

SENIOR CITIZEN COMMUNITY SERVICE PROPERTY TAX VOUCHER PROGRAM
(Applications accepted June 1 through June 30 only)

Purpose: The Senior Tax Program is a program allowing the Town of Whitman the opportunity to utilize the knowledge and skills of its senior residents in exchange for credit toward the resident's property tax bill. The purpose of this program is to enhance municipal services and alleviate senior residents' tax burden. A qualified resident will be credited at a rate of \$8.00 per hour toward a maximum abatement of \$800.00 per household during the fiscal year.

Eligibility requirements include:

1. Year-round Whitman resident for at least 5 years who is age 60 or over; and
2. Pays real estate taxes to the Town of Whitman; and
3. Is the only name on the deed to the property (other than a spouse). If you have the name of anyone other than a spouse on the deed, you do not qualify.
4. Can produce a copy of current real estate tax bill.
5. Commitment of 100 hours per fiscal year is required (July 1, 2014 June 30, 2015). Credit will be granted towards the Tax Bill issued in January 2016 provided you are still the homeowner of record.

Job Development: The Whitman Senior Tax Program is a jobs program. Qualified seniors will be hired to work for town departments, including the schools. The Council on Aging will work with the departments and applicants to develop specific jobs, conduct interviews, and place qualified people. Each department will be contacted and asked to review their service procedures and requirements to determine whether they may benefit from the assistance of a senior resident.

Job Placement /Selection: Applicants will be referred to departments based on their skills and the needs of the departments. Jobs will be offered based on qualifications and availability.

Earnings: \$8.00 per hour credit for all jobs, (less Medicare contribution) will be credited to the tax bill issued in January 2016.

Application Procedure: Includes an intake interview to determine eligibility, an application form, a job interview with COA director, a referral by COA Director to the department, and a job interview with the department head. Additionally, applicants will be required to get a CORI (Criminal Offender Record Information) check per requirement of the Office of Elder Affairs.

For more information and to get an application please call Linda Kelly at the Senior Center 781-447-7619 ext. 1 beginning June 1st.

Puttin' on the Ritz Senior Dance

Sponsored by Plymouth Networking Group for Senior Services
Thursday, May 22
Plymouth Council on Aging
44 Nook Road, Plymouth
1:00 p.m. to 4:00 p.m.

Live Jazz Band! Dancing! Refreshments!
Free Raffles!

We have 15 tickets to be raffled off. Drawing to be held on Friday, May 16th.

Call **Linda at extension 1** if you are interested in having your name entered in the drawing.

Transportation to the event will be available if needed.

PERSONAL COMPUTER RUNNING SLOW OR SLUGGISH ??

Richard Stanton will lead a discussion group on improving PC performance. Join us for one or more sessions.

Tuesdays at the Senior Center
11:00 –12:00

May 6, 13, 20 and 27

Call Linda at extension 1 to sign up.

**FRIENDS OF THE WHITMAN SENIORS
MONTHLY MEETING OF THE FRIENDS**

at the Senior Center on
Friday, May 9th at 1:00

Dessert and Coffee will be served

COA bus will be available. Anyone with questions or needing transportation should call Roberta at 781-261-3930.
All are welcome to attend.

The Friends of the Whitman Seniors will be at the Center to receive books on May 24th from 11-3. The book sale will be June 7th 1-3.

Crafts

12:30 at the Senior Center

Wednesday, May 14th with Denise
Wednesday, May 21st with Erica of Sachus

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

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.

FUN, GAMES AND FITNESS

****NEW** TAI CHI – Thursdays at 2:45.**

Cost is \$5.00 per class. Call Linda at ext.1 to register.

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.

ZUMBA GOLD at the Knights of Columbus Hall, Rt. 18, on **Thursdays at 4:30 pm**. Cost 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.

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.

Transportation is available on Mondays and Tuesdays. Call Joanne at extension 2, if you need a ride.

COA BUS TRIPS

FALMOUTH THRIFT SHOPS

Thursday, May 15

Leaves the Center at 9:00

Try your luck at a few thrift shops in Falmouth, then a leisurely lunch at the Silver Lounge Restaurant.
All in all, an enjoyable day 'down the Cape'.

CASTLE ISLAND

Friday, May 30th

Leaves the Center at 9:30

Ready for some fresh air? Join us on our trip to Castle Island, a 22-acre recreation area in South Boston. It's a great place to walk or enjoy the view of the Boston Harbor Islands. A stop at Sullivan's for lunch is always a treat.

For Reservations, contact Linda at extension 1.

Motorcoach Tours present:



Sunday, May 4th

Newport Playhouse

"My Husband's Wild Desires"

Plus Buffet & Cabaret

Leaves Whitman 9:45, \$77.00

Tuesday, June 24th

Steam Train and Riverboat

Essex, Connecticut

A stop for lunch at Go Fish Restaurant

Leaves Whitman 8:00, \$83.00

Call Linda at extension 1 for a reservation.
Checks should be made payable to Terry Seer.

MAY 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Phone extensions for sign-ups:</p> <p>Linda—extension 1 Joanne—extension 2 Fran (meals) - extension 4</p>			<p>8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch—Stuffed Pepper 2:45 Tai Chi-sign up required 4:30 Zumba Gold at K of C</p> <p>9:00 VANITY FAIR / OLIVE GARDEN –Dartmouth Sign up at ext. 1</p>	<p>11:30 Lunch—Linguine with a Red Seafood Sauce 1:00 Bingo</p>
<p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Sloppy Joe 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by Thursday - ext. 2</p>	<p>8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 11:00 Computer Workshop 11:30 Lunch—Chicken Marsala 12:30 Individual Computer Workshops 1:00 Knitting/Crocheting</p> <p>8:45 FOOD SHOPPING at Stop & Shop / Transportation to Sr. Center Reserve by Monday – ext. 2</p>	<p>11:30 Lunch—Meatloaf 1:00 Mah Jongg 1:00 Cards 6:00 Scrapbooking</p> <p>TWIN RIVER CASINO Pickup 8:00 Center; 8:15 Home Return Home 4:00 Sign up at ext. 1</p>	<p>8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch—Baked Salmon 2:45 Tai Chi-sign up required 4:30 Zumba Gold at K of C</p> <p>9:00 WALMART in RAYNHAM & IHOP , PANERA or CHINESE BUFFET Sign up at ext. 1</p>	<p>11:30 Lunch—Roast Beef au Jus 1:00 Friends Meeting</p>
<p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Baked Ham 1:00 Bingo</p> <p>4:00 Dementia Presentation sign up ext. 2</p> <p>9:00 AROUND TOWN Reserve by Thursday - ext. 2</p>	<p>8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 11:00 Computer Workshop 11:30 Lunch—Orange Dijon Chicken 12:30 Individual Computer Workshops 1:00 Knitting/Crocheting</p> <p>8:45 FOOD SHOPPING at TRUCCHI'S Transportation to Senior Center Reserve by Monday – ext. 2</p>	<p>8:30 Podiatrist by Appt 11:30 Lunch—Swiss Cheese Omelette 12-2 Blood Pressure at Sr. Center 12:30 Crafts with Denise 1:00 Mah Jongg 1:00 Cards</p> <p>9:00 HANOVER MALL Sign up at ext. 1</p>	<p>8:00 Walking Group 11-1 Blood Pressure at Harvard Ct 11:30 Lunch—Sweet Potato Fish 2:45 Tai Chi- sign up required 4:30 Zumba Gold at K of C</p> <p>BROWN BAG PICKUP Please Note: Bags available for pickup at the Senior Center between 12:30 and 3:30</p> <p>9:00 Thrift Shops / Silver Lounge Restaurant in Falmouth Sign up at ext. 1</p>	<p>11:30 Lunch—Shepherd's Pie</p> <p>9:30 Identity Theft Presentation by Santander Bank Sign up at ext. 2</p> <p>12:30 Welcome Spring Luncheon Sign up at ext. 2</p>
<p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Chicken Cacciatore 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by Thursday - ext. 2</p>	<p>8:00 Walking Group 9:00 Art Class 9:00 State Rep Geoff Diehl 9:30 Hairdresser by Appt 11:00 Computer Workshop 11:30 Lunch—Cheeseburger 12:30 Individual Computer Workshops 1:00 Knitting/Crocheting 1:00 Hearing Check by Appt</p> <p>8:45 FOOD SHOPPING at Stop & Shop / Transportation to Sr. Center Reserve by Monday – ext. 2</p>	<p>11:30 Lunch—Breaded White Fish 12:30 Crafts with Erica/Sachem 1:00 Mah Jongg 1:00 Cards</p> <p>FOXWOODS CASINO Pickup 7:30 Center; 7:45 Home Return Home 7:00 pm Sign up at ext. 1</p>	<p>8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch—Mac and Cheese 2:45 Tai Chi- sign up required 4:30 Zumba Gold at K of C</p> <p>11:30 Puttin on the Ritz- Plymouth</p> <p>9:00 CHRISTMAS TREE SHOP- Bourne, Café Chew-Sandwich</p>	<p>9:30 Manicurist 11:30 Lunch—Roast Turkey</p>
<p>MEMORIAL DAY SENIOR CENTER CLOSED</p>	<p>8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 11:00 Computer Workshop 11:30 Lunch—Meatball Sub 12:00 Atty Whitney by Appt 12:30 Individual Computer Workshops 1:00 Knitting/Crocheting</p> <p>8:45 FOOD SHOPPING at Stop & Shop / Transportation to Sr. Center Reserve by Monday – ext. 2</p>	<p>11:30 Lunch—Chicken Stir Fry 1:00 Mah Jongg 1:00 Cards</p> <p>9:00 AROUND TOWN Reserve by Thursday—ext. 2</p>	<p>8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch—Tuna Salad 2:45 Tai Chi- sign up required 4:30 Zumba Gold at K of C</p> <p>9:30 OCEAN STATE JOB LOT- East Bridgewater, DOLLAR TREE-Hanson, Old School Café Restaurant-Pembroke</p>	<p>11:30 Lunch—Italian Pot Roast with gravy</p> <p>9:30 CASTLE ISLAND Sign up at ext. 1</p>

22nd ANNUAL SENIOR CELEBRATION

The 22nd annual Senior Celebration will be held at the
Shaw's Center, 1 Feinberg Way, Brockton on Tuesday May 20, 2014 from 10:00 to 3:00.

Signature Healthcare, Blue Cross Blue Shield of Massachusetts, BayPointe Rehabilitation & Skilled Care Center, Heights Crossing Assisted Living Residence and South Shore Senior News are sponsoring the Senior Celebration. This free one-day event will focus on the lifestyles & health of senior citizens and is open to the public.

This event is not to be missed. Join Lori Hunter and her group for Zumba Gold at 11:00 and learn how much fun this international dance exercise can be! At 12:30 Cranberry Jam will be playing your favorite toe tapping songs.

Attend two informative seminars; at 10:30– Tips and Tricks for a Healthier You! and at 11:30– Signs Symptoms and Treatment for Cerebrovascular Disease and Stroke. Visit the over 40 exhibiting companies and receive product & service information, fabulous giveaways and health screenings including cholesterol, glucose, blood pressure and vascular screening. Members of Signature Healthcare Vascular team will be providing a series of vascular screenings. These include ultrasound of the carotid arteries, Peripheral Arterial Disease (PAD) evaluation and an ultrasound of the abdominal aorta (AAA).

Door prizes will be given away every hour. Be sure to enter to win great raffle prizes. All winners will be announced at 2:30 and you must be present to win. So bring a friend and plan to spend the day at the Senior Celebration on Tuesday, May 20th.

Food will be available for purchase. Call Linda at extension 1 to register.
Based upon need, transportation may be available.



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 beginning at 11:00 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

Of Course, Happy May Day. We got a little rain for a change. Not much, but we always need it for the yards and gardens and of course, for the bugs and birds. Love seeing the robins bobbing along, looking for food.

I went to a party for some old friends the other day. They celebrated their 60th wedding anniversary with a renewal of their vows. Isn't it wonderful that we are living so much longer and enjoying our lives together that way?

Got to start getting out on the mini bus soon for some of their activities and trips. Seems as if it's been forever that I have missed the friends and get togethers. Look forward to seeing you and you and you.

Stay well and happy,
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, May 27th from 12:00 to 2:30.

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, May 20th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST

Dr. William Chan. Wednesday, May 14th by appointment only. Contact **Joanne at extension 2** to make an appointment. Upcoming dates: June 11, July 9, August 13

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:

May 14 Senior Center 12:00 --2:00

Thursday:

May 15 Harvard Court 11:00 –1:00

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

May 6, 13, 15, 20, 22, 27,29 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, May 15th 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 most 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, May 23rd. 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 12:30 or 1:30

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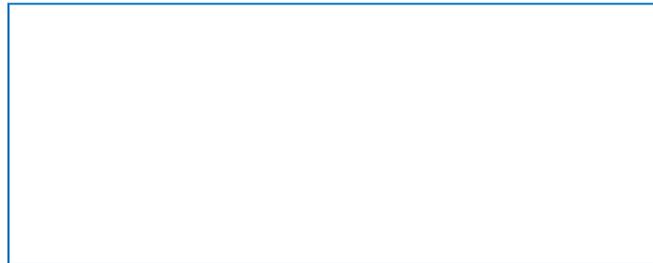
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The cost of printing and mailing this newsletter has been paid in part by the Friends of Whitman Seniors, Inc. and the Massachusetts Executive Office of Elder Affairs.

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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: \$ _____

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.

Help us go GREEN and save MONEY

Our newsletter is now available online at:
www.seekandfind.com
and on the **NEW** Town of Whitman website
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.