

# 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

## DECEMBER 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:

*As we enjoy this wonderful season with friends, family and loved ones, I would like to extend my sincere appreciation to all of the individuals and organizations who have contributed to our seniors and our Senior Center in so many ways this year. I am truly astounded by the generosity of those who volunteer their time, their expertise, their friendship and give so much of themselves to support us and our community.*

*My sincere thanks and best wishes to all for peace and joy this Holiday Season and a New Year of good health, happiness and prosperity.*

*Fondly,  
Barbara*

#### **'Twas the Month After Christmas'**

*author unknown*

*"Twas the month after Christmas and all through the house  
Nothing would fit me, not even a blouse.*

*The cookies I'd nibbled, the eggnog I'd taste.  
All the holiday parties had gone to my waist.*

*When I got on the scales there arose such a number!  
When I walked to the store (less a walk than a lumber).*

*I'd remember the marvelous meals I'd prepared;  
The gravies and sauces and beef nicely rared,*

*The wine and the rum balls, the bread and the cheese  
And the way I'd never said "No thank you, please."*

*As I dressed myself in my husband's old shirt  
And prepared once again to do battle with dirt —*

*I said to myself, as I only can  
"You can't spend a winter disguised as a man!"*

*So—away with the last of the sour cream dip,  
Get rid of the fruit cake, every cracker and chip.*

*Every last bit of food that I like must be banished  
Till all the additional ounces have vanished.*

*I won't have a cookie—not even a lick.  
I'll want only to chew on a long celery stick.*

*I won't have hot biscuits, or corn bread, or pie.  
I'll munch on a carrot and quietly cry.*

*I'm hungry, I'm lonesome, and life is a bore—  
But isn't that what January is for?*

*Unable to giggle, no longer a riot.  
Happy New Year to all and to all a good diet!"*

#### ~~ SIGN-UP INFORMATION AND CHANGES ~~

- **Trips listed in this Newsletter:**  
Unless otherwise noted, trip sign-ups begin on **Tuesday, November 25th.**
- **Food Shopping Bus on Tuesdays:**  
Deadline to sign up at extension 2 is now **noon on Monday.**
- **Transportation to the Senior Center on Tuesdays:**  
Deadline to sign up at extension 2 is now **noon on Monday.**
- **Monday Around Town Bus:**  
Deadline to sign up at extension 2 remains **4:00 Thursday.**

**HOLIDAY LUNCHEON followed by  
Entertainment from Jennifer Mello  
At the Senior Center  
Wednesday, December 17th at 12:00**

Join us at the Senior Center for a delicious luncheon of lasagna, meatballs, salad, beverage, and dessert from Trio Café.

We are pleased to have the talented Jennifer Mello back to entertain us with her music and songs. What a great way to get in the holiday spirit.

Due to space constraints seating is limited to 40. Tickets are \$5 each and will be available first come first served at the Senior Center beginning Wednesday, December 3rd.

See Linda for tickets.

Whitman-Hanson Regional High School's  
Show Choir and Student Council present their

**ANNUAL HOLIDAY CONCERT AND LUNCH  
Thursday, December 11th**

10:45—11:00 am ~ arrive

The school store will be open if you wish to look around.

11:00—12:00 ~ Concert

12:05 ~ Turkey dinner

(turkey, mashed potatoes, stuffing, gravy and coffee or milk)

1:00 ~ Depart

School bus transportation will be available for those living in Senior Housing and will also make a stop at the Senior Center.

For those unable to board a school bus, or for home pickups, the COA bus will be available.

Please contact **Joanne at extension 2** no later than Tuesday, December 2nd to sign up for the Concert and let us know your transportation plans at that time.



**COA BUS TRIPS**

**Friday, December 5th  
Faneuil Hall & Blink! Light Show**

Leaves the Senior Center at 2:00  
\$10.00 covers transportation only

You will arrive at Faneuil Hall and have time to shop and enjoy the food court or one of the many restaurants in the area. Then at 4:30 enjoy one of Boston's newest events, Blink!. This free outdoor show combines 350,000 flashing lights set to music from the Boston Pops' Holiday recordings. This light show runs every half hour.

**Wednesday, December 17th  
La Salette**

Leaves the Senior Center at 3:00  
\$9.00 covers transportation only

Upon arrival, you can visit the gift shop or have a snack at the Cafeteria or Bistro which opens at 4:00 p.m. At 5:00, it is the illumination of over 300,000 lights, covering over 10 acres.

**Call Linda at extension 1 to reserve a seat .  
Sign ups begin on Tuesday, November 25th**

**FRIENDLY REMINDER ...**

If you are signed up for a trip, program or event and find that you are unable to attend, please let us know so that we can offer your space to someone who may be waiting. Thanks!

**FUEL ASSISTANCE**

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

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

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

MONTHLY MEETING OF THE FRIENDS  
at the Senior Center on  
**Friday, December 12th at 12:30**

A Christmas luncheon with sandwiches provided by Trio Café. \$5.00 gift swap with meeting to follow.

Anyone with questions should call Roberta at 781-261-3930.  
All are welcome to attend.



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

**Wednesday, December 3rd with Denise**

Materials are provided, but to ensure that there is enough for everyone, reservations are required.

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

**FUN, GAMES AND FITNESS**

**TAI CHI – Thursdays at 2:45.** Cost is \$5.00 per class.  
**Class on December 4th only.** Will resume in January.  
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 \$5 per class.  
New Participants please call Linda at ext. 1 to register.

**CARDS-** Wednesdays at 1:00 p.m.

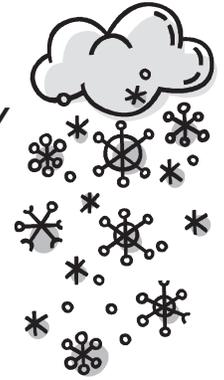
**Wii BOWLING**—Mondays at 8:00 am

**MAH JONGG**—Wednesdays at 1:00 pm.

**BINGO**—Mondays at 1:00 pm and the First Friday of each month at 1:00.

**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.

**Terry Seer's Monthly Social Luncheon ...**

**CHRISTMAS CELEBRATION**  
**TUESDAY, DECEMBER 9TH, 12:30 P.M.**  
**\$20.00 per person**  
**MEADOWBROOK RESTAURANT, HANSON**

Lunch consists of Pot Roast Dinner, Salad, Rolls and Butter, Dessert and Entertainment.

Contact Linda Kelly at extension 1 to make your reservation.

**MOVIE**  
**AT THE SENIOR CENTER**  
**THURSDAY, DECEMBER 4th**  
**1:00 p.m.**

**“WHITE CHRISTMAS”**

Irving Berlin's Christmas classic about a successful song-and-dance team that become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general.

Starring Bing Crosby, Danny Kaye, Rosemary Clooney,  
Run time – 2 hrs

**Call Joanne at extension 2 to reserve your seat .**  
**Space is limited to 15 attendees.**

## DECEMBER 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>8:00 Wii Bowling 11-1 <b>NO Blood Pressure</b> 11:30 Lunch: <b>Paprika Chicken</b> 1:00 Bingo</p> <p>9:00 <b>AROUND TOWN</b> Reserve by 4:00 Thursday ext. 2</p>	<p>2</p> <p>9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch: <b>Beef Chili</b> 11:00 Computer Workshop 1:00 Knitting/Crocheting 1:00 Loom Knitting w/ Connie</p> <p>9:00 <b>FOOD SHOPPING at TRUCCHI'S / Transportation to Sr. Center</b> Reserve by noon Monday – ext. 2</p>	<p>3</p> <p>11:30 Lunch: <b>Fish Sticks</b> 12:30 <b>Crafts with Denise</b> 1:00 Mah Jongg 1:00 Cards 6:00 Scrapbooking</p> <p>9:00 <b>WALMART in Plymouth, Woods Restaurant</b> Sign up at ext. 1</p>	<p>4</p> <p>9:30 Hairdresser by Appt 11:30 Lunch: <b>Roast Pork</b> 2:45 Tai Chi 4:30 Zumba Gold at K of C</p> <p>1:00 <b>MOVIE at the SENIOR CENTER (see page 3)</b> Sign up at ext. 2</p>	<p>5</p> <p>11:30 Lunch: <b>Baked Ziti</b> 1:00 <b>Bingo</b></p> <p>2:00 <b>FANEUIL HALL – Boston</b> Sign up at ext. 1</p>
<p>8</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch: <b>Mini Ravioli</b> 1:00 Bingo</p> <p>9:00 <b>AROUND TOWN</b> Reserve by 4:00 Thursday ext. 2</p>	<p>9</p> <p>9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch: <b>Southern Fried Chicken</b> 11:00 Computer Workshop 1:00 Knitting/Crocheting 1:00 Loom Knitting w/ Connie</p> <p>12:30 <i>Terry Seer's Christmas Celebration Social Lunch (See Page 3)</i></p> <p>9:00 <b>FOOD SHOPPING at STOP AND SHOP / Transportation to Senior Center</b> Reserve by noon Monday – ext. 2</p>	<p>10</p> <p>8:30 Podiatrist by Appt. 1:30 Lunch: <b>Swedish Meatballs</b> 12:30-2:00 Wellness Clinic at Senior Center 1:00 Mah Jongg 1:00 Cards</p> <p>9:00 <b>HANOVER MALL</b> Sign up at ext. 1</p>	<p>11</p> <p>9:30 Hairdresser by Appt 11:30 Lunch: <b>Krunch Lite Fish</b> 2:45 <b>NO Tai Chi</b> 4:30 Zumba Gold at K of C</p> <p>10:15 <b>High School Holiday Concert</b> Sign up at ext. 2</p>	<p>12</p> <p>11:30 Lunch: <b>Beef Teriyaki</b> 12:30 Friends Meeting</p> <p>10:00 <b>New Monthly Book Club at the Senior Center—"Book Buzz" with Molly from the Whitman Library</b> Sign up at ext. 2</p> <p>9:00 <b>VANITY FAIR OUTLETS/ Olive Garden in Dartmouth</b> Sign up at ext. 1</p>
<p>15</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch: <b>Hot Dog on a Bun</b> 1:00 Bingo</p> <p>9:00 <b>AROUND TOWN</b> Reserve by 4:00 Thursday ext. 2</p>	<p>16</p> <p>9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch: <b>Greek Chicken</b> 11:00 Computer Workshops 1:00 Knitting/Crocheting 1:00 Loom Knitting w/ Connie 1:00 Hearing Check by Appt</p> <p>9:00 <b>FOOD SHOPPING at SHAW'S / Transportation to Sr. Center</b> Reserve by noon Monday – ext. 2</p>	<p>17</p> <p>Lunch: <b>Roast Turkey (no congregate lunch served)</b></p> <p>12:00 <b>HOLIDAY LUNCHEON and Entertainment</b> \$5.00 Ticketed event, first come first served beginning December 3. See Linda.</p> <p>3:00 <b>LASALETTE – Attleboro</b> Sign up at ext. 1</p>	<p>18</p> <p>11:30 Lunch: <b>Meatball Sub</b> 12:15-1:45 Wellness Clinic at Harvard Court 2:45 <b>NO Tai Chi</b> 4:30 Zumba Gold at K of C</p> <p><b>BROWN BAG PICKUP</b> Please Note: <b>Bags available for pickup at the Senior Center between 12:00 and 3:00</b></p>	<p>19</p> <p>9:30 Manicurist 11:30 Lunch: <b>Potato Crunch Fish</b></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>22</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch: <b>Turkey Ham &amp; Cheese on Rye</b> 1:00 Bingo</p> <p>9:00 <b>AROUND TOWN</b> Reserve by 4:00 Thursday ext. 2</p>	<p>23</p> <p>9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch: <b>Meatloaf w/ Gravy</b> 11:00 Computer Workshops 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting 1:00 Loom Knitting w/ Connie</p> <p>9:00 <b>FOOD SHOPPING at STOP AND SHOP / Transportation to Senior Center</b> Reserve by noon Monday – ext. 2</p>	<p>24</p> <p><b>MERRY CHRISTMAS</b></p> <p><b>SENIOR CENTER CLOSED</b></p>	<p>25</p> <p><b>CHRISTMAS DAY</b></p> <p><b>SENIOR CENTER CLOSED</b></p>	<p>26</p> <p>11:30 Lunch: <b>Macaroni &amp; Cheese</b></p> <p>9:00 <b>Good Days Restaurant and MARKET BASKET in West Bridgewater</b> Sign up at ext. 1</p>
<p>29</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch: <b>Orange Chicken</b> 1:00 Bingo</p> <p>9:00 <b>AROUND TOWN</b> Reserve by 4:00 Thursday ext. 2</p>	<p>30</p> <p>9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch: <b>Turkey A La King</b> 11:00 Computer Workshop 1:00 Knitting/Crocheting 1:00 Loom Knitting w/ Connie</p> <p>9:00 <b>FOOD SHOPPING at TRUCCHI'S / Transportation to Sr. Center</b> Reserve by noon Monday – ext. 2</p>	<p>31</p> <p>11:30 Lunch: <b>Stuffed Shells</b> 1:00 Mah Jongg 1:00 Cards</p> <p>9:30 <b>CHRISTMAS TREE SHOP and KOHL'S with "99" or LONGHORN RESTAURANT in Pembroke</b> Sign up at ext. 1</p>	<p>1</p> <p><b>NEW YEARS DAY</b></p> <p><b>SENIOR CENTER CLOSED</b></p>	<p>2</p> <p><b>TWIN RIVER CASINO</b> Pickup 8:00 Center; 8:15 Home Return Home 4:00 Sign up at ext. 1</p>

Eldercare Q & A from OLD COLONY ELDER SERVICES  
**SENIORS & THE FLU — DO I NEED A SHOT?**  
**Do I really need to get a flu shot this season?**

Nine out of ten flu-related deaths occur in people age 65 and over. Six out of ten people hospitalized for flu-related problems are older adults. Last year, 215,000 seniors were hospitalized from the flu. The flu is especially dangerous for people with chronic conditions, like heart or pulmonary disease, or diabetes. It's harder for seniors to fight disease, because the immune system weakens with age.

Influenza is easy to catch — it's passed from person to person through coughing, sneezing, or contact with fluids from an infected person's mouth or nose. Protect yourself by taking preventive measures like washing your hands often, staying away from people who are sick, and encouraging others to cover their coughs. Get vaccinated annually; it is still the best way to prevent the flu. As a bonus, getting a flu shot helps protect your family and everyone around you. Anyone who is around someone with a chronic condition should get a flu shot; grandparents who care for grandchildren should get vaccinated too. Do it for yourself and do it for others!

There is a flu vaccine made specifically for people age 65 and older that improves the body's production of antibody against the flu. This higher-dose vaccine contains four times the antigen compared with the traditional, standard-dose vaccine. Antibodies help your immune system protect you against infection when exposed to the virus. Most people have minimal or no side effects after receiving the higher-dose vaccine. The most common side effects include swelling or redness at the injection site, muscle aches, fatigue, headache, or fever. The higher-dose shot for seniors is available through your doctor, your workplace clinic, local pharmacies, or other flu shot clinics. Medicare Part B covers the full cost of one flu shot per flu season.

You pay nothing for the shot, so be sure to ask in advance if your doctor, clinic or other health care provider accepts Medicare.

Your doctor can explain who should not get a flu shot. Anyone with a severe allergic reaction (e.g., anaphylaxis) to any vaccine component, including eggs, egg products, or to a previous dose of any flu vaccine, should not get a shot. Anyone who has experienced Guillain-Barré syndrome (severe muscle weakness) after a previous flu shot should not be vaccinated. If you notice any other problems or symptoms after vaccination, contact your health care professional immediately.

The flu season usually peaks in January or February, but can continue well into the spring. It takes approximately two weeks following a flu shot to be considered immune. Even if you can't get a flu shot early in the season, it is still recommended that you get a shot into the winter months and beyond.

**Remember to get a flu shot every year.**

The flu viruses usually change from season to season and protection from the vaccine decreases over time. A new vaccine is produced each year to protect against the strains that are expected to cause disease. Keep in mind that the flu shot does not contain the live virus; you cannot get the flu from the shot.

To learn more about the flu, or the special flu vaccine for seniors, check out [ncoa.org/flu](http://ncoa.org/flu) or [cdc.gov/flu](http://cdc.gov/flu).

**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 **9:00**. The Bus is also available beginning at 11:15 for Tuesday activities and appointments at the Center. Sign-up is required by calling **Joanne at extension 2 no later than noon on Monday** ...

**NOTE CHANGE OF SIGN-UP DEADLINE.**

**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**

I do hope you all had a wonderful Thanksgiving. It's one of my favorite days. Nothing quite like that aroma of that old bird cooking as well as those other pleasant smells. What's your favorite pie? I love the pumpkin, although my mother always made squash. Love it. Looks as if we are in for some cold weather coming up. But it's a lot better than Minnesota where my niece lives. Snow, snow and more snow. Just think, it's about a month till Christmas. Old Santa is filling up that bag to deliver your gifts. Are you ready? The only thing that bothers me about this season is that it gets dark sooooo early. I'm always happy when it starts the other way and heads back to the light. Well, guess I have to complain about something, right? So for each and everyone of you, I wish Happy Holidays.

Keep well,

***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;  
**Also open on Saturdays 1 to 4 p.m. until Dec. 22nd**  
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, December 23rd 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, December 16th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

**PODIATRIST**

Dr. William Chan. Wednesday, December 10th by appointment only. Contact **Joanne at extension 2** to make an appointment. Upcoming dates: January 14, February 11, March 11

**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:**

December 10 Senior Center 12:30 --2:00

**Thursday:**

December 18 Harvard Court 12:15 --1:45

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

December 2, 9, 16, 23, 30 3:00--6:00

**BLOOD PRESSURE CHECK**

We offer a free blood pressure check by a Registered Nurse at the Senior Center on the following Mondays in December from 11:00 am to 1:00 pm.:  
December 8, 15, 22, and 29

**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, December 18th **12:00 to 3:00 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, December 19th. 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.

**COMPUTER WORKSHOPS**

By Richard Stanton

at the Senior Center on Tuesdays

Appointments are available at 11:00, 12:00 or 1:00

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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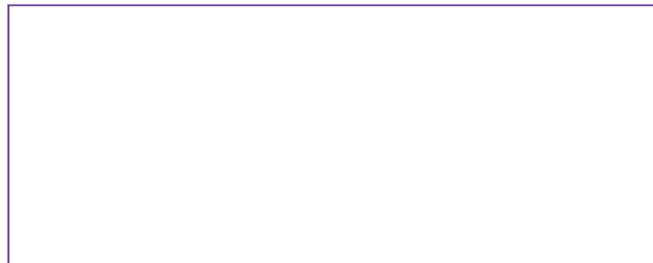
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**RETURN SERVICE REQUESTED**



**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.*

**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.