

# 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

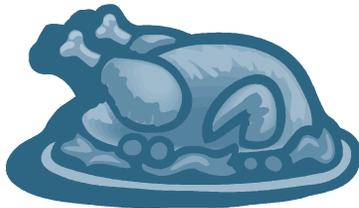
## NOVEMBER 2013

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.

### K of C Annual Thanksgiving Dinner Saturday, November 23rd at Noon



The Knights of Columbus will again this year be hosting a wonderful Thanksgiving dinner for the Seniors of Whitman. This special day is an opportunity to meet up with old friends and make some new ones while enjoying a delicious turkey dinner generously provided by the Knights of Columbus. Tickets will be available at the Senior Center and at the office at Harvard Court **beginning November 8th**. Although this event is free of charge, tickets are necessary in order to keep count of the numbers attending. Transportation to this dinner will be available; just let us know if you'll be needing a ride when you pick up your ticket.

### Help us go GREEN and save MONEY

Our newsletter is now available online at:  
[www.seekandfind.com](http://www.seekandfind.com)  
Or on the Town of Whitman website  
[www.whitman-ma.gov](http://www.whitman-ma.gov)

If you read your newsletter online or choose not to receive a newsletter at this time, please **call Joanne at extension 2** to have your name taken off of the mailing list.

### MEDICARE OPEN ENROLLMENT October 15—December 7, 2013

During open enrollment time, changes may be made to your current health and prescription plans. These changes will be effective January 1, 2014. Please read all information mailed to you regarding your current coverage and whether you can expect changes for the new year. If you have any questions about any mailings you receive, feel free to call me for assistance. During this open enrollment period, you may make an appointment with me to "tweak" current coverage or change your coverage in order to save you money for next year.

As always, I will be happy to meet with you and discuss any questions you may have.

**You may reach me at extension 3.**

*Terry Altieri, Social Worker*

### Christmas Ornament Craft Class at the Senior Center 12:30 p.m. Wednesday, November 20th

Erica Troup, Activities Director at Sagem Center for Health and Rehabilitation in East Bridgewater will be leading a craft class at the Senior Center. Join us for some socialization and fun and leave with your own handmade Christmas ornament.

**Call Joanne at extension 2 to reserve your seat because space is limited.**

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 ☆ **THANK YOU TO OUR VETERANS ....** ☆  
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 ☆ As a small token of our appreciation, all Veterans who come ☆  
 ☆ to the Center for lunch on Thursday, November 14th will eat ☆  
 ☆ for free. Sign up is required no later than Wednesday, ☆  
 ☆ November 6th by calling Fran at extension 4. ☆  
 ☆ ☆  
 ☆ Space is limited—let us know if you need transportation ☆  
 ☆ when you call to reserve. ☆  
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**SPECIAL TOWN MEETING**  
 Monday, November 18th  
 7:30 pm at Town Hall  
 Contact Linda at extension 1 if you need transportation.

**VETERANS DAY**



Veterans Day annually falls on November 11.

On the 11th hour of the 11th day of the 11th month of 1918, an armistice was signed which ended the World War I hostilities between the Allied nations and Germany. On November 11, 1919, Armistice Day was commemorated for the first time. President Wilson proclaimed the day should be "filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory". There were plans for parades, public meetings and a brief suspension of business activities at 11 am.

In 1926, the United States Congress officially recognized the end of World War I and declared that the anniversary of the armistice should be commemorated with prayer and thanksgiving. Congress also requested that the president should "issue a proclamation calling upon the officials to display the flag of the United States on all Government buildings on November 11 and inviting the people of the United States to observe the day in schools and churches or other suitable places, with appropriate ceremonies of friendly relations with all other peoples."

An act of Congress in 1938 made November 11 in each year a legal holiday, known as Armistice Day. This day was originally intended to honor veterans of World War I. A few years later, World War II required the largest mobilization of service men in the history of the United States and the American forces fought in Korea. In 1954, the veterans service organizations urged Congress to change the word "Armistice" to "Veterans". Congress approved this change and on June 1, 1954, November 11 became a day to honor all American veterans, wherever and whenever they had served.

**OUR SINCEREST THANKS AND GRATITUDE TO ALL VETERANS FOR THEIR SERVICE TO OUR COUNTRY**

**COA BUS TRIPS**



Thursday, November 21st  
 And Monday, December 9th

**Island Terrace Tea and Tree Tour**  
 Leaves the Senior Center at 12:30

Enjoy a walking tour through three floors of beautifully decorated trees at Island Terrace in Lakeville. The tree tour is followed by a formal mid-afternoon tea with finger sandwiches, scones, fruit and dessert.  
 Don't forget to bring your camera!

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This is a very popular trip so we will be going twice. There are only 13 seats available in November and 17 seats available in December, so call early for your reservation.

**Call Linda at extension 1 to reserve a seat \$18.00 includes transportation, Tour and Tea.**



**Holiday Social Lunch**  
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Tuesday December 17th at 1:00  
 Meadow Brook Restaurant  
 \$20.00 per person, Pot Roast lunch and entertainment  
 Attendees will meet at the restaurant.  
 If you plan to attend, please call Terry Seer at 781-413-1879 for reservations and tickets.

"Always be nice to your children, because they are the ones who will choose your rest home." — Phyllis Diller

"Inside every 70-year-old is a 35-year-old asking, 'What happened?' — Ann Landers



### DAYLIGHT SAVINGS TIME

Daylight Savings Time comes to an end on the morning of Sunday, November 3. Remember to turn your clocks back one hour before going to bed on Saturday night.

This is also a good time to change the batteries in your smoke detectors and carbon monoxide detectors.

### TIME CHANGE = BATTERY CHECK

Whitman Fire & Rescue is available to inspect, install and if necessary supply free of charge smoke detectors for seniors in our community. If interested, please call Deputy Fire Chief, Joe Feeney at 781-447-7626 for more information and to schedule an appointment.

### FUN, GAMES AND FITNESS

**WALKING GROUP**—Meet at the Senior Center on **Tuesdays and Thursdays at 8:00 am** to walk the beautiful Town Park at your own pace and arrive back at the Center for coffee and socialization.

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

**ZUMBA GOLD** at the Knights of Columbus Hall, Rt. 18, on **Thursdays at 4:30 pm**. Offering is \$4 per class. New Participants call Linda at ext 1 to register.

**Wii BOWLING**—Mondays at 8:00 am

**MAH JONGG**—Wednesdays at 1:00 pm.

**BINGO**—Mondays at 1:00 pm.

### FUEL ASSISTANCE

We are taking appointments on Thursdays for help in filling out applications for **first time** fuel assistance applicants.

**Please call Joanne at extension 2 to set up an appointment**

If you received fuel assistance last year, look for your pre-printed renewal application from Self-Help in the mail. Look the application over to make sure the information is correct, make any necessary changes, sign and date the form and return it to Self-Help along with your current proof of income.

### FRIENDS HOLIDAY BAZAAR

The Friends of Whitman Seniors are holding a Holiday Bazaar at the Whitman Senior Center  
16 Hayden Avenue  
Saturday November 30, 2013  
From 10:00 am to 4:00 pm

For everyone's enjoyment there will be door prizes and raffles.

Donations will be appreciated and may be dropped off at the Senior Center on the following dates and times:

Saturday, November 2: from 11:00 am to 2:00 pm

Saturday, November 9: from 11:00 am to 2:00 pm

### FRIENDS OF THE WHITMAN SENIORS MONTHLY MEETING OF THE FRIENDS at the Senior Center.

#### **Friday, November 8th at 1:00**

Anyone interested in attending should call  
Roberta at 781-261-3930.  
All are welcome to attend.

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

### Social Lunch

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Tuesday, November 12th at 1:00  
Stockholders Restaurant, Rt. 18, South Weymouth  
\$17.00 per person, special menu will be provided.  
Attendees will meet at the restaurant.

If you plan to attend, please call **Terry Seer at 781-413-1879** 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, November 26th  
from 12:00 to 3:00.

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

## NOVEMBER 2013

| Monday                                                                                                                                                                                                                                        | Tuesday                                                                                                                                                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                                                               | Thursday                                                                                                                                                                                                                                                                                                                  | Friday                                                                                                                                                                                                                                                   |
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|                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                           | 1<br>11:30 Lunch—Turkey a la King                                                                                                                                                                                                                        |
| 4<br>8:00 Wii Bowling<br>11-1 Blood Pressure<br>11:30 Lunch—Cranberry<br><b>Chicken</b><br>1:00 Bingo<br><br>9:00 AROUND TOWN<br>Reserve by Thursday - ext. 2                                                                                 | 5<br>8:00 Walk the Park<br>9:00 Art Class<br>9:30 Hairdresser by Appt<br>11:30 Lunch—Sloppy Joe<br>12:00 Computer Workshops<br>1:00 Knitting/Crocheting<br>7:00 TOPS<br><br>8:45 FOOD SHOPPING at TRUCCHI'S<br>Transportation to Senior Center<br>Reserve by Monday—ext. 2                                                                       | 6<br>9:15 Chair Yoga<br>11:30 Lunch—Potato Crunch<br><b>Fish</b><br>12:30 Crafts<br>1:00 Mah Jongg<br>6:00 Scrapbooking<br>6:30 Crochet Class<br><br>9:00 WALMART in RAYNHAM & IHOP or CHINESE BUFFET<br>Sign up at ext. 1                                                              | 7<br>8:00 Walk the Park<br>9:30 Hairdresser by Appt<br>11:30 Lunch—Lasagna with meat sauce<br>4:30 Zumba Gold at K of C<br><br>TWIN RIVER CASINO<br>Pickup 8:00 Center; 8:15 Home<br>Return Home 4:00<br>Sign up at ext. 1                                                                                                | 8<br>11:30 Lunch—Beef and Vegetable Stew<br>1:00 Friends Meeting                                                                                                                                                                                         |
| 11<br><b>VETERAN'S DAY HOLIDAY</b><br><br><b>SENIOR CENTER CLOSED</b>                                                                                                                                                                         | 12<br>8:00 Walk the Park<br>9:00 Art Class<br>9:30 Hairdresser by Appt<br>11:30 Lunch—Chicken Tarragon<br>12:00 Computer Workshops<br>1:00 Knitting/Crocheting<br>7:00 TOPS<br>8:45 FOOD SHOPPING at STOP & SHOP<br>Transportation to Senior Center<br>Reserve by Monday - ext. 2                                                                | 13<br>8:30 Podiatrist by Appt<br>9:15 Chair Yoga<br>11:30 Lunch—Eggplant<br><b>Parmesan</b><br>12-2 Blood Pressure at the Center<br>12:30 Crafts<br>1:00 Mah Jongg<br>6:30 Crochet Class<br><br>9:00 HANOVER MALL<br>Sign up at ext. 1                                                  | 14<br>8:00 Walk the Park<br>11:30 Lunch—BBQ Beef Riblet<br>4:30 Zumba Gold at K of C<br><br>9:00 AROUND TOWN<br>Reserve by Tuesday - ext. 2                                                                                                                                                                               | 15<br>11:30 Lunch—Fiesta Fish<br><br>9:30 MASSACHUSETTS NATIONAL CEMETERY IN BOURNE<br>Sign up at ext. 1                                                                                                                                                 |
| 18<br>8:00 Wii Bowling<br>11-1 Blood Pressure<br>11:30 Lunch—Chicken<br><b>Marsala</b><br>1:00 Bingo<br><br>9:00 AROUND TOWN<br>Reserve by Thursday—ext. 2<br><br>7:30 pm Special Town Meeting at Town Hall<br>Call ext. 1 for transportation | 19<br>8:00 Walk the Park<br>9:00 Art Class<br>9:00 State Rep Geoff Diehl<br>9:30 Hairdresser by Appt<br>11:30 Lunch—Spaghetti & Meatballs<br>12:00 Computer Class<br>1:00 Hearing Check by Appt<br>1:00 Knitting/Crocheting<br>7:00 TOPS<br><br>8:45 FOOD SHOPPING at TRUCCHI'S<br>Transportation to Senior Center<br>Reserve by Monday - ext. 2 | 20<br>9:15 Chair Yoga<br>11:30 Lunch—Roast Beef Sub<br>12:30 Crafts<br>1:00 Mah Jongg<br><br>9:30 DERBY STREET SHOPS, Bertucci's -Hingham<br>Sign up at ext. 1<br><br>12:30 Christmas Ornament Craft Class sponsored by Schem Center for Health and Rehabilitation<br>Sign up at ext. 2 | 21<br>8:00 Walk the Park<br>11-1 Blood Pressure at Harvard Ct<br>11:30 Lunch—Turkey w/Gravy<br>4:30 Zumba Gold at K of C<br><br>BROWN BAG PICKUP<br>Please Note: Bags will not be available for pickup at the Senior Center before 12:30 or after 3:30<br><br>12:30 Island Terrace Tree and Tea Tour<br>Sign up at ext. 1 | 22<br>9:30 Manicurist<br>11:30 Lunch—Pork Piccata<br><br>FOXWOODS CASINO<br>Pickup 7:30 Center; 7:45 Home<br>Return Home 7:00 pm<br>Sign up at ext. 1<br><br><u>Saturday, November 23:</u><br><br>Annual Thanksgiving Dinner at Knights of Columbus Hall |
| 25<br>8:00 Wii Bowling<br>11-1 Blood Pressure<br>11:30 Lunch—Chicken<br><b>Calzone w/ Tomato Sauce</b><br>1:00 Bingo<br><br>9:00 AROUND TOWN<br>Reserve by Thursday—ext. 2                                                                    | 26<br>8:00 Walk the Park<br>9:00 Art Class<br>9:30 Hairdresser by Appt<br>11:30 Lunch—Stuffed Shells<br>12:00 Computer Class<br>12:00 Atty Whitney by Appt<br>1:00 Knitting/Crocheting<br>7:00 TOPS<br><br>8:45 FOOD SHOPPING at STOP & SHOP<br>Transportation to Senior Center<br>Reserve by Monday - ext. 2                                    | 27<br>9:15 Chair Yoga<br>11:30 Lunch—Wild Salmon w/ Lemon Dill Sauce<br>12:30 Crafts<br>1:00 Mah Jongg<br><br>9:30 WESTGATE MALL, Market Basket-Brockton<br>Sign up at ext. 1                                                                                                           | 28<br><b>THANKSGIVING</b><br><br><b>SENIOR CENTER CLOSED</b>                                                                                                                                                                                                                                                              | 29<br><b>SENIOR CENTER CLOSED</b><br><br><u>Saturday, November 30:</u><br><br>Friends of Whitman Seniors Holiday Bazaar at the Senior Center<br>10:00 am to 4:00 pm                                                                                      |

Eldercare Q & A from OLD COLONY ELDER SERVICES  
**Does Obamacare mean I have to change my Medicare?**

**No.** Federal health officials are trying to make sure older Americans are not confused by the overlapping enrollment periods for Medicare and what is referred to as **Obamacare**, which starts in October. People on Medicare don't have to do anything differently and will continue to sign up for Medicare plans as they did before. [Medicare.gov](http://www.Medicare.gov) and 1-800-MEDICARE are available resources to get answers to questions you may have.

Elders are receiving their new **Medicare & You 2014** booklet from the federal government. As this guide explains, "*Starting January 1, 2014, millions of people without Medicare will have access to quality health insurance through the new Health Insurance Marketplace..... [which] isn't changing Medicare. No matter how you get Medicare, you'll still have the benefits and security you have now. Medicare will be here for you, stronger than ever.*" The booklet can be viewed or downloaded from <https://www.medicare.gov/pubs/pdf/10050.pdf>. For more information about the Marketplace, visit [HealthCare.gov](http://HealthCare.gov).

Some seniors may be confused by all the media coverage about the new online insurance exchanges set up as part of the Affordable Care Act. Many of these same insurance companies are offering coverage for Medicare and the exchanges. Medicare open enrollment starts Oct. 15 and closes Dec. 7, while enrollment for the new state exchanges for people 65 and under launches Oct. 1 and runs through March. The Affordable Care Act will not force seniors to lose their Medicare coverage. Medicare & You says: "*Medicare isn't part of the Marketplace..... Your Medicare benefits aren't changing. No matter how you get Medicare, whether through Original Medicare or a Medicare Advantage Plan, you'll still have the same benefits and security you have now, and you won't have to make any changes.*" Seniors won't be able to purchase

Medicare supplemental insurance or Part D drug plans through the state exchanges.

Because of the Affordable Care Act, Medicare now covers a yearly wellness visit and preventive care at no cost. This includes cancer, cholesterol and diabetes screenings; immunizations; diet counseling and more. It will also lower prescription drug costs. If you have Medicare Part D and you reach the coverage gap or **donut hole** in 2014, you will get a 52.5% discount on brand name prescription drugs and a 28% discount on generic drugs while in the coverage gap. These discounts will increase each year until 2020, when the both brand name and generic prescriptions coverage will be discounted 75%.

The Affordable Care Act will serve as a bridge to Medicare for people in the 50 to 64 age group. For these people, insurers have to cover essentials like doctor visits, hospital care, emergency and preventive care, prescriptions and more. Insurers can't turn people away, or charge them more, because they have preexisting medical conditions. However, they can charge older people more—but the cost is capped at three times the premium for younger people.

Insurers can't put dollar limits on the care—either in a year or over your lifetime. Tax credits will be available to help low and moderate income families buy health insurance. So Medicare in 2014 remains the same and "stronger than ever."

## 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 **Joanne at extension 2** to sign up no later than 4:00 Thursday.

**FOOD SHOPPING / SENIOR CENTER BUS**—Our COA bus alternates travel to Stop & Shop or Trucchi's in Abington on **Tuesdays** at 8:45. 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 in 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](http://www.seekandfind.com)**

**BITS AND PIECES by ELEANOR NADELL**

We are heading into November and this is one month that I look forward to. Unfortunately, I have been "laid up" for 2 weeks. As I write this, everything is a real chore at this point in time. I am hoping for a near improvement. Looking forward to Thanksgiving, it is one of my favorite holidays. I can almost smell that turkey now. No free birds this year, no one seems to want to run the trip to the Beacon Resort. I guess I sort of ran out of steam.. I miss it though, how about you?

**Enjoy your Holiday and stay well,**

***Eleanor***

**NUTRITION**

Senior Lunches are served every day at the Senior Center at 11:30. Let us do the cooking for you. Suggested donation is \$2.50. Call **Fran at extension 4** to make your reservation. Since meals need to be ordered well in advance, please call one week ahead to book your reservation.

To honor our Vets, on **Thursday November 14th**, if you are a Veteran, your lunch will be free. Call by Wednesday, November 6 to make your reservation. Space is limited so do not wait.

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!*

The Boutique will also be open on Fridays from 1:00 to 4:00 through the Holidays

**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, November 19th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

**PODIATRIST** - Dr. William Chan. Wednesday, November 13th by appointment only. Contact **Joanne at extension 2** to make an appointment.

Upcoming dates: December 11, January 8, February 12

**HEALTH AND WELLNESS**

**BLOOD PRESSURE AND HEALTH CARE SCREENINGS**

Free health screening clinics for Whitman residents are 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.

**Wednesday:**

November 13 Senior Center 12:00 --2:00

**Thursday:**

November 21 Harvard Court 11:00 –1:00

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

November 5, 12, 14, 19, 21, 26, 28, 2:00—4:00

**BLOOD PRESSURE CHECK**

We offer a free blood pressure check by a Registered Nurse at the Senior Center every Monday from 11:00 am to 1:00 pm.

**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, November 21st 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 and Thursdays 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 once a month. She will be here Friday November 22nd. 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.

**Call Joanne at extension 2 to make a reservation.**

**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.

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| <p><b>Blanchard Funeral Chapel</b></p> <p>Robert A. Tonello,<br/>Steven J Leonard<br/>Funeral Directors</p> <p><b>781-447-0170</b></p> <p>666 Plymouth Street<br/>Whitman</p>                                                                                                                                                               | <p>WILLS • TRUSTS • ESTATES<br/>PERSONAL INJURY LAW</p>  <p><b>RONALD N. WHITNEY</b><br/>ATTORNEY AT LAW</p> <p>549 BEDFORD STREET<br/>WHITMAN, MA 02382</p> <p><b>781-447-3899</b></p>                                   | <p><b>J. SACCONI &amp; SONS, INC.</b></p> <p>Backhoe • Drains<br/>Septic Tanks • Cesspools</p>  <p>15 Commercial Street<br/>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<br/>~ Hearing Aids ~ Repairs ~ Ear Wax Removal</p> <p>534 Main Street, Suite 2, Route 18<br/>Weymouth, MA 02190</p> <p><b>781-337-1144</b></p> <p>140 Bedford St., Route 18<br/>Bridgewater, MA 02324</p> <p><b>508-279-0700</b></p> <p>John Klefeker, BC-HIS MA License #127</p> |
| <p><b>Advertising Sponsors make this newsletter possible</b></p>  <p>For Information Call<br/><b>Mark Bell</b></p> <p>1-800-732-8070<br/>ext. 3429</p> <p>email: mbell@4LPi.com</p>                                                                      | <p><b>MCGUIGGAN'S PUB</b></p> <p>OPEN FOR<br/>LUNCH &amp; DINNER<br/>7 DAYS A WEEK<br/>DAILY SPECIALS<br/>EARLY BIRD SPECIALS<br/>TAKE-OUT AVAILABLE<br/>LIVE IRISH MUSIC<br/>EVERY TUESDAY EVE.</p> <p>546 Washington Street<br/>Whitman, MA 02382</p> <p><b>781-447-7333</b><br/>www.mcguigganspub.com</p> |                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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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**  
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**Whitman, MA 02382**

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**RETURN SERVICE REQUESTED**



### MOTORCOACH TOURS



**Bright Nights at Forest Park**  
**Tuesday, December 3rd 9:00 A.M.**  
**\$70.00**

Start with a stop at the historic Yankee Pedlar Inn for lunch. Lunch choices are baked scrod, roasted turkey with stuffing or Yankee pot roast. Then it is off to the Christmas Tree Shop in Holyoke for some shopping. Finally it is time for a relaxing ride in comfort through Forest Park and more than 2 miles of beautiful Christmas Lights. This spectacular display of 500,000 lights is not to be missed.

**Call Linda at extension 1 to reserve your seat.**  
Checks should be made out to Terry Seer.

#### **ABOUT OUR TRIPS AND ACTIVITIES ...**

*Please know that 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 at 781-447-7619.*