

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

Paul Kelly – Van Driver

Karen Segreve-Outreach Counselor

Lorraine Cavanaugh-Administrator

Al Mahagen – Van Driver

DECEMBER 2014

Greetings!

Whether you celebrate Hanukkah, Christmas, Kwanzaa, and/or New Year's, we wish you Happy Holidays!

Here at the Center, we are looking towards 2015. The Center will be launching its new bi-monthly newsletter beginning this January; moreover every Westwood citizen, 55 or older, will receive a copy in the mail (they will be sent by household so as not to waste resources). If you live out of town, we will have extra copies available at Dedham's Savings Bank, the Library and the Center.

We are working towards using this beautiful space more efficiently and to add many new programs and classes; a bi-weekly current events discussion, monthly history lectures, a new quilting class, monthly financial and real estate programs, legal information and the list goes on. Since the weather is unpredictable in January and February, most of these new courses will begin in March (and please remember, if the schools are closed due to bad weather, the Center is closed as well).

Of course, we will continue to host our regular programs (Tai Chi, exercise, art, knitting, yoga etc) that are beloved and highly attended. Our goal is to have something for everyone and to meet the needs of the three groups we serve, 55-68, 69-80 and 80 plus, all looking for unique programming and services.

In December, Kim from ComForcare will host a special photography class and the Center will host a special holiday luncheon. Please remember to sign up in advance as space is limited.

So stop by and let us know what *you* would like to see us offer because we are here for *you*.

We wish you the most happiest of holidays with the hope for peace and health in the New Year!

Lina



Upcoming Events (see inside for more details)

December 1 – A Blue Cross Blue Shield Representative will present a brief overview of Medigap Plans and Medicare Advantage.

December 2 – SHINE Appointments

December 4 -- Festival of Trees at Elm Bank in Wellesley

December 8 – How to Get the Most from Your Point and Shoot Camera. Sponsored by ComForcare

December 11 – Holiday Desserts sponsored by Ellis Rehabilitation and Nursing Home

December 16 -- Westwood COA Holiday Party

December 31 – New Year's Eve Day Event at Four Points Sheraton in Norwood

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 Dec 1,8,15,22, 1:00pm
 Wednesdays Dec 3,10,17, 1:00pm
 Keep fit, stay healthy!

Fun Fit Exercise \$3.00/session

Mondays Dec 1,8,15,22,29 9:00am
 Wednesdays Dec 3,10,17,24,31 9:00am
 Fridays Dec 5,12,19 9:00am
 This class is led by Fitness Instructor, Stephanie. Keep fit, stay healthy!

Tai Chi \$3.00/session

Tuesdays Dec 2,9,23,30 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.

Chair Yoga \$3.00/session

Tuesdays Dec 2,9,16,23,30 9:30 am
 Thursdays Dec 4,11,18
 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)

Knit and Crochet Free

Tuesdays Dec 2,9,23,30 1:00pm
 This class is led by Louise Vasil. Bring your projects and enjoy relaxing afternoons.

ONGOING ACTIVITIES

Waxing Appointments required

Friday Dec 12 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 December 17 9:00am

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

Legal Advice Free

Thursday Dec 4 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 Thursday of each month. Appointments are scheduled at half hour intervals.

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)

SHINE

(Serving Health Information Needs of Elders)

Tuesday Dec 2 9:00-11:00am

Lori Howell, SHINE representative, is available, BY APPOINTMENT, to help you deal with issues or questions you may have regarding your health insurance.

Crafts Group Free

Monday Dec 1 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 December 3,17,30* 10:00am

Led by LICSW Nina Johnston, this friendly and supportive group usually meets every other Wednesday during each month. ***Note this meeting is on Tuesday***

Walmart \$2.00

Wednesday Dec 10 9:30am

Errand Days \$2.00

Wednesday Dec 3, 17 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.

Last Minute Errand Days \$2.00

Tuesday Dec 23, 30 8:30-2:00

We know the stores will be crowded, but if you need to do last minute errands sign up for the van.

MEMORY CAFE

Join us for an informal social gathering connecting those with memory loss and their caregivers for conversation, activities and refreshments.

*Where: Westwood Public Library
 When: Tuesday, December 16th Featuring Holiday Songs & Festivities
 Time: 2-3:30 pm
 Cost: Free of Charge*

We ask caregivers to be present with any guests that need personal care assistance

MEMORY CAFÉ is brought to you by White Oaks Cottages at Fox Hill Village as part of the “Dementia Friendly Community” initiative – providing resources to families facing memory loss as well as local community training.

**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 Dec 4,11,18 1:15pm

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

Bridge **Free**
Fridays Dec 5,12,19 11:00am

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

Mah Jongg **Free**
Thursdays Dec 4,11,18 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 Dec 2,9 1:00pm

If you enjoy playing Whist come join our group.



New Year's Eve 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

Live in Concert at Mohegan Sun: Neil Sedaka—Tuesday, April 21, 2014 Come hear Neil sing the songs that have become part of our culture and returns us to those special times in our lives. Also spend time at the casino, you will receive a \$30 gaming package that consists of a food voucher and gaming bet. This concert is sure to sell out fast.
Price: \$99 for premium seats and \$89 for general admission. Price includes: transportation, show ticket & \$30 casino gaming package (bet and meal voucher)

Symbols of December

- Birthstone: Turquoise, zircon, or tanzanite
- Flower: Narcissus or Holly
- Zodiac signs: Sagittarius or Capricorn

History:

December was originally the tenth month of the year in the Roman calendar. It gets its name from the Latin word "decem" which means tenth. However, when the Romans added January and February to the calendar, it became the twelfth month. They still kept the name, though.

National Read a Book Month
National Handwashing Awareness Week
National Fruit Cake Month

SPECIAL EVENTS

BC/BS of MA Medicare Annual Election Period

Free

Monday December 1 10:30 am

Are you ready for the Medicare Annual Election Period, do you know what type of health insurance is best for you? A Blue Cross and Blue Shield of Massachusetts representative will be presenting a brief overview of how Medigap plans and Medicare Advantage plans work with Medicare. The presentation will help attendees understand the weights and balances between Medigap and Medicare Advantage plans. Members of (nongroup) Medex, Blue Medicare Rx, Medicare HMO Blue, and Medicare PPO Blue will also have the opportunity to ask questions regarding any 2015 changes.

Festival of Trees at Elm Bank

\$8

Thursday December 4 10:15am

The Massachusetts Horticultural Society is presenting its sixth annual *Festival of Trees*. This wonderful event drew hundreds of visitors daily and more than 3,000 viewers during last year's two-week event. Viewers of all ages enjoyed placing raffle tickets next to their favorite trees. All trees will be raffled. *Snow Village at Elm Bank* is a wonderful addition to the holiday spirit of the Festival of Trees. Bill Meagher of Needham gracious donated the product of his thirteen year "hobby" of building Christmas villages and trains. These enchanting displays featuring trains, Christmas in the City, Fenway Park, New England villages and hundreds of decorated houses are also part of the trip. We will stop for lunch. Lunch will be pay on your own.

How to Get the Most from Your Point and Shoot Camera

Free

Monday December 8 1:00

Kim Considine is the Intake Coordinator for ComForcare, a non-medical home care company; it's mission is to improve the quality of life for every client and every one receiving our services. This class will focus on automatic controls with minor adjustments. We will discuss the importance of composition and lighting in relationship to your subject. The benefits and draw backs of flash, when to use it and when to turn it off, red eye reduction, black and white vs. color photographs and making judgment calls in certain lighting conditions. Kim will also share some creative techniques that have the possibility of turning an ordinary photograph into something special. Please feel free to bring pictures you have to improve. This is a dynamic and interactive class. Be prepared to have some fun. Please sign up in advance.

Holiday Desserts

Free

Thursday December 11 12:30pm

Ellis Rehabilitation and Nursing Home will provide holiday desserts from 12:30 to 1:00.

Westwood COA Holiday Party

\$5.00

Tuesday December 16 12Noon

The staff of the COA invite you join us for some holiday cheer. Lunch will be catered by Conrad's of Norwood. Sign up early, spaces are limited!

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: My wife is in the hospital and will soon be going to rehab. I'm not sure yet whether she will be able to come home or need to go to a nursing home. Do I need to see a lawyer for advice, or can I rely on the advice of the social worker at the hospital or the people at the nursing homes I visit?

A: In a situation such as yours, the advice of an experienced elder law attorney is vital! Although this advice will not be free, the money will be well spent. One of the most important decisions to be made after deciding where the person will be cared for is how to pay for that care and whether to apply for Medicaid benefits (known as MassHealth in Massachusetts) to pay for that care. If you will be filing a MassHealth application, *how* the application is completed and *when* it is filed, are *crucial* to whether or not the person will be eligible to receive benefits, and to what extent assets can be preserved for their own needs or for the use of their spouse. An elder law attorney can advise you about the steps that should be taken *before* the application is filed in order to preserve assets.



Many nursing homes will offer to prepare MassHealth applications free of charge or for a fee that is far less than an attorney would charge to prepare the application. However, in most cases the applicant would be better served by having an experienced elder law attorney prepare the MassHealth application. This will ensure the application is completed properly, filed at the appropriate time, and has the best chance of being processed quickly and efficiently. An attorney whose sole focus is to protect *your* interests, not the nursing home's interests, is the best person to represent you in this complex and complicated process.

Attorney Maria C. Baler is a partner with the Dedham firm of Samuel, Sayward & Baler LLC. For more information visit 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.



FREE MOVIES

Tuesdays at 2:00 PM

December 2

Girl with a Pearl Earring

2003 **PG-13** 99 minutes

In this cinematic adaptation of Tracy Chevalier's best-selling historical fiction novel, Scarlett Johansson stars as Griet, the young housemaid with a hidden appreciation for art who becomes the muse of Dutch master painter Johannes Vermeer. Cast: Scarlett Johansson, Colin Firth, Tom Wilkinson.

December 9

The Italian Job

2003 **PG-13** 110 minutes

Charlie Croker is a clever thief who masterminds a major heist amid the waterways of Venice, Italy -- but a betrayal by one of his own spells disaster. Returning to Los Angeles without the stash, Croker reassembles his crew and plots revenge. Cast: Mark Wahlberg, Charlize Theron, Donald Sutherland.

December 16 -- No Movie

December 30

Holiday Inn

1942 **NR** 101 minutes

Bing Crosby croons to the tune of the Oscar-winning "White Christmas" in Irving Berlin's love triangle romantic comedy. Tired of the bright lights of showbiz, Jim Hardy (Crosby) retires to the countryside to become a farmer. He converts the farm into the Holiday Inn, open only on holidays, then competes against his pal (Fred Astaire) for a singer-dancer's (Marjorie Reynolds) affection. Cast: Bing Crosby, Fred Astaire, Marjorie Reynolds,

December 23

National Lampoon's Christmas Vacation

1989 **PG-13** 97 minutes

Hapless Clark, exasperated Ellen and their ever-changing kids take on Christmas in this holiday classic. As usual, all their good intentions can't save them from disaster ... or Cousin Eddie, whose surprise visit throws them into disarray. Cast: Chevy Chase, Beverly D'Angelo, Juliette Lewis

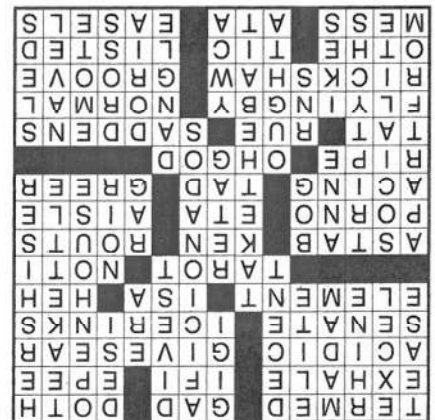
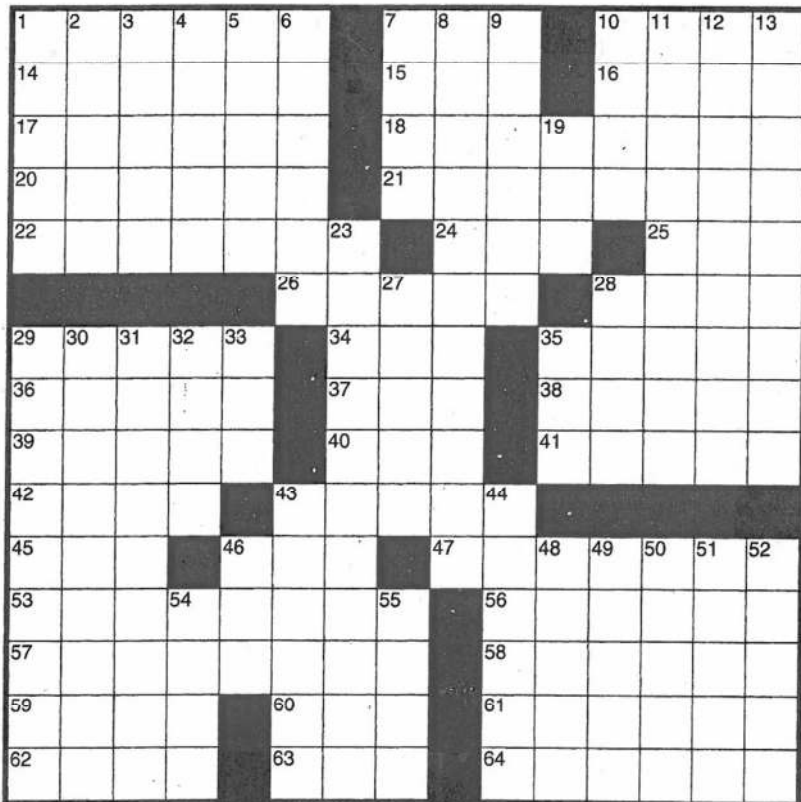
ACROSS

- 1 Designated
- 7 Wander aimlessly, with "about"
- 10 "Where's the cheek that ___ not fade ...": Keats
- 14 Breathe out
- 15 "___ had my way ..."
- 16 Fencing sword
- 17 Sour in taste
- 18 Listens
- 20 Capitol Hill body
- 21 Skating surfaces
- 22 Gold or lithium, e.g.
- 24 "This ___ test ..."
- 25 Sneaky laugh
- 26 Seer's card
- 28 "Count me out!"
- 29 Take ___ at (try)

- 34 He's a real doll
- 35 Overwhelming defeats
- 36 Smut
- 37 Zeta follower
- 38 Passageway
- 39 Giving great service?
- 40 Small quantity
- 41 Actress Garson
- 42 Fully developed
- 43 George Burns comedy of 1977
- 45 Use a shuttle
- 46 Regret
- 47 Brings down, emotionally
- 53 Passing quickly, as time
- 56 Average
- 57 Two-wheeled passenger cart
- 58 Rut
- 59 Will-___-wisp

- 60 Spasm
 - 61 Officially entered
 - 62 Untidy state
 - 63 One-time link
 - 64 Atelier props
- DOWN**
- 1 Rib
 - 2 Surpass
 - 3 Major European river
 - 4 "___, I'm Adam"
 - 5 High-class
 - 6 Appropriate
 - 7 Leslie Caron movie of 1958
 - 8 Devotees
 - 9 Sell off, as holdings
 - 10 Mr. Arnaz
 - 11 Informal party
 - 12 Mother's whistler?
 - 13 Baseball's Orel
 - 19 Chapter

- 23 Bite, so to speak
- 27 Label anew
- 28 Black, to Blanche
- 29 Besides
- 30 Prominent person in the party scene
- 31 Three-panel artworks
- 32 Baxter or Boleyn
- 33 Wet spongy ground
- 35 Joplin composition
- 43 "There ___ be a law!"
- 44 Hang freely
- 46 Essential hospital workers: Abbr.
- 48 Andrea ___ (famous ship)
- 49 Waste matter
- 50 Chew the scenery
- 51 Bellybutton
- 52 Huskies' tows
- 54 Eisenhower et al.
- 55 Shelter-providing org.







X	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
LASAGNA	CHICKEN PICCATA	MEATLOAF W/GRAVY	TURKEY DIVAN	BBQ BEEF RIB
FLORENTINE SAUCE	CONFETTI RICE	WHIPPED POTATO	WITH BROCCOLI	BAKED BEANS
ROMAN BLEND	MIXED VEGETABLE	GLAZED CARROTS	LYONNAISE POTATO	HOT GERMAN SLAW
VEGETABLES	WHOLE WHEAT BREAD	WHEAT BREAD	WHOLE WHEAT ROLL	HAMBURG BUN
MULTIGRIAN ROLL	#CHOCOLATE	#HERMIT COOKIE	PINEAPPLE	FRESH FRUIT
PEACHES	PUDDING			
CALORIES 322	CALORIES 324	CALORIES 498	CALORIES 358	CALORIES 335
SODIUM 456	SODIUM 517	SODIUM 461	SODIUM 394	SODIUM 617
8	9	10	11	12
AMERICAN CHOP SUEY	OMELETTE WITH	ROAST PORK WITH	SALMON/ DILL SAUCE	SHEPARD'S PIE
CUT GREEN BEANS	BROCCOLI CHEESE	APPLE GRAVY	RICE FLORENTINE	CARROT COINS
APRICOTS	POTATO WEDGES	ROASTED POTATO	JARDENIERE VEG	MULTIGRAIN ROLL
WHEAT BREAD	FRUIT MUFFIN	WINTER SQUASH	WHOLE WHEAT BREAD	PEARS
	STRAWBERRY CUP	DINNER ROLL	APPLE	
		#BROWNIE		
CALORIES 293	CALORIES 305	CALORIES 459	CALORIES 305	CALORIES 466
SODIUM 210	SODIUM 524	SODIUM 219	SODIUM 317	SODIUM 452
15	16	17	18	19
CRUNCHY LITE FISH	SWEDISH MEATBALLS	VEGETABLE SOUP	ROAST TURKEY W/GRAVY	SLOPPY JOE
TARTAR SAUCE	EGG NOODLES	HONEY LIME CHICKEN	GARLIC MASHED POTATO	HASH BROWN POTATO
WHIPPED SWEET POTATO	BLENDED VEGGIES	AUGRAUIN POTATO	PEAS AND CARROTS	COUNTRY BLEND VEGGIES
PEAS	MULTIGRAIN ROLL	DINNER ROLL	WHOLE WHEAT ROLL	HAMBURGER BUN
WHOLE WHEAT BREAD	APPLE SAUCE	FRESH FRUIT	#JELLO CAKE	PEARS
APRICOTS				
CALORIES 449	CALORIES 467	CALORIES 402	CALORIES 395	CALORIES 336
SODIUM 491	SODIUM 409	SODIUM 690	SODIUM 641	SODIUM 452
22	23	24	25	26
CHICKEN STEW /	BEEF BURGUNDY	TUNA NOODLE	CLOSED	BEEF PATTY
VEGETABLES	ITALIAN STYLE PENNE	CASSEROLE	NO	MUSHROOM SAUCE
FLUFFY WHITE RICE	TUSCANY VEGETABLES	PEAS	MEALS	PARSLEY MASHED POTATO
MULTIGRAIN ROLL	WHEAT BREAD	WHOLE WHEAT ROLL	SERVED	WINTER BLEND VEGGIES
PEACHES	#HOLIDAY COOKIE	FRESH FRUIT		DINNER ROLL
				#VANILLA PUDDING
CALORIES 374	CALORIES 516	CALORIES 349		CALORIES 410
SODIUM 359	SODIUM 334	SODIUM 433		SODIUM 461
29	30	31	<p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p> <p>A HAPPY NEW YEAR</p>	<p>SUGGESTED VOLUNTARY DONATION \$3.00 PER MEAL TO CANCEL MEAL CALL 781-329-6514</p>
LS HOT DOG	MINESTRONE SOUP	MACARONI & CHEESE		
MUSTARD PACKET	CHICKEN CACCIATORE	ESCALLOPED TOMATO		
HOT GERMAN POT SALAD	ITALIAN STYLE ROTINI	FRUIT MUFFIN		
HOT 3 BEAN SALAD	WHOLE WHEAT ROLL	FRESH FRUIT		
HOT DOG ROLL	STRAWBERRY CUP			
PINEAPPLE				
CALORIES 405	CALORIES 502	CALORIES 443		
SODIUM 702	SODIUM 635	SODIUM 542		

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

DECEMBER 2014 ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Fun Fit 9:00 Crafts 10:00 BC/BS Speaker 10:30 Lo Impact Exercise 1:00 Painting 1:00	2 SHINE 9:00 Yoga 9:30 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	3 Errands 8:30-2:00 Fun Fit 9:00 Bereavement 10:00 Lo Impact Exercise 1:00	4 Legal Asst. 8:30 Yoga 9:30 Festival of Trees 10:00 Westwood Sings 10:15 Mah Jongg 12:30 BINGO 1:15	5 Fun Fit 9:00 Roche Bros. 9:30 Rub. Bridge Gr. 11:00
8 Fun Fit 9:00 Photo Workshop 1:00 Lo Impact Exercise 1:00 Painting 1:00	9 Yoga 9:30 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	10 Fun Fit 9:00 Walmart 9:00 Lo Impact Exercise 1:00	11 Men's Club Board 10:00 Yoga 9:30 Ellis Rehab. Dessert 12:30 Mah Jongg 12:30 BINGO 1:15 Garden Club 1:30	12 Waxing 8:30 Fun Fit 9:00 Shaws/Norwood 9:30 Rub. Bridge Gr. 11:00
15 Fun Fit 9:00 Lo Impact Exercise 1:00 Painting 1:00	16 Yoga 9:30 COA Holiday Party 12:00	17 Errands 8:30-2:00 Fun Fit 9:00 Blood Pressure 9:00 Bereavement 10:00 Lo Impact Exercise 1:00	18 Yoga 9:30 Mah Jongg 12:30 BINGO 1:15 Woman's Club 1:30	19 Fun Fit 9:00 Hannafords 9:30 Rub. Bridge Gr. 11:00
22 Fun Fit 9:00 Lo Impact Exercise 1:00 Painting 1:00	23 Errands 8:30-2:00 Yoga 9:30 Knit & Crocheting 1:00 Tai Chi 1:00 Movie 2:00 Whist Group 1:00	24 Fun Fit 9:00 Close at 12:30	25 Closed for Christmas 	26 Closed
29 Fun Fit 9:00	30 Errands 8:30-2:00 Yoga 9:30 Bereavement 10:30 Knit & Crocheting 1:00 Tai Chi 1:00 Movie 2:00 Whist Group 1:00	31 Fun Fit 9:00 Close at 12:30		

BLOOD PRESSURE CLINIC

Senior Center

December 17

9:00 AM – 11:30 AM



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*First Three Months

SPRING SPECIAL

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.

DEC	DATE	DESTINATION	FEE
	3	Errands	\$2.00
	5	Roche Bros.	\$2.00
	10	Walmart	\$2.00
	12	Shaw's Mkt./Norwood	\$2.00
	17	Errands	\$2.00
	19	Hannaford's	\$2.00
	23	Errands	\$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 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 3rd Wednesday of each month. Please call the Center at (781)329-8799 to arrange for transportation.

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 who longer drive or own a car. A purchase of \$12.00 will buy \$48.00 worth of transportation. For more information, call (781) 329-8799.

Council on Aging Board Members

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Margaret Dullea
Cheryl Fay
Robert Folsom
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