

SEEN YOUR NEWS?

WHITMAN COUNCIL ON AGING

P.O. BOX 426

16 HAYDEN AVENUE • WHITMAN, MA 02382

(781) 447-7619 • FAX (781) 447-7633



Patricia Goldmann, *Chairman*
Mary Ann Curby
Robert Titterington

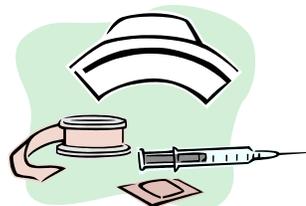
OCTOBER 2012

Mae Cousineau, *Vice Chairman*
Jean McDonald
Barbara J. Garvey, *Director*

Whitman Council on Aging Mission Statement

To ensure that our elder residents are provided an opportunity to age and live a life-style based on independence, dignity, and security; to assess needs and provide services through an array of general programs, information, and socialization opportunities to seniors age 60 and older.

SAVE THE (NOVEMBER) DATES...



Flu Clinic
Tuesday, November 6th
9:00-11:30 am
At the Senior Center

Please bring your Medicare card or other insurance cards with you and remember to wear short sleeves or loose fitting clothing. No appointment is necessary. The COA bus is available for those who do not have transportation.
Call Joanne at extension 2 if you will need a ride.

Presidential / State Election Day Tuesday, November 6th

The Council on Aging bus will be available for transportation to the polls at Town Hall between 2:00 and 4:00.
Please call Joanne at extension 2 if you need a ride.

Please be reminded ...

If you have signed up for lunch or have an appointment here at the Senior Center (hairdresser, podiatrist, tax return help, fuel assistance, computer class, etc.) and are unable to keep the appointment, **please** call as soon as possible to let us know that you won't be coming in. Most of our programs have waiting lists and we would like to offer your appointment to someone else if you can't attend. Thanks!

MEDICARE OPEN ENROLLMENT October 15—December 7, 2012

If you have Medicare, sometime during the month of September you should have received important information from your Prescription Drug Plan, your Medicare Health Plan and/or Prescription Advantage (if you are a member). You need to read these letters and understand the information they contain.

Do Not Ignore Any Letters!

During the annual Medicare Open Enrollment period, you will have a chance to change your coverage for the next year. Call me at 781-447-7619 extension 3 to make an appointment when you get any letters and I will help you to understand any changes to your plan as well as other options you may have.

FYI —Terry Altieri, Social Worker

Free Friday Lunch

Thanks to all who took advantage of our Free Friday Lunch coupon in the August Newsletter and came in to join us for lunch.

Congratulations to Deborah Hurcombe, winner of the Stop & Shop gift card drawing.

**Our Newsletter is now available on the
Town's Website at www.whitman-ma.gov.
Check in out!**



Protecting Your Personal Information
Presented by South Shore Bank

Thursday, October 25th
9:00 am
At the Senior Center

Join us for an informative 30 minute seminar to learn about various scam attempts being used to defraud the unsuspecting individual. Discussed will be all venues used by scammers – phone, mail and internet. We hope this information will help to reduce the possibility of you falling victim to the scammers trying to access your funds or your account information.

Please call Joanne at extension 2 to sign up and reserve a space.



CONGRATULATIONS TO OUR ARTISTS

The art students from Dot Roth's Tuesday Art Class at the Senior Center were awarded the following prizes at the Marshfield Fair this August.

- Mary Ann Finneran.....1st prize ...Early Spring at Nantasket Beach
- Mary Rinkulis.....1st prize....A study of 3 vases
2nd prize...Springtime
- Marjorie Terzian.....1st prize....The Cliffs
2nd prize...Seashore
- Dottie Cameron.....2nd prize....A back street in Rome
- Betty Wheeler.....3rd prize.....The Wolf
3rd prize.....Hawaii Seashore

Their art will be displayed at the Center during the month of October.

Please come by to check out the wonderful work of these talented ladies!

FREE LEGAL ADVICE

Attorney Ronald N. Whitney is available to meet with elders once a month at the Senior Center for assistance with wills and personal legal issues. This month, Attorney Whitney will be at the Center on Tuesday, October 23rd from 12:00 to 3:00.

Please call **Joanne** at extension 2 for an appointment

FUEL ASSISTANCE

We will begin taking appointments in October for help in filling out applications for first time fuel assistance applicants.

The following is some of the information that will be needed for the application.

1. Photo ID for the head of the household
2. Social Security card for all people in the home.
3. Proof of all income for the past 4 weeks.
4. Most recent heating bill.
5. Most recent electric bill
6. Most recent telephone bill.

Please call Joanne at extension 2 after October 1st to set up an appointment.

FRIENDS OF THE WHITMAN SENIORS

MONTHLY MEETING OF THE FRIENDS

at the Senior Center on

Friday, October 12th at 1:00

A penny sale is planned.

All are welcome to attend.

The Friends are selling Whitman throw blankets as a fund raiser. The cost is still \$35.00. Throws are available in green and cranberry. Stop by the Senior Center, Duval's Pharmacy, or contact any officer of the Whitman Friends group to purchase a blanket.

“Never give up on what you really want to do. The person with big dreams is more powerful than one with all the facts.”

... Life's Little Instruction Book

The MOTORCOACH TOURS group will be holding their Pot Luck Supper at the Whitman Senior Center on Tuesday, October 30 from 4:30 to 6:30. Just bring a selection of your choice and enjoy a night with old or new friends.
All are welcome.

HEARING SCREENING – Free hearing screenings and free minor repairs to hearing aids are provided by Board Certified Hearing and Instrument Specialist, John Klefeker on Tuesday, October 16th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST - Dr. William Chan. Wednesday, October 10th by appointment only. Contact **Joanne at extension 2** to make an appointment.
Upcoming dates: November 14, December 12, January 9

Social Lunch

~ ~ ~

Tuesday, October 9th at 1:00
Holiday Inn, Route 228 Rockland
Lunch is \$15.00
Special menu will be provided.
Attendees will meet at the restaurant.

If you plan to attend, please call **Linda at extension 1** to reserve.

FITNESS AND EXERCISE

WALKING GROUP – Meets at the Senior Center every Tuesday and Thursday morning at 8:00 to walk the beautiful Whitman Town Park.

LINE DANCING WITH CRIS KINDELAN – Tuesdays at 10:00 am at the Knights of Columbus Hall, 1195 Bedford Street (Route 18 near Abington town line). Cost is \$3 per class.

CRISFIT WITH CRIS KINDELAN– Thursdays and Fridays at 10:00 am at the Knights of Columbus Hall, 1195 Bedford Street (Route 18 near Abington town line). Cost is \$4 per class.

GENTLE CHAIR YOGA WITH JOANNE at the Senior Center on Wednesdays at **9:15** am. Offering is **\$4** per class.



HAPPY BIRTHDAY

Happy Birthday wishes to all who celebrated a birthday in September.

If you were born in **OCTOBER** we'd like to help you celebrate by treating you to a free lunch and birthday gift at the Senior Center on Wednesday, October 17th. Please call Linda at extension 1 to reserve no later than Tuesday, October 9th.
Lunch is served at 11:30 and you are welcome to bring a guest. The lunch cost for a guest over 60 is \$2.50; under 60, \$3.00.

WHAT WAS HAPPENING ... IN 1945?

Golf legend Byron Nelson has one of the greatest years in the history of the sport, winning 19 tournaments, including 11 in a row.

After days of bloody fighting, U.S. Marines raise the American flag on Mount Suribachi over the island of Iwo Jima. AP photographer Joseph Rosenthal is on hand to capture one of the most enduring images of World War II.

A new home business industry is born with the founding of the Tupperware Corporation by a former DuPont chemist.

On April 12th, a brain hemorrhage claims the life of President Franklin D. Roosevelt. He is succeeded by Harry S. Truman, who pledges in a radio address to carry on the war and peace policies of his predecessor.

Adolf Hitler commits suicide in his bunker on April 30th. Germany's unconditional surrender is secured on May 8th, ending the war in the European theater.

With a \$20,000 loan from his father-in-law, Sam Walton opens his first Wal-Mart store in Newport, Arkansas.

The first ball-point pen is sold by Gimbell's department store in New York for \$12.

The Topps Company of Brooklyn, New York begins wrapping bubble gum in comic strips and selling it under the brand name Bazooka.

The microwave oven is patented by Percy Spencer, an eighth-grade dropout, who quite by accident had discovered that microwaves will heat food.

On August 6th and 9th, the U.S. drops atomic bombs on the Japanese cities of Hiroshima and Nagasaki. An estimated 214,000 people perish in the attacks. Japan surrenders unconditionally on August 14th, ending World War II.

With the end of the war, American women welcome home husbands and boyfriends and begin the era known as the Baby Boom.

Born in 1945: Bob Marley, Eric Clapton, Neil Young, Mia Farrow, Steve Martin, Goldie Hawn, Pat Riley, Bette Midler.

Monday	Tuesday	Wednesday	Thursday	Friday
OCTOBER 2012				
<p>1</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Turkey Ham w/Provolone Sandwich 1:00 Bingo</p> <p>9:00 AROUND TOWN (Reserve by Thursday)</p>	<p>2</p> <p>8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch-Tortellini w/ Meat Sauce 1:00 Knitting/Crocheting 7:00 TOPS</p> <p>8:30 FOOD SHOPPING/ SENIOR CENTER</p>	<p>3</p> <p>9:15 Chair Yoga 11:30 Lunch-Sweet 'n Sour Chicken 12:30 Crafts 1:00 Mah-Jongg 6:00 Scrapbooking</p> <p>10:00 SCITUATE CENTER / Mill Wharf Restaurant</p>	<p>4</p> <p>8:00 Walk the Park 10:00 CrisFit at K of C 11:30 Lunch—Omelet w Cheese</p> <p>9:00 WALMART PLYMOUTH- Woods</p>	<p>5</p> <p>10:00 CrisFit at K of C 11:30 Lunch-Lemon Pepper Fish 1:00 Bingo</p>
<p>8</p> <p>COLUMBUS DAY</p> <p>SENIOR CENTER CLOSED</p>	<p>9</p> <p>8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch-Cheeseburger 1:00 Knitting/Crocheting 7:00 TOPS</p> <p>9:00 AROUND TOWN (Reserve by Thursday)</p>	<p>10</p> <p>9:00 Podiatrist by Appt 9:15 Chair Yoga 11:30 Lunch-Roast Turkey 12-2 Blood Pressure at the Center 12:30 Crafts 1:00 Mah-Jongg</p> <p>10:30 SUFFOLK DOWNS</p>	<p>11</p> <p>8:00 Walk the Park 10:00 CrisFit at K of C 11:30 Lunch-Salmon Boat</p> <p>8:30 FOOD SHOPPING</p>	<p>12</p> <p>10:00 CrisFit at K of C 11:30 Lunch-Sage Stuffing Chicken 1:00 Friends Meeting</p> <p>10:00 CASTLE ISLAND</p>
<p>15</p> <p>8:00 Wii Bowling 11-1 No Blood Pressure 11:30 Lunch-Stuffed Shells 1:00 Bingo</p> <p>7:30 Fall Foliage Motorcoach trip</p> <p>9:00 AROUND TOWN (Reserve by Thursday)</p>	<p>16</p> <p>8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch -BBQ Pork Riblet 1:00 Knitting/Crocheting 1:00 Hearing Screenings by Appt 7:00 TOPS</p> <p>8:30 FOOD SHOPPING/ SENIOR CENTER</p>	<p>17</p> <p>9:15 Chair Yoga 11:30 Lunch - Pier 17 Fish Happy OCTOBER Birthdays 1:00 Mah-Jongg 12-2 Blood Pressure at Harvard Court 12:30 Crafts</p> <p>9:00 HANOVER MALL</p>	<p>18</p> <p>8:00 Walk the Park 10:00 CrisFit at K of C 11:30 Lunch-Roasted Chicken with Wild Rice</p> <p>BROWN BAG PICKUP Please Note: Bags will not be available for pickup before 12:30 or after 3:30</p> <p>9:30 CHRISTMAS TREE- Avon, Chateau Restaurant, Stoughton</p>	<p>19</p> <p>9:30 Manicurist 10:00 CrisFit at K of C 11:30 Lunch-Meatloaf w/ gravy 1:00 Bingo</p>
<p>22</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-Reduced Sodium Hot Dog on a Bun 1:00 Bingo</p> <p>9:00 AROUND TOWN (Reserve by Thursday)</p>	<p>23</p> <p>8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch-Teriyaki Chicken 12:00 Computer Workshops 12:00 Atty Whitney by appt 1:00 Knitting/Crocheting 7:00 TOPS</p> <p>8:30 FOOD SHOPPING/ SENIOR CENTER</p>	<p>24</p> <p>9:15 Chair Yoga 11:30 Lunch -American Chop Suey 12:30 Crafts 1:00 Mah-Jongg</p> <p>1</p> <p>1:30 BRASS LANTERN RESTAURANT at South Shore Vo Tech, Hanover</p>	<p>25</p> <p>8:00 Walk the Park 10:00 CrisFit at K of C 11:30 Lunch-Chilled Tuna Plate</p> <p>9:00 Protecting Your Personal Information Seminar</p> <p>FOXWOODS CASINO 7:30 Center; 7:45 Home</p>	<p>26</p> <p>10:00 CrisFit at K of C 11:30 Lunch-Hawaiian Pork 1:00 Bingo</p>
<p>29</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-Greek Chicken 1:00 Bingo</p> <p>9:00 AROUND TOWN (Reserve by Thursday)</p>	<p>30</p> <p>8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch-Fish Sticks 12:00 Computer Workshops 1:00 Knitting/Crocheting 7:00 TOPS</p> <p>8:30 FOOD SHOPPING/ SENIOR CENTER</p>	<p>31</p> <p>9:15 Chair Yoga 11:30 Lunch -Ghoulis Goulash 12:30 Crafts 1:00 Mah-Jongg</p> <p>9:30 DERBY STREET SHOPS & Bertucci's</p>	<p>Lunch menu is subject to change without notice</p>	

Q. Is depression common among the elderly?

A. Yes. Depression and anxiety disorders are among the most common mental health problems in older persons. One in four persons aged 55 and over experiences behavioral health disorders.

Older adults are significantly less likely to receive mental health treatment compared to younger adults. Despite the availability of successful interventions, the majority of older adults with behavioral health issues don't get treatment, and often they are neither screened nor referred for diagnosis. Many older adults don't seek treatment because of the stigma. Others worry that treatment is too costly.

Untreated depression can have fatal consequences. The highest rate of suicide in the U.S. is among older white men – depression is the most significant risk factor for suicide in that population. Many elders who commit suicide have reached out for help: 20% see a doctor the day they die, 40% the week they die, and 70% in the month they die.

Many older people with depression have been suffering from episodes of the illness for years. It is *not* a normal part of the aging process, but older adults *are* at an increased risk of depression. Many older people and their families don't recognize the symptoms of depression and aren't aware that it is a medical illness. Others mistake the symptoms of depression as dementia.

Depression in older people can involve memory problems, confusion, social withdrawal, loss of appetite, inability to

sleep, irritability, and delusions and hallucinations. Older depressed individuals often have severe feelings of sadness – often not openly shown. When asked if they are "depressed", they say "no".

Clinical depression doesn't go away by itself and can last for months. It needs to be treated. Unresolved depression can affect the immune system, which makes people more susceptible to other illnesses. Older women are twice as likely as men to become seriously depressed.

The recovery model of care is a process of change in which individuals improve their health and wellness by living a self-directed life. By reducing symptoms of depression and anxiety and misuse of medications or alcohol, seniors are able to address other problems and live satisfying lives.

Anyone prescribed an antidepressant medication should let their doctor know if the medication doesn't seem to be helping or has troublesome side effects. Sometimes medications need to be adjusted or changed in order to make your depression go away.

Counselors suggest elders should try to plan small events that give them pleasure, like talking with a grandchild, listening to music, or going to the park. Even if you don't feel like it at first, these small pleasures can make a big difference in helping you feel better. Treatment for depression is available. To find out more, call 1-800-Age-Info, press "1" and ask to talk with someone about mental health supports.

TRANSPORTATION

AROUND TOWN – Our COA bus is available from 9:00 to 3:00 on Mondays for transportation to Bingo at the Senior Center and for errands within Town. Please be reminded that in order to take advantage of this free service, you need to call **Linda** at extension 1 to sign up no later than 4:00 Thursday.

Due to the volume of passengers and number of stops, we can no longer accept sign-ups for the Around Town bus after Thursday. Please plan accordingly.

FOOD SHOPPING / SENIOR CENTER BUS—Our COA bus travels to Johnnie's Foodmaster and Stop & Shop on **Tuesdays** at 8:30. The Bus is also available for activities and appointments at

the Center. Sign-up is required by calling **Joanne** at extension 2 no later than 4:00 Monday.

DIAL-A-BAT– Transportation to medical appointments in Abington, Brockton, Bridgewater, East Bridgewater, West Bridgewater, North Easton, Stoughton, Whitman and Boston. The first pickup to Whitman is 9:30. Call **Joanne** at extension 2 at least 2 days prior to your appointment to book.

**Our Newsletter is available online at:
www.seekandfind.com**

BITS AND PIECES by ELEANOR NADELL

So here we are into another month. Summer is over and now we head into Fall. This is fine with me. I enjoy the cooler weather, and very shortly the change in color. I have started back to work again. As long as they can stand me, I shall continue. Who knows when we shall part company? I worked on the polls for the primary election on the 6th. Not many people turned out. There were about 820 or so. Not a very good number, right? Well, we have one more election this year, the November Presidential election. I truly trust you will make the effort for that one. Don't forget that you can always get an absentee ballot; just make sure you are part of the next four years. Who knows what the outcome will be. Well as usual, there are lots of trips planned on the mini bus. I had fun as usual at Suffolk Downs. Were you able to enjoy any of these trips? Join us when you can. Don't forget the friends meetings on the 2nd Friday of the month. Good friends, good meetings and good refreshments. We'll see you at the polls in November.

Stay Well.

Eleanor

HEALTH AND WELLNESS

BLOOD PRESSURE AND HEALTH CARE SCREENINGS

Free health screening clinics for Whitman residents are now provided by Norwell Visiting Nurse Association and Hospice. Screening includes blood pressure and blood sugar testing, vital signs assessment, nutritional counseling, weight assessment and medication review and instruction.

Wednesdays:

October	10	Senior Center	12:00 – 2:00
October	17	Harvard Court	12:00 – 2:00

Tuesday at Town Hall (VNA Office, Lower Level)

October	2		2:00—5:00
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Tuesday & Thursdays at Town Hall (VNA Office, Lower Level)

October	9, 11, 16, 18, 23, 25, 30		2:00—4:00
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OUTREACH

TELEPHONE REASSURANCE – If you would like a phone call and conversation from our office on weekday mornings, please contact **Linda** at extension 1.

BROWN BAG DISTRIBUTION PROGRAM – Thursday, October 18th 12:30 to 3:30 only. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

Visit the **HARVARD COURT FAYRE** located in the Gazebo Room of Harvard Court Housing Complex.

The shop is open:

Mondays, Wednesdays, Thursdays 1 to 4 pm;

Great deals on handmade items, new and gently used household items, clothing,

knick knacks and much, much more.

Stop by to see what's available!

FUN and GAMES

BINGO – Mondays at 1:00 and Fridays at 1:00 (except on the 2nd Friday of each month). Come for fun and socialization. Refreshments are served and new players always welcome. All dollars that come in go back the same day. Try your luck!

Wii BOWLING – Mondays at 8 AM.

BOWLING – Tuesdays at 1:00 at Timber Lanes in Abington. Contact Bettie Geary at 781-447-4124.

MAH JONGG – Wednesdays at 1:00 PM

HAIR BY MEREDITH

Tuesdays by Appointment

Contact **Joanne** at extension 2 to make an appointment

Shampoo and Set	\$12.00
Shampoo, Cut, and Set	\$14.00
Wet Cut	\$12.00
Blow Dry w/ Cut	\$14.00
Perm, Cut & Style	\$45.00
Color*, Cut	\$35.00
Color*, No Cut	\$30.00

(*client brings in color)

MANICURES BY JANE

Jane, a licensed manicurist takes appointments at the Senior Center one Friday morning a month. There is no charge for her manicure services which include nail cutting, filing, cleaning, hand massage and polishing (please bring your own polish). Both women and men are welcome.

Jane will be here on Friday, October 19th.

Contact **Joanne** at extension 2 for an appointment.

COMPUTER WORKSHOPS

By Richard Stanton

at the Senior Center on Tuesdays, Please note– NO class on Oct 2 ,9 or 16.

Workshops are 45 minutes long and will have no more than three participants in a session. Please contact Linda at extension 1 to sign up for course of your choice.

PC (Personal Computer) Fundamentals: Become familiar with 'Windows' on a personal computer. Start the PC, start an application, practice with mouse, then shut down PC.

Advanced PC Use: Increase understanding of 'Windows'. Path and Folder use, Single and Multi select in the windows explorer, Use Drag and Drop, Perform backup.

Internet Basics: Get started with a Browser, Choose and register with on-line service provider, Create and Send E-Mail.

Advanced Internet: Safe Browsing, Navigation and handling of E-Mail, Use an attachment, Search the Web.

Basics of Budgeting with Excel / Calc: Start excel or Calc; Open and Edit an existing workbook, save changes.

Budget with Excel / Calc Advanced Features: Edit Basic Budget using advanced features.

Basics of Digital Photos on the PC: Learn to retrieve, organize, edit and Print Digital Photos.

Advanced Digital Photo Management: Editing Photos—retrieve photos using Pict Bridge.

iTunes for Digital Music / Video: Use iTunes to retrieve and organize your music. Create your own Cd Or download play-lists to your MP3 player.

Editing MP3 Files: Download free editing software to edit MP3 music.

Add and Remove Software: Find, Download and Install Free software. Remove unwanted programs.

Ease of Access: Improve computer access for physically challenged.

Online Education: Find computer based Learning CourseWare and take a lesson.

<p>Blanchard Funeral Chapel</p> <p>Robert A. Tonello, Steven J Leonard Funeral Directors</p> <p>781-447-0170</p> <p>666 Plymouth Street Whitman</p>	<p>WILLS • TRUSTS • ESTATES PERSONAL INJURY LAW</p>  <p>RONALD N. WHITNEY ATTORNEY AT LAW</p> <p>549 BEDFORD STREET WHITMAN, MA 02382</p> <p>781-447-3899</p>	<p>J. SACCONI & SONS, INC.</p> <p>Backhoe • Drains Septic Tanks • Cesspools</p>  <p>15 Commercial Street Whitman</p> <p>447-5670</p>	 <p>FAMILY HEARING CARE CENTER</p> <p><i>...listen to the sounds of life®</i></p> <p>~ Hearing Evaluations ~ Video Ear Inspections ~ Hearing Aids ~ Repairs ~ Ear Wax Removal</p> <p>534 Main Street, Suite 2, Route 18 Weymouth, MA 02190 781-337-1144</p> <p>140 Bedford St., Route 18 Bridgewater, MA 02324 508-279-0700</p> <p>John Klefeker, BC-HIS MA License #127</p>
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Whitman Council On Aging
PO Box 426
16 Hayden Avenue
Whitman, MA 02382

RETURN SERVICE REQUESTED



MOTORCOACH TOURS

OCTOBER 15, MONDAY — FALL FOLIAGE TOUR — \$69.00—SOLD OUT

Motorcoach departs Whitman VFW at 7:30 AM—return approximately 8:00 PM

Enjoy a morning foliage ride along the Kancamangus Highway. Enjoy lunch at the beautiful White Mountain Hotel, surrounded by the White Mountain National Forest. There will be time for shopping on Main Street in North Conway, NH.

DECEMBER 5, WEDNESDAY — VENUS DE MILO — \$55.00

Motorcoach departs at 10:00 AM—return approximately 5:30 PM

Get in the Holiday spirit by joining us for lunch at the Venus DeMilo restaurant and a Christmas Show with Bobby Justin.

**For Reservations, contact Linda Kelly at the Senior Center 781-447-7619 ext. 1.
Please make checks payable to Terry Seer.**

UPCOMING COA BUS TRIP

DECEMBER 17, MONDAY — NEWPORT PLAYHOUSE — \$58.00—space limited to 17

Christmas with the Edwards Twins— Buffet and Live Show....Don't be left out, reserve now.

Call Linda at the Senior Center 781-447-7619 ext 1

ABOUT OUR TRIPS AND ACTIVITIES ...

Participation in the activities and trips we offer is not limited to seniors over age 60.

Based on availability, Pre-Seniors, Baby Boomers and folks from surrounding towns are always welcome. Just give the Center a call.