

# 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

### AUGUST 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.

#### NOTES FROM THE DIRECTOR:

*Since remaining active, both socially and physically, has proven to be one of the keys to healthy aging, I'm thrilled to see so many people getting out and taking advantage of our trips, classes and activities. As always, I welcome your feedback and suggestions. We are now planning fall and winter activities, so please let me know if there's something in particular that you'd like to see on the calendar and we'll do our best to accommodate.*

*Please stay safe during these hot and humid days. If you need a break from the weather, feel free to drop in at the Senior Center. We're open Monday through Friday from 8:00 am to 4:00 pm ... and we're comfortably air conditioned.*

*Enjoy the rest of the summer!*

*Barbara*

#### DAILY LUNCH Too hot to cook?

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.*

#### NUTRITION NOTES

It is that time of year when local farmers' markets are in full blossom, so take advantage of all that great fresh, nutrient-packed produce. There is a list of local farmers' markets on Page 8 of this newsletter. Here is a recipe that you may enjoy.

#### ZUCCHINI TOMATO PIE

##### INGREDIENTS:

2 cups chopped zucchini  
1 cup chopped tomato  
1/2 cup chopped onion  
1/3 cup grated parmesan cheese  
3/4 cup biscuit baking mix  
1/2 cup milk  
3 eggs  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper

##### DIRECTIONS:

1. Preheat oven to 400 degrees. Grease a 10 inch pie pan.
2. Combine zucchini, tomato, onion and parmesan cheese in the prepared pie pan. In a small bowl, combine biscuit mix, milk, eggs and salt and pepper. Beat until smooth, then pour over vegetable mixture.
3. Bake in preheated oven for 30 minutes, or until knife inserted into the center comes out clean.

*If you have a great recipe of your own that you would like to share, feel free to drop it off with Joanne at the Senior Center. We will make copies for all to enjoy.*

## Tips for Making Good Use of Your Time with the Doctor

### From the National Institute on Aging

**Be Honest** - It is tempting to say what you think the doctor wants to hear: for example, that you smoke less or eat a more balanced diet than you really do. While this is natural, it's not in your best interest. Your doctor can suggest the best treatment only if you say what is really going on. For instance, you might say: "I have been trying to quit smoking, as you recommended, but I am not making much headway".

**Decide what questions are most important** – Pick three or four questions or concerns that you most want to talk about with the doctor. You can tell him or her what they are at the beginning of the appointment, and then discuss each in turn. If you have time, you can then go on to other questions.

**Stick to the point**– Although your doctor might like to talk with you at length, each patient is given a limited amount of time. To make the best use of your time, stick to the point. For instance, give the doctor a brief description of the system, when it started, how often it happens and if it is getting worse or better.

**Share your point of view about the visit** – Tell the doctor if you feel rushed, worried, or uncomfortable. If necessary, you can offer to return for a second visit to discuss concerns. Try to voice your feelings in a positive way. For example, you could say something like: "I know you have many patients to see, but I'm really worried about this. I'd feel much better if we could talk about it a little more".

**Remember, the doctor may not be able to answer all your questions** - Even the best doctor may be unable to answer some questions. Most doctors will tell you when they don't have answers. They also may help you find the information you need or refer you to a specialist. If a doctor regularly brushes off your questions or symptoms as simply a part of aging, think about looking for another doctor.



### MOVIE & POPCORN AT THE SENIOR CENTER FRIDAY, AUGUST 15 12:30

#### SAVING MR. BANKS

starring Tom Hanks, Emma Thompson, Colin Farrell and Paul Giamatti –PG-13, Run time– 125 minutes

The story of the twenty year pursuit by Walt Disney of the film rights to P.L. Travers popular novel, "Mary Poppins", a quest he began in the 1940's as a promise to his two daughters.

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



### Crafts 12:30 at the Senior Center with Denise

**Wednesday, August 13th**

Materials are provided. Just bring your creativity.

Please call **Joanne at extension 2** to sign up and reserve your seat.

### Volunteer Drivers Needed

We are in need of volunteer backup drivers for our home-delivered meals (Meals on Wheels) program. If you can spare an hour or so on occasional weekday morning, please contact Barbara at the Senior Center 781-447-7619 ext. 5.

**“LETS GET HOOKED”**

Join us in the easy and fun craze of Loom Knitting

New midday class with Connie on Tuesdays at 1:00 p.m.  
at the Senior Center

Learn to make a variety of hats, ear warmers, scarves,  
mittens, etc

Supplies needed: Boye 4 Loom Knitting Set  
scissors, tape measure, knitting hook  
2 skeins Red Heart, med 4 worsted yarn  
small note pad and pen

Warning – Very addictive !!

Please call **Joanne at extension 2** to sign up.  
If you need a ride, COA van is available.

**Annual Friends of the Whitman Seniors Barbecue**

At the Senior Center  
Saturday, August 23, 2014  
12 noon to – 2 pm

This event is open to all Whitman Seniors  
Menu– hot dogs, potato salad, coleslaw, chips, drinks and  
dessert.

Transportation is available.  
Sign up sheet located at the Whitman Senior Center.

**COA BUS TRIPS**



**GREEN ANIMALS TOPIARY GARDEN and  
Olive Garden Restaurant**

\$10.00 covers transportation only.  
Additional charges of Garden Admission (\$14.50) and  
your lunch are not included.

**Friday, August 22**

Leaves the Center at 9:00

Start off at the Green Animals Topiary Garden in Portsmouth,  
Rhode Island. Enjoy the more than 80 pieces of topiary throughout  
the gardens. You can choose to tour the gardens and a Victorian  
house overlooking Narragansett Bay, then off to Olive Garden  
for lunch.



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

**CARDS**

**No cards for the Summer, will restart on September 10**

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**

**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. (No Friday Bingo in July)

**Motorcoach Tours present:**



**Thursday, August 21st  
Boston Duck Boats—\$83.00**

This trip includes Boston Duck Boat Tour, lunch at Venezia  
Restaurant and shopping at Faneuil Hall  
Leaves Whitman VFW at 8:45 a.m.  
Return approx 5:00 p.m.

Coming on September 20th— Fosters Clambake, Maine  
More details to follow

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

**AUGUST 2014**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Phone extensions for sign-ups:</i></p> <p><i>Linda—ext 1</i> <i>Joanne—ext 2</i> <i>Fran (meals) - ext 4</i></p>		<p><i>Please Note:</i></p> <p><b>TRIP SIGN UPS BEGIN ON JULY 30TH</b></p>	3	1 11:30 Lunch-Pasta Primavera with Diced Chicken 1:00 Bingo
4 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— <b>Baked Ham</b> 1:00 Bingo  9:00 <b>AROUND TOWN</b> Reserve by Thursday - ext. 2	5 8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch— <b>Beef Chili</b> 1:00 Knitting/Crocheting 1:00 Loom Knitting w/ Connie  8:45 <b>FOOD SHOPPING at TRUCCHI'S / Transportation to Sr. Center</b> Reserve by Monday – ext. 2	6 11:30 Lunch— <b>Chicken Marsala with Egg Noodles</b> 1:00 Mah Jongg 6:00 Scrapbooking  9:00 <b>WALMART in Plymouth, Woods Restaurant</b> Sign up at ext. 1	7 8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch— <b>Egg Salad</b> 2:45 <b>Tai Chi</b> 4:30 Zumba Gold at K of C	8 11:30 Lunch- <b>Spanish Pot Roast</b>  ~~~~~ Saturday, August 9: 10:15 <b>Concord River Cruise and Lunch</b> Sign up at ext. 1 Very limited space available
11 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— <b>Salisbury Steak with Gravy</b> 1:00 Bingo  9:00 <b>AROUND TOWN</b> Reserve by Thursday - ext. 2	12 8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch— <b>Mini Ravioli with Spaghetti Sauce</b> 1:00 Knitting/Crocheting 1:00 Loom Knitting w/ Connie  8:45 <b>FOOD SHOPPING at STOP AND SHOP / Transportation to Senior Center</b> Reserve by Monday – ext. 2	13 8:30 Podiatrist by Appt 1:30 Lunch— <b>Breaded Fish Sandwich on a Bun</b> 12:30 <b>Crafts with Denise</b> 12:30-2 Wellness Clinic at Senior Center 1:00 Mah Jongg  9:00 <b>HANOVER MALL</b> Sign up at ext. 1	14 8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch— <b>Chicken Fajita</b> 2:45 <b>Tai Chi</b> 4:30 Zumba Gold at K of C  9:00 <b>Good Days Restaurant and Food Shopping at MARKET BASKET in West Bridgewater</b> Sign up at ext. 1	15 11:30 Lunch— <b>Maple Dijon Pork</b>  12:30 <b>MOVIE at the SENIOR CENTER</b> Sign up at ext. 2
18 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— <b>Lasagna</b> 1:00 Bingo  9:00 <b>AROUND TOWN</b> Reserve by Thursday - ext. 2	19 8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch— <b>Meatloaf au Jus with Ketchup</b> 1:00 Hearing Check by Appt 1:00 Knitting/Crocheting 1:00 Loom Knitting w/ Connie  11:00 <b>MARSHFIELD FAIR</b> Sign up at ext. 1	20 11:30 Lunch— <b>California Chicken Salad</b> 1:00 Mah Jongg  8:45 <b>FOOD SHOPPING at TRUCCHI'S / Transportation to Sr. Center</b> Reserve by Monday – ext. 2	21 8:00 Walking Group 11:30 Lunch— <b>Wild Salmon With Lemon Dill Sauce</b> 12:15-1:45 Wellness Clinic at Harvard Court 2:45 <b>Tai Chi</b> 4:30 Zumba Gold at K of C  <b>Motorcoach Trip: Boston Duck Tour</b>  <b>BROWN BAG PICKUP</b> Please Note: Bags available for pickup at the Senior Center between 12:30 and 3:30  9:30 <b>CASTLE ISLAND</b> Sign up at ext. 1	22 9:30 Manicurist 11:30 Lunch— <b>Roasted Turkey with Gravy</b>  9:00 <b>Green Animals Topiary Garden in Portsmouth, Rhode Island &amp; Olive Garden in Dartmouth</b> Sign up at ext. 1  ~~~~~ Saturday, August 23: 12-2 Annual Friends of Whitman Seniors Barbeque
25 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— <b>Turkey a la King over Penne Pasta</b> 1:00 Bingo  9:00 <b>AROUND TOWN</b> Reserve by Thursday - ext. 2	26 8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch— <b>Aloha Chicken</b> 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting 1:00 Loom Knitting w/ Connie  8:45 <b>FOOD SHOPPING at STOP AND SHOP / Transportation to Senior Center</b> Reserve by Monday – ext. 2	27 11:30 Lunch— <b>Roast Beef and Cheese with Mayo on Bread</b> 1:00 Mah Jongg  <b>FOXWOODS CASINO</b> Pickup 7:30 Center; 7:45 Home Return Home 7:00 pm Sign up at ext. 1	28 8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch— <b>Fish Tacos</b> 2:45 <b>Tai Chi</b> 4:30 Zumba Gold at K of C  9:30 <b>CHRISTMAS TREE SHOP and KOHL'S with "99" or LONGHORN RESTAURANT in Pembroke</b> Sign up at ext. 1	29 11:30 Lunch— <b>Baked Ziti with Meat Sauce</b>

## Eldercare Q & A from OLD COLONY ELDER SERVICES

### What are the symptoms of rheumatoid arthritis?

The most common form of arthritis is osteoarthritis, which is a disease in which cartilage in your joints deteriorates. It affects roughly 27 million Americans, and it's most common in people age 65 and over.

There's another, less common, form of arthritis that affects more than 1.5 million Americans — rheumatoid arthritis (RA). RA is a disease of unknown cause that makes your immune system attack healthy cells, like the ones that line your joints, resulting in inflammation and pain. Its origin is unknown, but it's believed RA may be caused by a combination of genetic and infectious agents.

RA can make cartilage wear away and result in bone loss. The inflammation can also affect your skin, heart or lungs. RA is seen most often in your hand, wrist, elbow, knee and ankle joints. There is no cure for RA, and its symptoms can come and go. With treatment, the symptoms may go into remission.

Three out of four people affected by RA are women, and the adult onset of RA happens most often between the ages of 40 and 60. The diagnosis of RA is not always a simple matter, but a blood test can look for proteins found in tissue that has been damaged by RA. This is a likely indicator that you have RA. There are several other tests to confirm the presence of RA, and doctors often will take X-rays to look at the extent of joint damage.

For many people, RA first appears as an inflammation in the knuckles, feet and wrists, then progressing to elbows, shoulders, hips and knees. RA can cause feeling of fatigue, loss of appetite, weight loss or a low-grade fever.

Medical treatment for RA focuses on slowing or stopping the progression of the disease. There are medications known as disease-modifying antirheumatic drugs (DMARDs). If your RA doesn't respond well to DMARDs, doctors may try biologic response modifiers, simply referred to as *biologics*. Made from genes, or from a living organism such as a virus or protein, biologics interrupt the inflammatory process. Doctors may also use non-steroidal anti-inflammatory drugs (NSAIDs), like aspirin or ibuprofen, to reduce inflammation, and analgesics, like acetaminophen, for pain.

A doctor who specializes in RA is a rheumatologist, who has been trained to diagnose and treat arthritis and other diseases that affect the joints. You may also see an orthopedist, who specializes in diseases of the bone. You can learn exercises to keep your muscles strong and prevent joint stiffness, and to reduce strain on your joints while doing everyday activities. Because some foods affect inflammation, nutrition could be part of treatment. Including whole grains, fruits and vegetables in your diet may help.

Learn as much as possible about your RA and take an active role in managing your own treatment. Keeping a positive attitude is important. Help your doctor by keeping track of your symptoms, medications, side effects, pain levels, etc. Use your network of family members and friends for emotional support when you're down – and to share good news. The Arthritis Foundation has an online community with blogs and support groups. Go to [www.arthritis.org](http://www.arthritis.org) for more information.

### 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**

Would you believe June disappeared into July and swoosh, they are now both behind us? My gosh, I must be getting old or else someone is messing with my calendar. I went on several trips in July and my favorite is, as always, the Cape Cod Canal trip. I somehow never seem to get enough of that one. Rain or shine I'm always there. Must say I miss the Suffolk Downs trips. Maybe next month? Hint Hint. I also miss going to the Big E in Springfield. That is always a fantastic day for Seniors. What do you say trip planners, any chance of that showing up again? You know Winter is a long time to be in and just think of the nice memories for us all. So for now, enjoy all the warm days and take good care of yourselves.

See you on the mini bus trips.

Happy Summer!  
*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, August 26th 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, August 19th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

**PODIATRIST**

Dr. William Chan. Wednesday, August 13th by appointment only. Contact **Joanne at extension 2** to make an appointment. Upcoming dates: September 10, October 8, November 12

**WELLNESS CLINIC**

Free Wellness Clinics for Whitman residents are provided by NVNA (Norwell Visiting Nurse Association and Hospice). Health Screening includes blood pressure and blood sugar testing, vital signs assessment, nutritional counseling, weight assessment and medication review and instruction.

***PLEASE NOTE CHANGE OF SCHEDULE:***

**Wednesday:**

August 13 Senior Center 12:30 --2:00

**Thursday:**

August 21 Harvard Court 12:15 --1:45

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

August 5, 12, 19, 26 3:00--6:00

**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, August 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 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, August 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  
 No classes in August

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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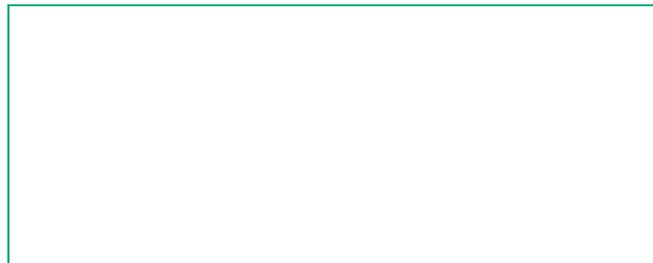
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**Whitman, MA 02382**

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**RETURN SERVICE REQUESTED**



**LOCAL FARMERS' MARKETS**



- Abington**– Griffin Dairy, Route 58, Saturdays, July 12 to Sept 13, 9 a.m. –noon
- Braintree**– Town Hall Mall, 1 JFK Memorial Drive, Saturdays through Nov. 22, 9 a.m.-1 p.m.
- Brockton**– at the Brockton Fairgrounds, Saturdays 9 a.m.—1 p.m. through the end of September
- Norwell**– at the South Shore Natural Science Center, 48 Jacobs Lane, Fridays 2p.m. –6:30 p.m. through Oct. 10
- Middleboro**– at the Town Hall, S. Main St and Nickerson Ave. Saturdays 9 a.m. –1:p.m.

**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 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.