <b>Woman's Club 1:30</b>	Fun Fit 9:00 <b>Hannafords 9:30</b> Coffee Hour 10:00 Rub. Bridge Gr. 11:00
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>Glad Rags Annual Meeting 9:00</b> Fun Fit 9:00 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 <b>Town Employees Retirees Health Fair 3:00</b>	<b>Errands 8:30-2:00</b> Fun Fit 9:00 <b>Bereavement 10:00</b> Lo Impact Exercise 1:00	Yoga 9:30 <b>90s Birthday Party 12:00</b> Mah Jongg 12:30 BINGO 1:15 <b>Garden Club 1:30</b>	Fun Fit 9:00 <b>Stop &amp; Shop 9:30</b> <b>Fallon Health Care 10:00</b> Coffee Hour 10:00 Rub. Bridge Gr. 11:00
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
Fun Fit 9:00 Lo Impact Exercise 1:00 Painting 1:00	Yoga 9:30 Quilting 10:00 Knit & Crocheting 1:00 Whist Group 1:00 Tai Chi 1:00 Movie 2:00	<b>Walmart 9:00</b> <b>SHINE 9:00</b> Fun Fit 9:00 Lo Impact Exercise 1:00	Yoga 9:30 <b>Halloween Party 11:00</b> Mah Jongg 12:30  	Fun Fit 9:00 <b>Roche Bros. 9:30</b> Coffee Hour 10:00 Rub. Bridge Gr. 11:00

## BLOOD PRESSURE CLINIC

Senior Center

**October 15**

9:00 AM – 11:30 AM



Say *"Thank you"* with your patronage to the sponsors who support this newsletter.

To find our sponsors, visit [SeekAndFind.com](http://SeekAndFind.com)

# Folsom FUNERAL SERVICE

Prearranged & Prefinanced Funerals  
649 High Street • Westwood  
**781-326-0022**  
WWW.FOLSOMFUNERAL.COM

## For All Your Banking Needs

Free Checking for Life | Estate Planning  
Saving for Grandchildren's Education  
Investing | and much more!

**Dedham Savings**  
your bank  
dedhamsavings.com

DEDHAM INSTITUTION FOR SAVINGS is an Equal Opportunity Member of the Senior Center Member of the SAMP Program  
DEDHAM • NEEDHAM • NORWOOD  
SHARON • WALPOLE • WESTWOOD  
(800) 462-1190

WALPOLE AREA  
VISITING NURSE  
ASSOCIATION

Established 1909  
Providing  
Home Health Care  
Services Since 1909  
www.wavna.org  
**508-668-1066**

## HOLDEN DUNN LAWLER FUNERAL HOME

55 High Rock Street  
hdlfuneralhome.net  
email: westwoodfh@verizon.net  
TEL: (781) 326-0074

# Victoria Haven

"A Skilled Nursing & Rehabilitation Facility"

137 Nichols Street  
Norwood, MA

**781-762-0858**

MEDICARE/MEDICAID

FREDERICK J. INSOGNA  
D.M.D.  
FAMILY DENTISTRY

805 HIGH STREET  
SUITE 201  
WESTWOOD, MA 02090

TELEPHONE  
781-326-1932

## BRIARWOOD REHABILITATION & HEALTHCARE CENTER

150 Lincoln Street., Needham, MA 02495  
A family owned and operated Eden Alternative Registered facility offering:  
• Short-term rehabilitation • Long-term care • Alzheimer's Services  
To schedule a tour or if you have questions, call **781-449-4040**

**dish** Make the Switch to DISH Today and Save Up To 50%  
Call Now and Ask How! **1-800-316-0283**

All offers require 24-month commitment and credit qualification. Call 7 days a week 8am - 11pm EST  
Promo Code: MB0913 \*Offer subject to change based on premium movie channel availability

Promotional prices starting at only **\$19.99** mo.  
For 12 months. Not eligible with previous or other offers.

**FREE** OVER 30 PREMIUM MOVIE CHANNELS  
HBO  
SHOWTIME  
STARZ  
For 3 months. Offer subject to change based on premium movie channel availability.

## HELP PROTECT YOUR FAMILY

CALL NOW! 1-888-862-6429

ADT AUTHORIZED DEALER  
HOME SECURITY TEAM

# GILLOOLY Funeral Home

Frederick J. Wobrock  
Managing Funeral Director

126 Walpole Street • Norwood, MA 02062  
Phone: 781-762-0174  
www.GilloolyFuneralHome.com

A Service Family Affiliate of AFFS and Service Corporation International  
206 Winter Street, Fall River, MA 02720 - 508-676-2454

## Bathe Safely And Easily

Premier Care  
Tested. Trusted. Recommended.

LIFETIME WARRANTY  
\*Subject to warranty terms and conditions.  
\*Includes Covered Side of Bath Compensation By The Manufacturer

### Payments As Low As \$150 Per Month\*

#### America's Best Walk-In Baths Are Now More Affordable!

Don't miss this low cost way to enjoy a relaxing bath again, without the fear of slipping or falling. A luxurious, Walk-In Bath from Premier Care in Bathing offers you the ultimate in safety and ease of use. The walk-in door allows barrier-free access. The low threshold entry is easy on your legs. The optional bubbly Hydrovescent Therapy soothes away aches. If you or a loved one struggle taking a bath, independence and safety are only a phone call away.

- No More Fear of Slipping or Falling
- Premium Quality for High Performance
- Our Fully Licensed Installers Can Do Most Any Install, and in Most Cases in Just One to Two Days

**SENIOR DISCOUNTS & FINANCING**

Call Now Toll-Free for FREE Information Kit **1-800-655-8048**  
www.GoToPremierBath.com  
Promo Code 20141

\*On approved credit. Limited time offer.

## THE ELLIS

### REHABILITATION AND NURSING CENTER

135 ELLIS AVE AT ROUTE ONE, NORWOOD, MA

- Short and Long Term Care Rehabilitation
- Specialized Dementia Unit
- In-House Therapy Department
- Up to 7 Days a Week for Physical, Occupational & Speech Therapy

Proudly Owned and Operated by the Franchi Family

**CALL FOR A TOUR AND MORE INFO**  
**781-762-6880** www.TheEllis.com

## This Space Available

For Information On Advertising, Please Call Our Representative

**Lisa Templeton**  
800-732-8070 x3450 or  
email: ltempleton@4LPi.com

Liturgical Publications Inc.  
Connecting Your Community™

## IRISH ELDER CARE

24-7 Availability  
\*Certified\*  
Phone  
**(781) 329-5774**  
Cell  
**(781) 962-7243**

## 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  
**781-769-7700**

**MARK McDONOUGH**  
Sales Associate

(781) 752-2414 Direct  
(781) 264-6582 Cell  
Mark.McDonough@NEMoves.com

**COLDWELL BANKER** MLS.  
RESIDENTIAL BROKERAGE  
692 High St.  
Westwood, MA 02090  
www.NewEnglandMoves.com

Owned And Operated By NRT LLC.

WESTWOOD COUNCIL ON AGING, WESTWOOD, MA 06-5204

## SENIOR TRANSPORTATION SERVICES

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

Oct	DATE	DESTINATION	FEE
	1	Wrentham Outlets	\$2.00
	3	Roche Bros.	\$2.00
	8	Errands	\$2.00
	10	Shaw's	\$2.00
	17	Hannaford's	\$2.00
	22	Errands	\$2.00
	24	Stop&Shop	\$2.00
	29	Walmart	\$2.00
	31	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 mainly 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.

<p><b>Council on Aging Board Members</b></p> <p>Chairperson Edie McCracken</p> <p>Vice-Chairperson Robert Folsom</p> <p>Members Betty Connors Margaret Dullea Carolyn Ganim Mary Gens Irene MacEachern Cheryl Fay Bill Sebet</p> <p>Director Lina Arena-DeRosa</p>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

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