

# 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

### JULY 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:

*The Whitman Park MusicFest 2012 Concert Series schedule is set ... a sure sign that summer has arrived!*

*These Thursday evening concerts, presented by the Whitman Cultural Council, are from 7:00 to 8:30 pm at the beautiful Whitman Town Park and are always a great take. Bring a chair and a friend and enjoy a fun and relaxing evening out.*

*If lack of transportation keeps you from attending the concerts, please contact me. If there is enough interest, the COA bus will be available.*

- July 5 Paul Bouchard ~ Big Band*
- July 12 Shane Wood ~ Jazz*
- July 19 Antiphonal Brass Band*
- July 26 Wildcat Bog Stompers ~ Blue Grass*

*Hope to see you there ....*

*Barbara*

#### Newport Playhouse & Cabaret Restaurant *The Kitchen Witches* Thursday, July 26th

**\$58.00 includes transportation, lunch and the play**

Start with an extensive buffet lunch, then relax and enjoy a hilarious play about two cooking show hostesses who have hated each other for 30 years — Dolly and Isobel — who end up together on a TV cooking show. Before long the insults are flung harder than the food and the show becomes a ratings smash.

Call Linda at extension 1 to reserve a space.  
**Space is limited so call early.**



#### COOKOUT AT THE SENIOR CENTER Saturday, July 21st

The Friends of Whitman Seniors group is sponsoring a free cookout at the Whitman Senior Center from 12:00 to 2:00 pm on Saturday, July 21.

All Whitman seniors age 60 or over are cordially invited to attend.  
Reservations are required no later than Friday, July 13th.

Please sign up on the sheets at the Reception Desk.  
If you cannot come in, call to reserve with Joanne at extension 2.

**3,2,1 CAKE**

Submitted by Pat Goldmann

These individual little cakes are amazing and ready to eat in one minute! They are perfect for whenever you feel like a treat without all the fat and calories that cake can have. Genius idea!

**INGREDIENTS:**

1 box of Angel Food cake mix  
1 box of cake mix— any flavor  
2 Tbsp water  
Makes 1 serving.

**DIRECTIONS:**

In a Ziploc bag, combine the two cake mixes together and mix well. For each individual cake serving, take out 3 Tablespoons of the cake mix combination and mix it with 2 Tablespoons of water in a small microwave-safe container. Microwave on high for 1 minute, and you have your own instant individual little cake!

**KEEP** remaining cake mixture stored in the Ziploc bag and use whenever you feel like a treat! You can top each cake with a dollop of fat free whipped topping and/or some fresh fruit.

**Helpful Tips:**

This recipe is called 3, 2, 1 Cake because all you need to remember is “3 tablespoons mix, 2 tablespoons water, 1 minute in the microwave”. Try various flavors of cake mix like carrot, red velvet, pineapple, lemon, orange, etc. Just remember that one of the mixes has to be the Angel Food mix; the other is your choice. The flavor possibilities are endless!

**NOTES:**

The best thing is, you open both cake mixes into a gallon storage bag, one that ‘zip locks’ or ‘self-seals’, or a container that seals tightly, shake the two cake mixes to blend and then make the recipe. Storage of mix is simple; just put it on a shelf. No need to refrigerate, since the mix is dry.

Always remember, that one of the cake mixes **MUST** be Angel Food. The other can be any flavor.

The Angel Food is the cake mix that has the egg whites in it. So, if, anyone is allergic to egg whites, you **CANNOT** serve this recipe.

**FREE FUN FRIDAYS**

The Highland Street Foundation is again sponsoring Free Fun Fridays this summer. All Massachusetts residents and tourists are invited to visit designated cultural attractions every Friday during the summer with free admission. No registration or tickets required. What a wonderful opportunity to experience some of the cultural attractions in our area that we might not otherwise visit.

For more information visit [highlandstreet.org](http://highlandstreet.org) or call 617-969-8900.

**June 29**

Tanglewood  
Isabella Stewart Gardner Museum  
Peabody Essex Museum  
Heritage Museums & Gardens  
Museum of African American History

**August 3**

Museum of Fine Arts, Boston  
Norman Rockwell Museum  
Amelia Park Children’s Museum  
Fuller Craft Museum  
Arnold Arboretum

**July 6**

Boston Children’s Museum  
Stone Zoo  
Cape Cod Museum of Art  
Wenham Museum  
Sterling & Francine Clark Institute

**August 10**

Battleship Cove  
Berkshire Museum  
Cape Cod Children’s Museum  
Fruitlands Museum  
Sports Museum

**July 13**

Franklin Park Zoo  
Children’s Museum of Holyoke  
Danforth Museum of Art  
Decordova Sculpture Park & Museum  
Reagle Music Theater

**August 17**

Institute of Contemporary Art  
Edward Gorey House  
New Bedford Whaling Museum  
Garden in the Woods  
Concord Museum

**July 20**

Buttonwood Park Zoo  
Mass Audubon Visual Arts Center  
Hancock Shaker Village  
Pilgrim Monument and Provincetown Museum  
Higgins Armory Museum

**August 24**

Boston Harbor Island Alliance  
USS Constitution Museum  
American Textile History Museum  
Old Sturbridge Village  
Basketball Hall of Fame

**July 27**

Commonwealth Shakespeare Company  
Children’s Museum in Easton  
Springfield MuseumsN.E. Historic Genealogical Society  
New Repertory Theatre

**August 31**

JFK Library and Museum  
Plimoth Plantation  
The Discovery Museums  
Mass Moca  
Ecotarium

**Friday Book Talk**  
July 27th at 10:00 am

Have you ever gone to the library (or to a book store) only to leave feeling overwhelmed by all the options? Come to a Friday Book Talk at the Senior Center for a discussion of new and old titles that will pique your interest. Led by Reference Librarian, Samantha Soucy, this is a fun and relaxed group where you can talk about books you've enjoyed, and learn about all that the library has to offer in books, dvd's, magazines, music and MORE. Come and enjoy the company of others who share your love of reading!  
 Call Linda at extension 1 to reserve a space.

**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, July 17th by appointment. Contact **Joanne** at extension 2 to make an appointment. *You should hear what you're missing.*

**PODIATRIST** - Dr. William Chan. Wednesday, July 11th by appointment only. Contact **Joanne** at extension 2 to make an appointment.  
 Upcoming dates: August 8, September 12, October 10

**~ Save the Date ~**  
 Tuesday August 14th  
 Boston Harbor Lunch Cruise aboard the Odyssey

Wednesday, August 15th  
 Suffolk Downs Senior Day

**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 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.

**OFFICE HOURS**

State Representative Geoff Diehl will be available at the Senior Center on Tuesday, July 17th from 9 to 10 am. This is your chance to talk to your representative about the issues that are most important to you. Appointments are not necessary. Just stop by, enjoy a cup of coffee, and chat with Representative Diehl.

**HAPPY BIRTHDAY**



Happy Birthday wishes to Gert Cameron, Helen Clancy, Alice Riddell, Dot Roth and Dottie Cameron who celebrated a birthday in June.

If you were born in **JULY** we'd like to help you celebrate by treating you to a free lunch and birthday gift at the Senior Center on Wednesday, July 18h. Please call Linda at extension 1 to reserve no later than Monday, July 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.

**Social Lunch**

~ ~ ~  
 Tuesday, July 10th at 1:00  
 Cameron's Restaurant  
 Route 14, East Bridgewater  
 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.

**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, July 24th from 12:00 to 3:00.  
 Please call **Joanne** at extension 2 for an appointment.

## JULY 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8-9:30 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—<b>Italian Braised Beef</b> 1:00 Bingo</p> <p><b>9:00 AROUND TOWN</b> (Reserve by Thursday)</p>	<p>3</p> <p>8:00 Walk the Park 8:30 <b>Food Shopping / Sr. Center</b> 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch—<b>Hot Dog on a Bun</b> 12:00 Computer Workshops 1:00 Knitting/Crocheting 7:00 TOPS</p>	<p>4</p> <p><b>HAPPY INDEPENDENCE DAY</b></p>  <p><b>SENIOR CENTER CLOSED</b></p>	<p>5</p> <p>8:00 Walk the Park 10:00 CrisFit at K of C 11:30 Lunch—<b>Fish Sticks</b></p> <p><b>9:00 WALMART in RAYNHAM &amp; PANERA BREAD or CHINESE BUFFET</b></p>	<p>6</p> <p>11:30 Lunch—<b>Roast Pork w/ Plum Sauce</b> 1:00 Bingo</p> <p><b>Motorcoach Trip—Tall Ships Newport (Sold Out)</b></p>
<p>9</p> <p>8-9:30 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—<b>Baked Ziti</b> 1:00 Bingo</p> <p><b>9:00 AROUND TOWN</b> (Reserve by Thursday)</p>	<p>10</p> <p>8:00 Walk the Park 8:30 <b>Food Shopping / Sr. Center</b> 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch—<b>Citrus Chicken</b> 1:00 Knitting/Crocheting 7:00 TOPS</p>	<p>11</p> <p><b>9:00 Podiatrist by Appt</b> 9:15 Chair Yoga 11:30 Lunch—<b>Salmon Boat</b> 12:15 Blood Pressure Senior Center 1:00 Mah-Jongg 6:00 Scrapbooking</p> <p><b>9:00 HANOVER MALL</b></p>	<p>12</p> <p>8:00 Walk the Park 10:00 CrisFit at K of C 11:30 Lunch—<b>Turkey Provone Sandwich on Rye</b></p> <p><b>9:30 DERBY STREET SHOPS and BERTUCCI'S</b></p>	<p>13</p> <p>11:30 Lunch—<b>Beef Jardiniere</b></p> <p><b>9:30 CASTLE ISLAND</b></p>
<p>16</p> <p>8-9:30 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—<b>Greek Chicken</b> 1:00 Bingo</p> <p><b>9:00 AROUND TOWN</b> (Reserve by Thursday)</p>	<p>17</p> <p>8:00 Walk the Park <b>8:30 Food Shopping / Sr. Center</b> <b>9:00 STATE REP GEOFF DIEHL</b> 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch—<b>Roast Beef Sandwich</b> 12:00 Computer Workshops 1:00 Knitting/Crocheting 1:00 Hearing Screenings by Appt 7:00 TOPS</p>	<p>18</p> <p>9:15 Chair Yoga 11:30 Lunch – <b>Turkey Pasta Primavera</b>—Happy <b>JULY Birthdays</b> 1:00 Mah-Jongg 1:00 Blood Pressure at Harvard Court</p> <p><b>10:15 LUNCH and CAPE COD CANAL CRUISE</b></p>	<p>19</p> <p>8:00 Walk the Park 10:00 CrisFit at K of C 11:30 Lunch—<b>Sloppy Joe</b></p> <p><b>BROWN BAG PICKUP</b> Please Note: Bags will not be available for pickup before 12:30 or after 3:30</p> <p><b>FOXWOODS CASINO</b> 7:30 Center; 7:45 Home</p>	<p>20</p> <p>11:30 Lunch—<b>Fiesta Fish</b> 1:00 Bingo</p> <p><b>~ Friends of Whitman Seniors Cookout on Saturday, July 21<sup>st</sup> 12-2</b></p>
<p>23</p> <p>8-9:30 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—<b>Pork &amp; Veggie Stew</b> 1:00 Bingo</p> <p><b>9:00 AROUND TOWN</b> (Reserve by Thursday)</p>	<p>24</p> <p>8:00 Walk the Park <b>8:30 Food Shopping / Sr. Center</b> 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch—<b>Potato Crunch Fish</b> 12:00 Computer Workshops 12:00 Atty. Whitney by Appt 1:00 Knitting/Crocheting 7:00 TOPS</p>	<p>25</p> <p>9:15 Chair Yoga 11:30 Lunch—<b>California Chicken Salad</b> 1:00 Mah-Jongg</p> <p><b>9:00 WESTGATE MALL and new MARKET BASKET SUPERMARKET</b></p>	<p>26</p> <p>8:00 Walk the Park 10:00 CrisFit at K of C 11:30 Lunch—<b>American Chop Suey</b></p> <p><b>9:30 NEWPORT PLAYHOUSE &amp; CABARET THEATER</b></p>	<p>27</p> <p>9:30 Manicurist 11:30 Lunch—<b>Turkey Pot Pie</b> 1:00 Bingo</p> <p><b>10:00 BOOK TALK at the Center</b></p>
<p>30</p> <p>8-9:30 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—<b>Lasagna</b> 1:00 Bingo</p> <p><b>9:00 AROUND TOWN</b> (Reserve by Thursday)</p>	<p>31</p> <p>8:00 Walk the Park <b>8:30 Food Shopping / Sr. Center</b> 9:00 Art Class 9:30 Hairdresser by appt 10:00 Line Dance at K of C 11:30 Lunch—<b>Roasted Chicken</b> 12:00 Computer Workshops 1:00 Knitting/Crocheting 7:00 TOPS</p>			<p>Lunch menu is subject to change without notice</p>



**BITS AND PIECES by ELEANOR NADELL**

Happy 4th of July. Let's all celebrate in grand style. I was watching the celebration of Queen Elizabeth and I must say they didn't hesitate one minute to show the pride they have in their country.

We can do that too. Fly your flag, go to parades, and let's honor our country. How about a nice family get together? My family always had cookouts to celebrate the Fourth. I miss that, but I still intend to do something to celebrate the day. It really doesn't seem possible that we are half way through the year, wow. It gets faster every year. Well, do enjoy your day and keep well.

*Eleanor*

**HEALTH AND WELLNESS**

**BLOOD PRESSURE AND HEALTH CARE SCREENINGS**

Free health screening clinics for Whitman residents are provided by Partners Home Care VNA. Screening includes blood pressure and blood sugar testing, vital signs assessment, nutritional counseling, weight assessment and medication review and instruction.

**Wednesdays:**

July 11	Senior Center	12:15 – 1:30
July 25	Harvard Court	1:00 – 2:30

**Tuesdays at Town Hall (VNA Office, Lower Level)**

July 3, 10, 17, 24, 31	2:00—4:00
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**Thursdays at Town Hall (VNA Office, Lower Level)**

July 5, 12, 19	2:00—4:00
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**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, July 27th.

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, July 19th 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 2<sup>nd</sup> 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><b>Blanchard Funeral Chapel</b></p> <p>Robert A. Tonello, Steven J Leonard Funeral Directors</p> <p><b>781-447-0170</b></p> <p>666 Plymouth Street Whitman</p>	<p>WILLS • TRUSTS • ESTATES PERSONAL INJURY LAW</p>  <p><b>RONALD N. WHITNEY</b> ATTORNEY AT LAW</p> <p>549 BEDFORD STREET WHITMAN, MA 02382</p> <p><b>781-447-3899</b></p>	<p><b>J. SACCONI &amp; SONS, INC.</b></p> <p>Backhoe • Drains Septic Tanks • Cesspools</p>  <p>15 Commercial Street Whitman</p> <p><b>447-5670</b></p>	 <p><b>FAMILY HEARING CARE CENTER</b></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 <b>781-337-1144</b></p> <p>140 Bedford St., Route 18 Bridgewater, MA 02324 <b>508-279-0700</b></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**

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**RETURN SERVICE REQUESTED**



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**MOTORCOACH TOURS**

**JULY 6, FRIDAY — TALL SHIPS — \$99.00— SOLD OUT**

Motorcoach departs Hanson COA at 10:15 AM—return approximately 6:30 PM

Tall Ships & Luncheon Cruise aboard the Newport Majestic. All this set against the backdrop of the picturesque shores of Newport, RI. Before departing, we will take a drive along Ocean Drive and then have some free time in Newport.

**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.

**OCTOBER 15, MONDAY — FALL FOLIAGE TOUR — \$69.00**

Motorcoach departs Hanson COA at 7:30 AM—return approximately 7:30 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.*