

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

AUGUST 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.

NOTES FROM THE DIRECTOR:

Several of our July trips sold out quickly, making for some lengthy waiting lists. We're hoping to run several of the trips again in the near future. The good news is that more folks are remaining active, getting out, and taking advantage of what we have to offer. As always, let me know if there's a particular trip you'd like to see and we'll do our best to accommodate. Stay Well,

Barbara

COOKIES, COFFEE AND CRAFTS

Thursday, August 9th at 12:30

Escape the heat and have some fun. Bring in whatever crafty item you are working on and enjoy socialization and refreshments with others who share your crafting talents.

Bring some ideas and take some home. With enough interest, we may make this a regular activity.

Sign up with Linda at extension 1.

Social Lunch

~ ~ ~

Tuesday, August 14th at 1:00

Hitching Post Restaurant

Route 58, Hanson

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.



JIMMY BUFFETT TRIBUTE

Thursday, August 23

1:30 at the Senior Center

Come and join us for some fun and live entertainment at the Senior Center featuring Vic Solo's tribute to the world's ultimate feel good singer/ songwriter Jimmy Buffett. This is a show that will make everyone leave with a smile on their face.

Seating is limited, so don't wait to sign up, this will fill up quickly. Deadline to sign up with Linda is Thursday August 16th.

For reservations, call Linda at extension 1.

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

A timely message from the Executive Office of Elder Affairs:

You will be shocked that scam artists — for want of a better term — are trying to capitalize on the Supreme Court's decision regarding the Affordable Care Act (ACA). The following information from the Federal Trade Commission cautions all elders not to give out personal or financial information in response to unsolicited phone calls, emails, or knocks on your door. If you get a call from someone who claims to be from the government and who asks for your personal information, hang up. It's a scam. Never give out your entire account number just because someone knows the routing number of your bank.

FEDERAL TRADE COMMISSION CONSUMER ALERT**Scammers Out to Profit on U. S. Supreme Court's Ruling on the Affordable Care Act**

It's enough to make you sick. No sooner had the U.S. Supreme Court ruled on the Affordable Care Act than scam artists began working the phones. Claiming to be from the government, they're saying that under the Affordable Care Act, they need to verify some information. For example, they might have the routing number of the person's bank, and then use that information to get the person to reveal the entire account number. Other times, they have asked for credit card numbers, Social Security numbers, Medicare ID, or other personal information.

The Federal Trade Commission, the nation's consumer protection agency, cautions you not to give out personal or financial information in response to unsolicited phone calls, emails, or knocks on your door. Scam artists want your information to commit identity theft, charge your existing credit cards, debit your checking account, open new credit card, checking, or savings accounts, write fraudulent checks, or take out loans in your name.

If you get a call from someone who claims to be from the government and who asks for your personal information, hang up. It's a scam. The government and legitimate organizations with which you do business have the information they need and will not ask you for it. Then, file a complaint at ftc.gov or call toll-free, 1-877-FTC-HELP. If you think your identity's been stolen, visit ftc.gov/idtheft or call 1-877-ID-THEFT. You also can file a complaint with your state Attorney General.

For more information about the federal health care law, visit HealthCare.gov.

The FTC works to prevent fraudulent, deceptive and unfair business practices in the marketplace and to provide information to help consumers spot, stop and avoid them. To file a complaint or get free information on consumer issues, visit ftc.gov or call toll-free, 1-877-FTC-HELP (1-877-382-4357); TTY: 1-866-653-4261. Watch a new video, *How to File a Complaint*, at ftc.gov/video to learn more. The FTC enters consumer complaints into the Consumer Sentinel Network, a secure online database and investigative tool used by hundreds of civil and criminal law enforcement agencies in the U.S. and abroad.

COUPON**ONE FREE FRIDAY LUNCH AT THE SENIOR CENTER**

This coupon is good for one free lunch at the Senior Center on any Friday in August. Reservations must be made one week in advance by calling Linda at 781-447-7619 extension 1.

Be sure to bring this coupon when you come for lunch. All participants during the month of August will be eligible for a drawing on August 31st to win a \$25 Stop & Shop gift card.

Take a break from the heat and enjoy lunch in the company of others!



HAPPY BIRTHDAY

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

If you were born in **AUGUST** we'd like to help you celebrate by treating you to a free lunch and birthday gift at the Senior Center on Wednesday, August 15th. Please call Linda at extension 1 to reserve no later than Monday, August 6th. 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.

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, August 21st by appointment. Contact **Joanne** at extension 2 to make an appointment. *You should hear what you're missing.*

PODIATRIST - Dr. William Chan. Wednesday, August 8th by appointment only. Contact **Joanne** at extension 2 to make an appointment.
Upcoming dates: September 12, October 10, November 14

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. Cost is \$3 per class.

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, August 28th from 12:00 to 3:00.

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

FARMERS' MARKETS

It's that time of year when farmers' markets are in full swing, so make the most of the wonderful local produce by visiting a farmers' market in the area:

Abington

Saturdays 9 am to 1 pm—until September 15
Griffin Dairy Property, 350 Plymouth Street

Brockton

Saturdays 9 am to noon— until October 30
Brockton Fairgrounds, Belmont Street

Hingham

Saturdays 10 am to 2 pm—until November 17
Bathing Beach, 96 Otis Street (Route 3A)

Middleboro

Saturdays 9 am to 1 pm—until October 27
Town Hall Lawn, Nickerson Avenue, Route 105

North Easton

Saturdays 10 am to 2 pm AND
Tuesdays 2 pm to 6 pm—until October
Five Corners, Depot Street

Pembroke

Saturdays 9 am to noon—until September
Town Green, Center Street

Carver

Sundays 12 noon to 4 pm—until October 28
Shurtleff Park, Route 58

Hingham

Wednesdays 11 am to 3 pm— until October 22
Main and North Streets (by the Town Clock)

Duxbury

Thursdays 1:30 to 5:30 pm
Tarkiln Community Center Grounds, Route 53

Plymouth at Plimoth Plantation

Thursdays 2:30 to 6:30 pm—until October
Plimoth Plantation (grassy field off River Street)

Brockton

Fridays 10:30 am to 1:30 pm—until October 26
City Hall Plaza, 45 School Street

Buzzards Bay

Fridays 10 am to 2 pm—until October 26
70 Main Street

Marshfield

Fridays 2 to 6 pm—until October
Marshfield Fairgrounds, Main Street

AUGUST 2012

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch menu is subject to change without notice		<p>9:15 Chair Yoga 11:30 Lunch-Fish Sandwich 1:00 Mah-Jongg</p> <p>9:00 WALMART PLYMOUTH-Woods</p>	<p>8:00 Walk the Park 10:00 CrisFit at K of C 11:30 Lunch-Hawaiian Roast Pork</p>	<p>10:00 CrisFit at K of C 11:30 Lunch-Chili Con Carne 1:00 Bingo</p> <p>9:30 CASTLE ISLAND</p>
<p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-Orange Dijon Chicken 1:00 Bingo</p> <p>9:00 AROUND TOWN (Reserve by Thursday)</p>	<p>8:00 Walk the Park 8:30 Food Shopping / Sr. Center 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch-Turkey & Cheese Sub 12:00 Computer Workshops 1:00 Knitting/Crocheting 7:00 TOPS</p>	<p>9:00 Podiatrist by Appt 9:15 Chair Yoga 11:30 Lunch-Spaghetti & Meatballs 12-2 Blood Pressure at Senior Center 1:00 Mah-Jongg 6:00 Scrapbooking</p> <p>9:00 HANOVER MALL</p>	<p>8:00 Walk the Park 10:00 CrisFit at K of C 11:30 Lunch-Fish Au Gratin 12:30 Cookies, Coffee and Crafts at the Center—space limited-call to reserve</p> <p>9:00 CHRISTMAS TREE SHOP-BOURNE, Seafood Sam's, Ice Cream Sandwich Shop</p>	<p>10:00 CrisFit at K of C 11:30 Lunch-Cheeseburger</p>
<p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-Ham & Cheese Sandwich on Multi grain Bread 1:00 Bingo</p> <p>9:00 AROUND TOWN (Reserve by Thursday)</p>	<p>8:00 Walk the Park 8:30 Food Shopping / Sr. Center 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch-Veal Parmesan 12:00 Computer Workshops 1:00 Knitting/Crocheting 1:00 Hearing Screenings by Appt 7:00 TOPS</p> <p>10:00 ODYSSEY CRUISE – Boston</p>	<p>9:15 Chair Yoga 11:30 Lunch – Aloha Chicken~ Happy AUGUST Birthdays 1:00 Mah-Jongg 12-2 Blood Pressure at Harvard Court</p> <p>10:30 SUFFOLK DOWNS</p>	<p>8:00 Walk the Park 10:00 CrisFit at K of C 11:30 Lunch-Spanish Pot Roast</p> <p>BROWN BAG PICKUP Please Note: Bags will not be available for pickup before 12:30 or after 3:30</p> <p>9:00 FALMOUTH THRIFT SHOPS</p>	<p>10:00 CrisFit at K of C 11:30 Lunch-Maple Mustard Pork 1:00 Bingo</p>
<p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-Stuffed Shells 1:00 Bingo</p> <p>9:00 AROUND TOWN (Reserve by Thursday)</p>	<p>8:00 Walk the Park 8:30 Food Shopping / Sr. Center 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch-Asian Chicken 12:00 Computer Workshops 1:00 Hearing Check by appt 1:00 Knitting/Crocheting 7:00 TOPS</p> <p>11:30 MARSHFIELD FAIR</p>	<p>9:15 Chair Yoga 11:30 Lunch –Tuna Salad 1:00 Mah-Jongg</p> <p>9:30 SOUTH SHORE PLAZA</p>	<p>8:00 Walk the Park 10:00 CrisFit at K of C 11:30 Lunch-Turkey Pasta Tetrazini</p> <p>9:00 OCEAN STATE JOB LOT– East Bridgewater</p> <p>1:30 VIC SOLO-JIMMY BUFFETT TRIBUTE (reservations required by August 16th)</p>	<p>9:30 Manicurist 10:00 CrisFit at K of C 11:30 Lunch-Beef Burgundy 1:00 Bingo</p>
<p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-Chicken Broccoli & Ziti 1:00 Bingo</p> <p>9:00 AROUND TOWN (Reserve by Thursday)</p>	<p>8:00 Walk the Park 8:30 Food Shopping / Sr. Center 9:00 Art Class 9:30 Hairdresser by appt 10:00 Line Dance at K of C 11:30 Lunch-Meatloaf 12:00 Computer Workshops 12:00 Atty. Whitney by Appt 1:00 Knitting/Crocheting 7:00 TOPS</p>	<p>9:15 Chair Yoga 11:30 Lunch –Mac & Cheese 1:00 Mah-Jongg</p> <p>FOXWOODS CASINO 7:30 Center; 7:45 Home</p>	<p>8:00 Walk the Park 10:00 CrisFit at K of C 11:30 Lunch-Jambalaya w/ Rice</p> <p>9:00 VANITY FAIR OUTLETS-Dartmouth</p>	<p>10:00 CrisFit at K of C 11:30 Lunch-Pork w/Gravy 1:00 Bingo</p>

Q. How can I help spot cases of elder abuse?

A. In Massachusetts, there are 54 new reports of elder abuse filed every day. Yet for every report made, another 25 incidents of abuse go unreported. The tell-tale signs of elder abuse often go unnoticed by friends or neighbors. Elder abuse refers to intentional or neglectful acts by a caregiver or *trusted* individual, like a family member, that lead to harm of an elder. Abuse takes many forms – physical abuse, neglect, emotional or psychological abuse, financial abuse and exploitation, sexual abuse, and abandonment. Self-neglect is also a form of abuse in our state.

If you suspect elder abuse, report it! Don't assume that someone has already reported a suspicious situation. To report elder abuse, contact a Protective Services agency by calling 1-800-922-2275. You will be asked what you observed and who was involved, so it's important that you write down details of **what** you saw and **when** you saw it. You do not need to prove that abuse is occurring — the professionals will do the investigations.

Here are some of the RED FLAGS or signs of elder abuse —

Neglect

Lack of basic hygiene, adequate food, or clean and appropriate clothing • Lack of medical aids - glasses, walker, teeth, hearing aid, medications • Person with dementia left unsupervised • Person confined to bed is left without care • Home cluttered, filthy, in disrepair, or having fire and safety hazards • Home without adequate facilities - stove, refrigerator, heat, cooling, working

plumbing, and electricity • Untreated pressure/bed sores (pressure ulcers)

Financial abuse/exploitation

Lack of amenities victim could afford • Vulnerable elder/adult voluntarily giving excessive financial reimbursement/gifts for care and companionship • Caregiver controls elder's money but fails to provide for elder's needs • Elder has signed property transfers, power of attorney, new will, or similar documents but is unable to comprehend the transaction or what it means

Psychological/emotional abuse

Unexplained or uncharacteristic changes in behavior, such as withdrawal from normal activities, unexplained changes in alertness • Caregiver isolates elder, does not allow others into the home or to speak to the elder • Caregiver is verbally aggressive or demeaning, controlling, or uncaring

Physical/sexual abuse

Inadequately explained fractures, bruises, welts, cuts, sores or burns • Unexplained sexually transmitted diseases

Under state law, any doctor, nurse, social worker, policeman, fireman, therapist, home health worker or other professional who *has reasonable cause to believe* that an elder is suffering from abuse, **MUST** file a report. Reports can be taken 24/7. Anyone who sees a red flag of abuse should report concerns to a Protective Services agency or, in a life-threatening situation, to the police.

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. Call **Joanne** at extension 2 at least 2 days prior to your appointment to book.

For quicker access to our Newsletter, go online to: www.seekandfind.com

BITS AND PIECES by ELEANOR NADELL

Here we are already in the middle of the summer months. We did have some pretty hot days in July, now we wait and see what this month will provide us. Actually it doesn't matter because we have to take what comes. I only hope it will be reasonably comfortable. I went on various trips in July, a luncheon at Cameron's on the Green, Cape Cod Canal Cruise, Newport Playhouse and of course the free cookout at the Senior Center put on by the Friends of Whitman Seniors Group. We thank them very much. As always, it is an excellent event. First and foremost for this month, for me at least, is the Suffolk Downs trip on August 15th. That is a fun time, will I see you there?

Enjoy the summer and 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:

August 8	Senior Center	12:00 – 2:00
August 15	Harvard Court	12:00 – 2:00

Tuesday at Town Hall (VNA Office, Lower Level)

August 7 2:00—5:00

Tuesday & Thursdays at Town Hall (VNA Office, Lower Level)

August 14, 16, 21, 23, 28, 30 2:00—4:00

MANICURES BY JANE

Jane, a licensed manicurist, volunteers her time here 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, August 24th.

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

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, August 16th 12:30 to 3:30 only. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

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)

CRIBBAGE ANYONE?

Our cribbage group is hoping to start up again at the Senior Center on Tuesdays at 12:30. Whether you are a beginner or a seasoned player, come by for some socialization and friendly competition. Please call Joanne at extension 2 to let us know if you're interested. Once we have enough players, we will set a start date and call you. Our COA bus is available for transportation.

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

COMPUTER WORKSHOPS

By Richard Stanton
at the Senior Center on Tuesdays

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>
 <p>Sachem Skilled Nursing and Rehabilitation Center</p> <p>A Kindred Healthcare Community</p> <p><i>Healing, Hope, Dignity</i></p> <p>JCAHO ACCREDITED</p> <p>66 Central Street E. Bridgewater • MA 02333 508-378-7227</p>	<p>DUVAL'S PHARMACY, Inc.</p> <p>John Duval, RPh</p> <p>Rte. 27, 571 Washington St. Whitman, MA 02382</p> <p>1-800-720-0608</p>	 <p>Craftmatic® Adjustable Beds</p> <p>#1 Selling Adjustable Brand Trusted for Nearly 40 Years</p> <p>Why Pay More For Something Else? Discover Craftmatic For Less! Up to 50% Less!</p> <p>A Craftmatic Adjustable Bed with optional Heat & Massage may provide temporary relief from: Low Back Pain • Nighttime Heartburn Gastric Reflux • Mild Arthritis • Poor Sleep</p>  <p>We Won't Be Undersold • In Home Trial Satisfaction Guaranteed</p> <p>For FREE Prices & Info About Our Beds Call: 800-323-0619</p> 	
<p>MacKinnon <i>Basic Cremation from: \$1,300. Complete Veterans Funerals from: \$3,995. Complete</i></p> <p>760 Washington St., Whitman, MA 781 447-4141</p> <p>Visit us at www.mackinnonfuneral.com</p>		<p>Old Colony Elder Services Serving elders, families and caregivers since 1974</p> <p>144 Main Street - Brockton, Massachusetts 02301 508-584-1561 TTY 508-587-0280 www.oldcolonyelderservices.org</p>	

The cost of printing and mailing this newsletter has been paid in part by the Friends of Whitman Seniors, Inc. and the Massachusetts Executive Office of Elder Affairs.

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Whitman Council On Aging
PO Box 426
16 Hayden Avenue
Whitman, MA 02382

RETURN SERVICE REQUESTED



MOTORCOACH TOURS

SEPTEMBER 18, TUESDAY — HU KE LAU — \$69.00

Motorcoach departs Hanson COA at 8:45 AM - return approximately 5:30 PM

A fun day out that includes a great Polynesian show and dining. Lunch choice-Prime Rib or Baked Scrod.

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

Motorcoach departs Whitman VFW at 7:45 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.

For Reservations, contact Linda Kelly at the Senior Center 781-447-7619 ext. 1.

Please make checks payable to Terry Seer.

Minimum of 30 needed for the trips to go.

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.