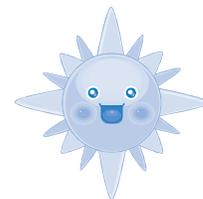


# SEEN YOUR NEWS?



## 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

### JUNE 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.

#### Grandfathers ...

"Grandfathers make the world a little softer, a little kinder, a little warmer."

"Grandfathers are similar to a piece of string—handy to have around and easily wrapped around the fingers of their grandchildren."

"My grandkids believe I'm the oldest thing in the world, and after two or three hours with them, I believe it too."

"Grandchildren ... the only people who can get more out of you than the IRS."

"I wish I had the energy that my grandchildren have—if only for self-defense."

**Happy Fathers Day to all Dads and Grandfathers!**

Fondly, *Barbara*

#### R.A.D FOR SENIORS

**Presented by the Whitman Police Department**

At the Senior Center  
Friday, June 6th at 9:30

RAD for Seniors is an empowering program that affords senior adults an opportunity to enhance personal defense. The goal of the program is to improve the personal safety of seniors through proactive strategies and physical techniques which address issues unique to their age group.

Come and learn what this program can do for you.  
Call **Joanne at extension 2** to sign up and register.

#### Plymouth County Mosquito Control Wednesday, June 18th 9:30 at the Senior Center

A speaker from Plymouth County Mosquito Control will be here to talk about mosquito safety and what services are available.

Please call **Joanne at extension 2** to sign up .



#### Vic Solo Jukebox Memories

Friday June 20th  
1:00 at the Senior Center

Come and enjoy Vic Solo and his salute to the 50's and 60's. Don't miss this fun time.  
Poodle skirts welcome but not required.

Please call **Joanne at extension 2** to sign up and reserve your seat, space is limited.

**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.**

**It's About Time Workshop  
Thursday June 12th  
11-2 at the Senior Center  
Cost: Free! Lunch, book and raffles**

A fun workshop for family caregivers of older adults or grandparents raising grandchildren.

Learn techniques and strategies to manage time and reduce stress.

Topics include:

\*Meal Preparation\* \*Time Management\* \*Relaxation Techniques\*

**Registration: Class size is limited. Pre-registration is required  
Call: Rochelle Sugarman — Outreach and Education Specialist — FCSP  
Old Colony Elder Services  
144 Main Street  
Brockton, MA (508)-584- 1561 ext 312**

**Introduction to Loom Knitting**  
**Wednesdays, 6:00 –7:30 p.m.**  
**at the Senior Center**  
**June 4, 11, 18, 25**

The class will be interesting and fun and will prepare participants for many fun filled applications, beginning with the making of hats and scarves.

Materials Needed: 2 skeins of different color yarn  
 1 pair of scissors  
 1 ruler  
 1 round loom set  
 1 rectangular loom set

Purchase of looms is required in order to participate. Looms may be purchased at Walmart, Amazon or yarn stores.

Boye Loom Sets are recommended.

**Call Joanne at extension 2 to register.**

**Crafts**

**12:30 at the Senior Center**  
**with Denise**  
**Wednesday, June 4th**

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

**FUN, GAMES AND FITNESS**

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

Cost is \$5.00 per class. New Participants 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.

*Will you be the next Jeopardy Champion?*

**Jeopardy**  
**At the Senior Center**  
**Wednesday, June 11th at 12:30**

Exercise your brain a little and have some fun in the process. Join us for a game of Jeopardy sponsored by Sachus Center for Health and Rehabilitation.

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

**COA BUS TRIPS**

**NEWBURYPORT- \$10.00**  
**Thursday, June 12**  
 Leaves the Center at 8:30

Spend the day on your own in Newburyport. Shop the stores such as Stonewall Kitchen or Life is Good, choose from the many restaurants for lunch or a snack and stop by the Marina and enjoy the harbor views. Lots to do.

**CONCORD RIVER CRUISE -\$40.00**  
**Saturday June 21**  
 Leaves the Center at 10:30

Enjoy a relaxing one hour and fifteen minute cruise on the Concord and Sudbury Rivers while enjoying lunch aboard a pontoon boat.

View the homes of the 1800's and nature at it's best. 50% deposit required with your reservation. We need a minimum of 10 for this trip to go.

**For Reservations, contact Linda at extension 1.**

**Motorcoach Tours present:**



**Tuesday, June 24th**  
**Steam Train and Riverboat**  
 Essex, Connecticut

A stop for lunch at Go Fish Restaurant  
 Leaves Whitman 8:00, \$83.00

Coming in July— Trip to Bristol Rhode Island....  
 stay tuned for details.

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

## JUNE 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;"><b>2</b></p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—<b>Stuffed Shells</b> 1:00 Bingo</p> <p><b>9:00 AROUND TOWN</b> Reserve by Thursday - ext. 2</p>	<p style="text-align: right;"><b>3</b></p> <p>8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch—<b>Turkey a la King</b> 12:30 Individual Computer Workshops 1:00 Knitting/Crocheting</p> <p><b>8:45 FOOD SHOPPING at STOP AND SHOP / Transportation to Sr. Center</b> Reserve by Monday – ext. 2</p>	<p style="text-align: right;"><b>4</b></p> <p>11:30 Lunch—<b>Salmon</b> 1:00 Mah Jongg 1:00 Cards with Denise 6:00 Scrapbooking <b>6:00 Loom Class</b></p> <p><b>9:00 WALMART in Plymouth, Woods Restaurant</b> Sign up at ext. 1</p>	<p style="text-align: right;"><b>5</b></p> <p>8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch—<b>Orange Almond Chicken</b> <b>2:45 Tai Chi</b> 4:30 Zumba Gold at K of C</p> <p><b>11:00 BRASS LANTERN RESTAURANT at South Shore Vo Tech, Pepperidge Farm Outlet-Norwell</b> Sign up at ext. 1</p>	<p style="text-align: right;"><b>6</b></p> <p>11:30 Lunch—<b>Beef Burgundy</b> 1:00 Bingo</p> <p><b>9:30 R.A.D. FOR SENIORS by Police Department</b> Sign up at ext. 2</p>
<p style="text-align: right;"><b>9</b></p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—<b>Low Sodium Hot Dog</b> 1:00 Bingo</p> <p><b>9:00 AROUND TOWN</b> Reserve by Thursday - ext. 2</p>	<p style="text-align: right;"><b>10</b></p> <p>8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch—<b>Krunch Lite Fish</b> 12:30 Individual Computer Workshops 1:00 Knitting/Crocheting</p> <p><b>8:45 FOOD SHOPPING at TRUCCHI'S / Transportation to Sr. Center</b> Reserve by Monday – ext. 2</p>	<p style="text-align: right;"><b>11</b></p> <p><b>8:30 Podiatrist by Appt</b> 11:30 Lunch—<b>Mediterranean Chicken</b> 12-2 Blood Pressure at Sr. Center 1:00 Mah Jongg 1:00 Cards <b>6:00 Loom Class</b></p> <p><b>9:00 HANOVER MALL</b> Sign up at ext. 1</p>	<p style="text-align: right;"><b>12</b></p> <p>8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch—<b>Pepper Steak</b> <b>2:45 Tai Chi</b> 4:30 Zumba Gold at K of C</p> <p><b>11:00 It's About Time Presentation</b> See pg 2 for details</p> <p><b>8:30 NEWBURYPORT</b> Sign up at ext. 1</p>	<p style="text-align: right;"><b>13</b></p> <p>11:30 Lunch—<b>Egg Salad</b> <b>1:00 Friends Meeting</b></p>
<p style="text-align: right;"><b>16</b></p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—<b>Beef Strogan-off</b> 1:00 Bingo</p> <p><b>9:00 AROUND TOWN</b> Reserve by Thursday - ext. 2</p>	<p style="text-align: right;"><b>17</b></p> <p>8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch—<b>Pork Stir Fry</b> 12:30 Individual Computer Workshops 1:00 Knitting/Crocheting</p> <p><b>8:45 FOOD SHOPPING at STOP AND SHOP Transportation to Senior Center</b> Reserve by Monday – ext. 2</p>	<p style="text-align: right;"><b>18</b></p> <p>11:30 Lunch—<b>Fish Tacos</b> 1:00 Mah Jongg 1:00 Cards <b>6:00 Loom Class</b></p> <p><b>9:30 Plymouth County Mosquito Control</b></p> <p><b>9:00 PATRIOT PLACE/ Christmas Tree-Foxboro, Olive Garden Restaurant</b> Sign up at ext. 1</p>	<p style="text-align: right;"><b>19</b></p> <p>8:00 Walking Group 11-1 Blood Pressure at Harvard Ct 11:30 Lunch—<b>Roasted Turkey</b> <b>2:45 Tai Chi</b> 4:30 Zumba Gold at K of C</p> <p><b>BROWN BAG PICKUP</b> Please Note: Bags available for pickup at the Senior Center between 12:30 and 3:30</p> <p><b>9:00 Good Days Restaurant and Food Shopping at MARKET BASKET in West Bridgewater</b> Sign up at ext. 1</p>	<p style="text-align: right;"><b>20</b></p> <p>9:30 Manicurist 11:30 Lunch—<b>California Chicken Salad</b></p> <p><b>1:00 Vic Solo— Jukebox memories</b> Sign up at ext. 2</p> <p>~~~~~ <b>Sat 21- Concord River Cruise and Lunch</b> Sign up at ext. 1 by June 13th</p>
<p style="text-align: right;"><b>23</b></p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—<b>Hawaiian Roast Pork</b> 1:00 Bingo</p> <p><b>9:00 AROUND TOWN</b> Reserve by Thursday - ext. 2</p>	<p style="text-align: right;"><b>24</b></p> <p>8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch—<b>BBQ Chicken on hamburger bun</b> 12:00 Atty Whitney by Appt 12:30 Individual Computer Workshops 1:00 Hearing Check by Appt 1:00 Knitting/Crocheting</p> <p><b>8:45 FOOD SHOPPING at SHAW'S-BROCKTON / Transportation to Sr. Center</b> Reserve by Monday – ext. 2</p>	<p style="text-align: right;"><b>25</b></p> <p>11:30 Lunch—<b>Baked Ziti</b> 1:00 Mah Jongg 1:00 Cards <b>6:00 Loom Class</b></p> <p><b>9:30 CASTLE ISLAND</b> Sign up at ext. 1</p>	<p style="text-align: right;"><b>26</b></p> <p>8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch—<b>Tuna Salad</b> <b>2:45 Tai Chi</b> 4:30 Zumba Gold at K of C</p> <p><b>FOXWOODS CASINO</b> Pickup 7:30 Center; 7:45 Home Return Home 7:00 pm Sign up at ext. 1</p>	<p style="text-align: right;"><b>27</b></p> <p>11:30 Lunch—<b>Meatloaf au Jus</b></p>
<p style="text-align: right;"><b>30</b></p> <p>8:00 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 - ext. 2</p>				<p><i>Phone extensions for sign-ups:</i></p> <p><i>Linda—extension 1</i> <i>Joanne—extension 2</i> <i>Fran (meals) - extension 4</i></p>

Eldercare Q &amp; A from OLD COLONY ELDER SERVICES

**SNAP (Food Stamp) Photo EBT Cards**

I am a Senior. Do I need a photo on my food stamp card?

Probably not.

A new Massachusetts state law requires that certain Electronic Benefit Transfer (EBT) cardholders have their photo on their card. If you receive Supplemental Nutrition Assistance Program (SNAP, previously known as Food Stamps) or cash benefits, you may get a letter from the state about the new photo EBT card. About half of SNAP households will have a photo EBT card—but a photo is not needed if the head of your household is: age 60 or older; disabled or blind; under age 19; a victim of domestic violence; or if you have a sincere religious objection to a photo.

There are a lot more Massachusetts residents getting SNAP benefits today than ever before. In 2004 a total of 334,939 people in the Commonwealth received SNAP benefits. By December of 2013, there were 876,992 people using SNAP benefits. The program has grown more than 2½ times larger than it was a decade ago.

The impact of the SNAP program on participating families and the state's economy is significant. The average monthly SNAP benefit last year was \$130.92, or \$1,571 per year. That means the SNAP program put \$1.37 billion into the Massachusetts economy in food purchases.

Keep in mind:

You can be working and may still qualify for SNAP benefits.

The state has been making it easier for seniors to get a SNAP card. The application for seniors is only 2 pages—shorter than for other applicants.

Using SNAP benefits is completely confidential. At the check-out counter, SNAP recipients use a card which works just like a debit card. Your SNAP benefits are kept in a special account for you until you want to use them.

If you spend more than \$35 per month on medical expenses including medications and doctor's visits, you may qualify for a \$155 standard income deduction which could result in a higher monthly SNAP benefit.

Under federal law, every SNAP household member has the right to use the EBT card. Stores cannot refuse to accept the EBT card from household members, such as spouses or older children. This is true even if their name or photo is not on the card. In addition, if you're unable to get out of the house, any caregiver you authorize can also use your EBT card to food shop for you. Your card has a Personal Identification Number (PIN) that keeps your benefits safe and is your electronic signature. If the proper PIN is used with your card, your caregiver should be able to use the card.

Stores are not allowed to treat SNAP recipients differently from other shoppers. A store clerk cannot ask to see your EBT photo card unless they routinely ask everyone using credit or debit cards to show a photo ID. Stores that accept EBT cards cannot set up "SNAP-only" checkout lines or discriminate against SNAP households. If a member of your household is not allowed to use your EBT card or if you think you are being discriminated against, call your local Legal Services, or go to [www.masslegalhelp.org](http://www.masslegalhelp.org) for advice.

To apply for SNAP, call 1-866-950-3663 (FOOD).

**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 various grocery stores 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**

First and foremost, Happy Father's Day to one and all the fathers. I hope your day is filled with joy and plain old happy times with your family. It's been many years since my dad passed and I still miss him. Here we are into June, it's hard to believe. We've had such a strange spring into summer time. As I write this, another gloomy day is upon us, I have high hopes for longer stays of good weather. Some good trips are coming up with the COA mini bus. See you on some of them I hope. I had a visit from one of my nieces and her husband last month. I love it when they come to visit. One of my friends just got into the 80's club....WOW. I find it rather surprising that we are still here and enjoying life, God is good. Hope all you mother's enjoyed your day last month. I goofed and did not wish you a happy day, sorry...so to each and every one reading this, may you keep healthy and happy.

*Eleanor*

**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.

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, June 24th 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, June 24th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

**PODIATRIST**

Dr. William Chan. Wednesday, June 11th by appointment only. Contact **Joanne at extension 2** to make an appointment. Upcoming dates: July 9, August 13, September 10

**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:**

June 11 Senior Center 12:00 --2:00

**Thursday:**

June 19 Harvard Court 11:00 --1:00

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

June 3, 10, 12, 17, 19, 24,26 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, June 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 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, June 20th. 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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Robert A. Tonello,  
Steven J Leonard  
Funeral Directors

**781-447-0170**

666 Plymouth Street  
Whitman

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Providing services to the community since 1974

144 Main Street - Brockton, Massachusetts 02301  
508-584-1561 TTY 508-587-0280 www.oldcolonyelderservices.org

The cost of printing and mailing this newsletter has been paid by the Massachusetts Executive Office of Elder Affairs.

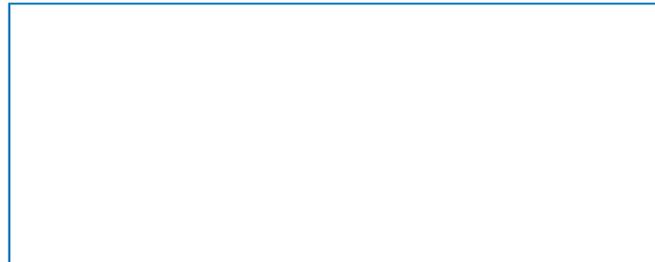
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**PO Box 426**  
**16 Hayden Avenue**  
**Whitman, MA 02382**

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**RETURN SERVICE REQUESTED**



**SUMMER CONCERTS**

**7:00 – 8:30 IN THE TOWN PARK**

(In the event of rain, the concerts will be held in the Town Hall)



July 10– The Corvairs  
July 17– The Bridgewater Antiphonal Brass Band  
July 24– Ginamark  
July 31– to be announced

**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](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.