

# 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

## FEBRUARY 2014

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.

### Valentine's Day Tea At the Senior Center Thursday, February 13th at 2:00



Come celebrate Valentine's Day with us at the Senior Center. There will be a Valentine's Day themed Yankee gift swap. Those who wish to participate should bring a \$5 wrapped gift.

Tea (or coffee) and sweets will be provided. Space is limited, so call **Joanne at extension 2** to reserve your seat.

### Coffee Hour with the Police Department Friday, February 7, 2014 9:00

We will have a representative from the Police Department to discuss law enforcement issues and current scams affecting our elder population.

Stop by to learn about any new issues. There will also be a question and answer period.

Please let us know you're coming by signing up with **Joanne at extension 2**.



### TAX TIME

This tax season we are pleased to welcome back Mary Sheard who has again volunteered her time to assist low income seniors with the preparation of income tax returns and the Circuit Breaker Tax Credit. Mary will be available at the Senior Center on Tuesdays by appointment only, beginning in February.

This service is specifically available to low income seniors and is free of charge. Mary will be doing simple returns only and will not be doing returns that involve stocks and bonds or income over \$60,000.

Contact **Joanne at extension 2** to make your appointment.

### DAILY LUNCH

Senior Lunches are served every day at the Senior Center at 11:30. Let us do the cooking for you (check out the menu on Page 4 of this newsletter). 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.

### ARE YOU OK?

The Are You OK? Program through the Plymouth County Sheriff's Department offers comfort, security, and autonomy for senior citizens, the disabled and anyone who may lack a support system. The program is a free service and all participants need is a home telephone to receive daily automated calls.

Participants receive calls between 6:00 am and noon, 7 days a week, at a time that is right for them. A recorded voice asks "Are You OK?" The participant may answer "yes" and hang up. If there is a problem, the participant should respond "no" and the Communications Officer will determine the problem and take appropriate action.

If there is no response or the line is busy, the computer will automatically call back. If there is still no response, the Communications Officer will call a designated friend or family member. If needed, the Communications Officer will ask the local police to check a person's home. If a participant will be away for an extended period of time or just for a day, he or she can call the 24 hour number (1-800-622-4300) and alert the Are You OK? Office to those plans.

Enrollment applications are available at the Senior Center, or you may call the Are You OK? Office at (508) 830-6256 to request one.

### Fun U.S. Presidential Trivia Questions



1. Who was the only bachelor president?
2. Which president was a peanut farmer before he became President?
3. Who was the oldest elected President?
4. Which president served the longest in office?
5. Which was the first president to appear on TV?
6. Who is the only president to have survived two assassination attempts by women?
7. How many Presidents also served as vice-presidents?
8. What U.S. President won the Nobel Peace Prize in 2002?
9. Mount Rushmore honors four U.S. Presidents, they are George Washington, Thomas Jefferson, Abraham Lincoln and which other President?
10. Which President was the first one to attend a baseball game?

**See answers on Page 3.**



### INCLEMENT WEATHER POLICY

If the Whitman Hanson Regional School District cancels school, all Senior Center Activities will be canceled and there will be no Meals-On-Wheels delivered or lunches served at the Senior Center.

School closing information is broadcast on television channels 4, 5, 7, 10 and 25 and on radio stations WBZ 1030 AM, WATD-AM and WPLM-FM. You can also check Whitman-Hanson's local Comcast cable channel 9.

### Help us go GREEN and save MONEY

Our newsletter is now available online at:  
[www.seekandfind.com](http://www.seekandfind.com)  
 and on the **NEW** 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.

For those who continue to get the newsletter by mail, remember to keep us informed if you move or go away for the winter.

### Help support the Conley School

Save your Box Tops for Education UPC's.  
 You can drop them off at the Senior Center any  
 weekday between 8:00 and 4:00.

### 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.**



**CRAFTS**  
12:30 at the Senior Center

On **Wednesday, February 12** Sachem Center for Health and Rehabilitation will be here to do a Valentine's Day craft.

On **Wednesday, February 26th**, Denise will be here to lead the craft class.

Materials are provided. Just bring your creativity. Please call **Joanne at extension 2** to sign up and reserve your seat.

**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 please 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 and the First Friday of each month at 1:00.

**Pizza Party**  
**At the Senior Center**  
**Friday, February 28th at 1:00**

Time to get out of the house and meet up with old friends or make some new friends. Come and join us for a pizza party at the Center.

Cost is \$5.00, which includes pizza, soda and dessert. Stop by the Center and see Linda to buy your ticket **after February 1st**. Tickets are limited so get your tickets early.

**Social Lunch**

**Tuesday, February 11th at 1:00**

Venus III  
Route 27 in Hanson  
Cost \$5.99 and up.

**Attendees will meet at the restaurant.**

If you plan to attend, please call Linda at ext. 1 for reservations.

**CARDS**

Interested card players should join others at the Senior Center on **Wednesdays at 1:00**. 'Hand and Foot' is the current card game being played, although players are welcome to play any card game they choose.

**Answers to Presidential Trivia Questions on Page 2:**

1. James Buchanan
2. Jimmy Carter
3. Ronald Reagan
4. Franklin D. Roosevelt
5. Franklin D. Roosevelt
6. Gerald Ford
7. Fourteen
8. Jimmy Carter
9. Theodore Roosevelt
10. Benjamin Harrison

**FRIENDS OF THE WHITMAN SENIORS**

**MONTHLY MEETING OF THE FRIENDS**  
at the Community Room, Whitman Library.

**Saturday, February 15th at 1:00**

A luncheon and Valentine card and chocolate swap is planned.

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.

**FEBRUARY 2014**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— <b>Cheese Lasagna w/ meat sauce</b> 1:00 Bingo  <b>9:00 AROUND TOWN</b> Reserve by Thursday - ext. 2	8:00 Walking Group 9:00 Art Class 9:00 Tax Assistance by Appt 9:30 Hairdresser by Appt 11:30 Lunch— <b>Balsamic Glazed Chicken</b> 12:00 Computer Workshops 1:00 Knitting/Crocheting 7:00 TOPS  <b>8:45 FOOD SHOPPING at STOP &amp; SHOP</b> <b>Transportation to Senior Center</b> Reserve by Monday—ext. 2	9:15 Chair Yoga 11:30 Lunch— <b>Krunch Lite Fish</b> 1:00 Mah Jongg 1:00 Cards 6:00 Scrapbooking  <b>9:00 WALMART in Plymouth, Woods Restaurant</b> Sign up at ext. 1	8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch— <b>Spaghetti &amp; Meatballs</b> 4:30 Zumba Gold at K of C  <b>9:30 CHRISTMAS TREE SHOP - Avon, Chateau Restaurant-Stoughton</b> Sign up at ext. 1	11:30 Lunch— <b>Sweet and Sour Pork</b> 1:00 Bingo  <b>9:00 Coffee Hour with the Police Department</b> Sign up at ext 2
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— <b>Chicken Cacciatore</b> 1:00 Bingo  <b>9:00 AROUND TOWN</b> Reserve by Thursday - ext. 2	8:00 Walking Group 9:00 Art Class 9:00 Tax Assistance by Appt 9:30 Hairdresser by Appt 11:30 Lunch— <b>Shepard's Pie</b> 12:00 Computer Workshops 1:00 Knitting/Crocheting 7:00 TOPS  <b>8:45 FOOD SHOPPING at STOP &amp; SHOP</b> <b>Transportation to Senior Center</b> Reserve by Monday - ext. 2	8:30 <b>Podiatrist by Appt</b> 9:15 Chair Yoga 11:30 Lunch— <b>Potato Crunch Fish</b> 12-2 Blood Pressure at Sr. Center 12:30 Crafts— with Sachem 1:00 Mah Jongg 1:00 Cards  <b>9:00 HANOVER MALL</b> Sign up at ext. 1	8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch— <b>Roast Turkey</b> 4:30 Zumba Gold at K of C  <b>2:00 Valentine's Day Tea &amp; Gift Swap— Sign up at ext 2</b>  <b>11:30 BRASS LANTERN, at the South Shore Vo Tech , Hanover</b> Sign up at ext. 1	11:30 Lunch— <b>Baked Ham</b>  ~~~~~  <b>Saturday, February 15</b> 1:00 Friends Meeting in the Community Room of the Whitman Public Library
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>PRESIDENTS DAY</b>  <b>SENIOR CENTER CLOSED</b>	8:00 Walking Group 9:00 Art Class 9:00 Tax Assistance by Appt 9:30 Hairdresser by Appt 11:30 Lunch— <b>Eggplant Parmesan</b> 12:00 Computer Workshops 1:00 Knitting/Crocheting 1:00 Hearing Check by Appt 7:00 TOPS  <b>8:45 FOOD SHOPPING at STOP &amp; SHOP</b> <b>Transportation to Senior Center</b> Reserve by Monday - ext. 2	9:15 Chair Yoga 11:30 Lunch— <b>Chicken Salsa</b> 1:00 Mah Jongg 1:00 Cards  <b>9:00 AROUND TOWN</b> Reserve by <u>Friday</u> —ext. 2	8:00 Walking Group 11-1 Blood Pressure at Harvard Ct 11:30 Lunch— <b>Beef Burgundy</b> 4:30 Zumba Gold at K of C  <b>BROWN BAG PICKUP</b> Please Note: Bags will not be available for pickup at the Senior Center before 12:30 or after 3:30  <b>9:00 Good Days Restaurant and Food Shopping at MARKET BASKET in West Bridgewater</b> Sign up at ext. 1	9:30 Manicurist 11:30 Lunch— <b>Salmon w/ Dill Sauce</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— <b>American Chop Suey</b> 1:00 Bingo  <b>9:00 AROUND TOWN</b> Reserve by Thursday— ext. 2	8:00 Walking Group 9:00 Art Class 9:00 Tax Assistance by Appt 9:30 Hairdresser by Appt 11:30 Lunch— <b>Teriyaki Chicken</b> 12:00 Atty Whitney by Appt 12:00 Computer Workshops 1:00 Knitting/Crocheting 7:00 TOPS  <b>8:45 FOOD SHOPPING at STOP &amp; SHOP</b> <b>Transportation to Senior Center</b> Reserve by Monday - ext. 2	9:15 Chair Yoga 11:30 Lunch— <b>Fish Sticks</b> 12:30 Crafts— with Denise 1:00 Mah Jongg  <b>9:00 Target and Dollar Tree, Mama Mia Restaurant-Hanover</b> Sign up at ext. 1	8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch— <b>Roast Pork w/ gravy</b> 4:30 Zumba Gold at K of C  <b>FOXWOODS CASINO</b> Pickup 7:30 Center; 7:45 Home Return Home 7:00 pm Sign up at ext. 1	11:30 Lunch— <b>Fiesta Fish</b>  <b>1:00 Pizza Party at the Center</b> See Linda for tickets



## CHECK UP ON YOUR BENEFITS

### Are you missing out on benefits?

There are more than 2,000 federal, state and private programs that can assist people who are living on limited incomes. Some are better known than others—now you can get help finding these programs in the privacy of your own home with an online program called BenefitsCheckUp®.

BenefitsCheckUp® is sponsored by the National Council on Aging and is a free, online, confidential service that helps identify programs available in your area that can help pay for prescriptions, health care, food, utilities, and more. You can also get help with tax relief, transportation, legal issues, or finding work.

BenefitsCheckUp® empowers seniors, family members, and caregivers by helping to determine what benefits a person may qualify for and how to apply. Individuals are asked a series of questions to identify benefits that may help save money and cover the costs of everyday expenses. After answering the questions, a personalized report is created that describes programs that may be available. Many of the applications for these programs can be filled in online and the completed application can then be printed.

Supplemental Nutrition Assistance Program (SNAP), formerly Food Stamps, helps low-income individuals and families purchase healthy food. Approximately six million seniors across America face the threat of hunger each day. According to the Meals on Wheels Association, 11%

of all seniors have experienced a form of food insecurity over the last year. For struggling families, SNAP is making a huge difference in their economic well-being and health. SNAP benefits, if counted as income, lifted 4 million people in the United States above the poverty line in 2012. SNAP is also good for local economies because each \$1 in federally funded SNAP benefits generates \$1.79 in economic activity. Since 2009, there has been a 36% increase in the number of individuals in Massachusetts getting SNAP benefits—roughly 892,000 people today. But, many seniors and families still are not getting this nutritional assistance.

Could you use the assistance of SNAP? You can find out if you qualify through BenefitsCheckUp®. You may also find information and learn how to apply by visiting [www.mass.gov/snap](http://www.mass.gov/snap) or calling 1-866-950-3663 (FOOD).

To try BenefitsCheckUp®, go to [www.benefitscheckup.org](http://www.benefitscheckup.org).

You can now also find out if you are making the most of your money through EconomicCheckUp®, [www.economiccheckup.org](http://www.economiccheckup.org), also sponsored by the National Council on Aging. Discover how to cut spending, reduce your debt, find work, and use your home equity.

To speak to an Information Specialist personally about any of these programs in Massachusetts, call 1-800-AGE-INFO and select option 1. Specialists are available Monday through Friday during normal business hours.

## 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 travels to Stop & Shop on **Tuesdays** at **8:45**. The Bus is also available for Tuesday 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.

Trips to **Southeast Medical Center** in East Bridgewater are provided on Mondays and Thursdays. Pick up times are between 9:15 and 10:15 a.m. Return trip is at 12:30 p.m. from the lobby.

Trips to **Roche Bros Way** in Easton are provided on Mondays and Wednesdays. Pick up times are between 9:15 and 10:15 a.m. Return trip is at 12:30 p.m. from the lobby.

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

**BITS AND PIECES by ELEANOR NADELL**

Wow, what a cold winter so far, and it's only just beginning. After being "tied down" for 3 months, I was looking forward to getting out and seeing folks again. Well, Mother Nature decided that wasn't a good idea yet, at least for me.

Fortunately I live where I can see a lot of things going on. Glad that I am not on a dead end street. Anyway, it gave me a good opportunity to dismantle my Christmas decorations and tuck them away for another year. I hope you all had a good Christmas and of course wish you the very best for 2014. So many were so gracious with their cards and visiting. I can only say a great huge THANK YOU to all. I hope the weather will permit me to get out to some of the activities coming up. I miss them and miss seeing you all.

Keep healthy and have a happy and wonderful year ahead.

*Eleanor*

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!*

**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, February 25th from 9:00 to 12:00.

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

**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, February 18th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

**PODIATRIST**

Dr. William Chan. Wednesday, February 12th by appointment only. Contact **Joanne at extension 2** to make an appointment. Upcoming dates: March 12, April 9, May 14

**HEALTH AND WELLNESS**

**BLOOD PRESSURE AND HEALTH CARE SCREENINGS**

Free health screening clinics for Whitman residents are provided by NVNA (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:**

February 12 Senior Center 12:00 --2:00

**Thursday:**

February 20 Harvard Court 11:00 –1:00

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

February 4,11, 13, 18, 20, 25, 27 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, February 20th 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, February 21st. 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  
 Appointments are available at 12:00, 1:00 or 2:00

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 Pact 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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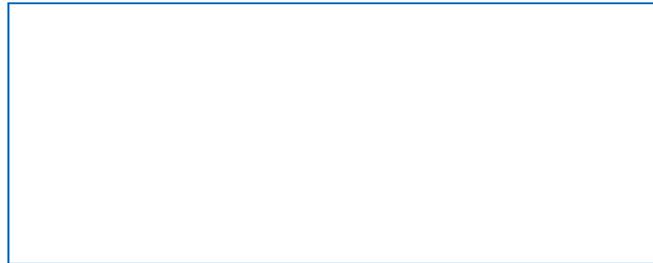
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**RETURN SERVICE REQUESTED**



**FRIENDS OF THE WHITMAN SENIORS**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

Here are my membership dues for 2014. I enclose \$ 7.00

I'm happy to be a "Friend", but I want to do more.  
I'm including an additional contribution of: \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

**Please make checks payable to "Friends of Whitman Seniors, Inc."  
PO Box 245, Whitman, MA 02382**

**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.*