

SEEN YOUR NEWS?

WHITMAN COUNCIL ON AGING

P.O. BOX 426

16 HAYDEN AVENUE • WHITMAN, MA 02382

(781) 447-7619 • FAX (781) 447-7633



Patricia Goldmann, *Chairman*
Mary Ann Curby
Robert Titterington

FEBRUARY 2015

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.



BOOK BUZZWITH MOLLY

At the Senior Center
Friday, February 13th at 10:00

Join Molly, the Assistant Director of the Whitman Public Library, on the 2nd Friday of the month at the Senior

Center to chat about books and authors.

Come hear about what new books and movies are available, talk about what you are currently reading, hear about other library programs and services, or get suggestions on what to read next!

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

Save the date....

DISASTER PREPAREDNESS for FAMILIES AND INDIVIDUALS
PRESENTATION by NVNA
Identify potential emergencies and/or disasters
Discuss in detail how to plan, respond and recover, specific to the Town of Whitman

Wednesday, MARCH 11, 2015

10:00 a.m. at the Senior Center

Or

Wednesday, MARCH 18

6:30 p.m. at the Whitman Public Library

What can Navicare HMO SNP or Navicare SCO do for me?
Presented by Loyde Lucena, Fallon Health

Thursday, February 12th
1:00 P.M. at the Senior Center

Does a one package insurance plan seem too good to be true? Medical coverage, prescription coverage and social services combined into one—with no plan premium and no copayments? Well, it does exist—NaviCare provides it all!! If you are 65 or older, live in the plan's service area and have MassHealth Standard and Medicare or just MassHealth Standard, join us and learn how you can benefit from this program.

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

INCLEMENT WEATHER POLICY

If the Whitman-Hanson Regional School District cancels school, all Senior Center Activities will be cancelled 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.



TAX TIME

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

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

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

FRIENDS OF THE WHITMAN SENIORS
MONTHLY MEETING OF THE FRIENDS
 Valentine Day Celebration Party
 at The Senior Center on
Friday, February 13th at 1:00 P.M.

Anyone with questions should call Roberta at
 781-261-3930.

Sing - A - Long Hour with Barbara Stanton

Thursday, February 5th
 1:00 P.M.
 At the Senior Center

Spirited ~~~ Exhilarating ~~~ Uplifting

Winter blues getting you down?
 Barbara Stanton will lead the group in an uplifting,
 old fashioned Sing A Long, or Hum A Long.
 Don't miss it.

Contact **Joanne at extension 2** to make your
 reservation

FUEL ASSISTANCE

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

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



HAPPY BIRTHDAY

If you were born in **JANUARY OR FEBRUARY** we'd like to help you celebrate by treating you to a free lunch at the Senior Center on Thursday, February 26th. Lunch will be Chicken Breast with Spinach & Red Pepper, White Rice, Parsley Carrots, Herbed Garlic Dinner Roll, and a Snowflake Cookie.

Please call **Fran at extension 4** to reserve no later than Wednesday, February 18th. Lunch is served at 11:30 and you are welcome to bring a guest. The lunch cost for a guest is \$2.50



MOVIE of the Month

“Dolphin Tale 2”

AT THE SENIOR CENTER
 FRIDAY, FEBRUARY 20th
 1:00 p.m.

The caretakers of a wounded dolphin must help her before they lose her to another facility.

Starring: Harry Connick Jr., Ashley Judd and Morgan Freeman
 PG, Run time – 1 hr. 47 min.

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

Social Lunch

Tuesday, February 10th at 1:00

Hitching Post Restaurant

Route 58 in Hanson

Cost \$17.00

Special Menu will be provided.

Attendees will meet at the restaurant.

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

COA BUS TRIP

Worcester Art Museum

Saturday, February 7th

Leaves the Center at 9:00

\$12.00 covers transportation only

Enjoy 'FREE FIRST SATURDAY MORNING' at the Worcester Art Museum. Explore the art exhibits as well as the Higgins collection of arms and armor. Norman Rockwell exhibit showing until February 8th.

We need a minimum of 8 for this trip to go.

Please note – snow date will be Saturday, March 7th.

Call **Linda at extension 1** to sign up.

**New! PCs for the Novice**

This workshop is for people who consider themselves a Novice in the PC world.

Course has five modules.

Take only the Modules that you want. Bring your Laptop or Tablet.

- Module 1: PC overview
- Module 2: How to get help on your device and on Microsoft's web site
- Module 3: How to use input devices
- Module 4: Storing and retrieving your Documents
- Module 5: Managing your data.

See page 7 for the full list of computer course offerings.

Call **Linda at extension 1** to sign up.

**Crafts**

12:30 at the Senior Center

Wednesday, February 11th with Denise

Wednesday, February 25th with Erica from Sachus Center for Health and Rehabilitation

Materials are provided. Just bring your creativity.

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

FUN, GAMES AND FITNESS

TAI CHI – Thursdays at 2:45. NOTE ... No Class will be held on February 26. 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

CARDS—Wednesdays at 1:00 p.m.

MAH JONGG—Wednesdays at 1:00 pm.

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

St Patrick's Day Social Lunch

Tuesday, March 10th at 12:00

Meadowbrook Restaurant

Route 27 in Hanson

Corned Beef and Cabbage lunch and Entertainment

Cost \$20.00

Attendees will meet at the restaurant.

If you plan to attend, please call Linda at ext. 1 for reservations. Checks should be made out to Terry Seer.

Please be reminded ...

If you have signed up for lunch or have an appointment here at the Senior Center (hairdresser, podiatrist, tax return help, fuel assistance, computer class, etc.) and are unable to keep the appointment, **please** call as soon as possible to let us know that you won't be coming in. Most of our programs have waiting lists and we would like to offer your appointment to someone else if you can't attend. Thanks!

FEBRUARY 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Phone extensions for sign-ups:</i> Linda—ext 1 Joanne—ext 2 Fran (meals) - ext 4</p>		<p><i>Please Note:</i> TRIP SIGN UPS BEGIN ON TUESDAY JANUARY 27TH</p>		
2	3	4	5	6
<p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Greek Chicken 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch—Baked Ziti 11:00 Computer Workshops 1:00 Knitting/Crocheting 1:00 Loom Knitting w/ Connie</p> <p>9:00 FOOD SHOPPING at TRUCCHI'S / Transportation to Senior Center Reserve by noon Monday – ext. 2</p>	<p>1:30 Lunch—Apricot Glazed Chicken 1:00 Mah Jongg 1:00 Cards 6:00 Scrapbooking</p> <p>9:30 MARKETPLACE at Braintree (Kmart, Bed Bath and Beyond) / Chateau or Bugaboo Creek Restaurant Sign up at ext. 1</p>	<p>9:30 Hairdresser by Appt 11:30 Lunch—Italian Pot Roast 2:45 Tai Chi 4:30 Zumba Gold at K of C</p> <p>1:00 Sing -A-Long with Barbara Stanton Sign up at ext. 2</p> <p>9:00 WALMART in Plymouth, Woods Restaurant Sign up at ext. 1</p>	<p>11:30 Lunch—Macaroni and Cheese 1:00 Bingo</p> <p style="text-align: center;">~~~~~ <i>Saturday 7th</i> 9:00 Worcester Art Museum Sign up at ext. 1</p>
9	10	11	12	13
<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 4:00 Thursday at ext. 2</p>	<p>9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch—Hot Dog 11:00 Computer Workshops 1:00 Knitting/Crocheting 1:00 Loom Knitting w/ Connie</p> <p>9:00 FOOD SHOPPING at STOP AND SHOP/ Transportation to Sr. Center Reserve by noon Monday – ext. 2</p>	<p>8:30 Podiatrist by Appt. 1:30 Lunch—Salmon Boat 12:30 Crafts with Denise 12:30-2:00 Wellness Clinic at Senior Center 1:00 Mah Jongg 1:00 Cards</p> <p>9:00 HANOVER MALL Sign up at ext. 1</p>	<p>9:30 Hairdresser by Appt 11:30 Lunch—Meatloaf with gravy 2:45 Tai Chi 4:30 Zumba Gold at K of C</p> <p>1:00 Navicare Health Presentation at the Center Sign up at ext. 2</p> <p>9:00 Good Days Restaurant and MARKET BASKET in West Bridgewater Sign up at ext. 1</p>	<p>11:30 Lunch—Chicken Marsala 1:00 Friends Meeting</p> <p>10:00 Monthly Book Club at the Senior Center—"Book Buzz" with Molly from the Whitman Library Sign up at ext. 2</p>
16	17	18	19	20
<p style="text-align: center;">PRESIDENT'S DAY</p> <p style="text-align: center;">SENIOR CENTER CLOSED</p>	<p>9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch—Roast Turkey 11:00 Computer Workshops 1:00 Hearing Check by Appt 1:00 Knitting/Crocheting 1:00 Loom Knitting w/ Connie</p> <p>9:00 FOOD SHOPPING at SHAW'S / Transportation to Senior Center Reserve by noon Monday – ext. 2</p>	<p>11:30 Lunch—Vegetable Cheese Omelet 1:00 Mah Jongg 1:00 Cards</p> <p>9:00 AROUND TOWN Reserve by Friday - ext. 2</p>	<p>11:30 Lunch—Chicken Parmesan 12:15-1:45 Wellness Clinic at Harvard Court 2:45 Tai Chi 4:30 Zumba Gold at K of C</p> <p>BROWN BAG PICKUP Please Note: Bags available for pickup at the Senior Center between 12:00 and 3:00 only</p> <p>FOXWOODS CASINO Pickup 7:30 Center; 7:45 Home Return Home 7:00 pm Sign up at ext. 1</p>	<p>11:30 Lunch—Beef Burgundy</p> <p>1:00 MOVIE at the SENIOR CENTER (see page 2) Sign up at ext. 2</p>
23	24	25	26	27
<p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Fish Tacos 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch—Chicken Pot Pie 11:00 Computer Workshops 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting 1:00 Loom Knitting w/ Connie</p> <p>9:00 FOOD SHOPPING at STOP AND SHOP/ Transportation to Sr. Center Reserve by noon Monday – ext. 2</p>	<p>11:30 Lunch—Baked Ham 12:30 Crafts with Erica 1:00 Mah Jongg 1:00 Cards</p> <p>9:00 MIKO'S CAFÉ in Brockton, & OCEAN STATE JOB LOT– East Bridgewater</p>	<p>9:30 Hairdresser by Appt 11:30 Lunch—Birthday Lunch- Chicken Breast with Spinach and Red Pepper-congregate only 2:45 Tai Chi-No Class 4:30 Zumba Gold at K of C</p> <p>9:30 INDEPENDENCE MALL – Kingston / Mama Mia's –Carver</p>	<p>11:30 Lunch—Whole Grain Lasagna Rolls with meat sauce</p>

Eldercare Q & A from OLD COLONY ELDER SERVICES
ARE YOU READY TO JOIN MEDICARE?
Q. When do I first sign up for Medicare Parts A & B?

A. When you're first eligible at age 65 for Medicare, you have a 7-month Initial Enrollment Period to sign up for Part A (*Hospital Insurance*) and/or Part B (*Medical Insurance*). This Initial Enrollment Period begins 3 months before you turn 65. For example, if you turn 65 in January of 2015, you can sign up from October 1, 2014 to April 30, 2015. If you join during one of the 3 months before you turn 65, your coverage will begin the first day of the month you turn 65.

Once your Initial Enrollment Period ends, you may have the chance to sign up for Medicare during a Special Enrollment Period. If you're covered under a group health plan based on current employment, you have a Special Enrollment Period to sign up for Part A and/or Part B at anytime as long as you or your spouse (*or family member if you're disabled*) is working, and you're covered by a group health plan through the employer or union based on your active employment. You can also sign up for Medicare during the General Enrollment Period, January 1st - March 31st, each year. Your coverage will start July 1. Be aware that you may have to pay a late enrollment penalty for not enrolling in Part B when you were first eligible.

When you sign up, you will get **premium-free** Medicare Part A if you or your spouse (*living, deceased or divorced*) paid Medicare taxes during at least 10 years of work. Most people will pay a monthly premium for Medicare Part B. For 2015, the standard monthly premium for Medicare Part B is \$104.90, but changes every year. Some people pay a higher premium based on their income or if they don't enroll when they are first eligible.

There are two typical ways to get your Medicare coverage — Original Medicare or a Medicare Advantage plan (*Part C*). You can also sign up for Medicare prescription drug coverage (*Part D*). Each year, you have a chance to make changes to your Medicare Advantage or Medicare prescription drug coverage for the following year. There are 2 separate enrollment periods each year. The Annual Medicare Open Enrollment period is October 15th to December 7th. There is also a Medicare Advantage Disenrollment Period that allows you to drop out of a Medicare

Advantage plan and switch back to Original Medicare. This Disenrollment Period runs from January 1st to February 14th.

If you have Original Medicare, you can join a Medicare supplement (*Medigap*) insurance policy to help pay some of the health care costs that Original Medicare doesn't cover, like copayments, coinsurance, and deductibles. A Medigap policy fills the gaps of Medicare, while a Medicare Advantage plan replaces your Medicare.

When you enroll in both Part A and Part B, Massachusetts offers continuous open enrollment for Medigap plans. If you have Original Medicare and you buy a Medigap policy, Medicare will pay its share of the Medicare-approved amount for covered health care costs. Then your Medigap policy pays its share.

Keep in mind that you may be eligible for Medicare coverage even if you are under 65 years of age. If you have a disability and have been receiving Social Security Disability Insurance (SSDI) for more than 24 months, your Medicare eligibility begins during the month you receive your 25th SSDI check. You do not need to contact anyone. Social Security should automatically mail you your Medicare card three months before you become eligible. People with End Stage Renal Disease or Lou Gehrig's Disease may also be able to get Medicare coverage.

One of the common mistakes people make about Medicare is signing up too late for Medicare and its parts. And, if you try to sign up too early, Medicare will not accept your application, so it's important to know when it's the right time for your situation. If you are **aging into** Medicare, your initial enrollment period is based on your 65th birthday. To avoid long-term penalties, be sure you know when you have to enroll. If you or your spouse is still working when you turn 65, and your insurance meets certain requirements, it **may** make sense for you to delay enrollment in Parts A, B, and D.

For free help with all these Medicare decisions, call 1-800-AGE-INFO and select option 3 to be connected to the SHINE (Serving the Health Information Needs of Everyone) program in your area, then make an appointment to meet with a SHINE counselor.

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.

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

It is now February and I have yet to "get out" and see you all since November. Things with me are getting better but I have a ways to go yet.

I hope you all had great Holidays. This is the first year that I never got to get my Christmas gifts. Well, Santa said "Don't worry, I'll take care of things", and as usual he did !!!

We've certainly had some weird weather, haven't we? Rain, snow and FREEZING. Good thing the oil man gets out and kept that tank full. So to you all, I say keep warm, stay in if necessary.

Thanks to all who have called and sent cards. They are well appreciated. I miss you on the mini bus. Soon maybe, with luck, I will be back.

Keep Healthy and Happy,
Eleanor

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.

Wednesday:

February 11 Senior Center 12:30 --2:00

Thursday:

February 19 Harvard Court 12:15 --1:45

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

February 3, 10, 17, 24 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, February 19th **12:00 to 3:00 only**. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

Visit the *HARVARD COURT FAYRE*

located in the Gazebo Room of Harvard Court Housing Complex.

The shop is open:

Mondays , Wednesdays, Thursdays 1 to 4 pm;

Great deals on handmade items, new and gently used household items, clothing, knick knacks and much, much more.

Stop by to see what's available!

FREE LEGAL ADVICE

Attorney Ronald N. Whitney is available to meet with elders once a month at the Senior Center for assistance with wills and personal legal issues. This month, Attorney Whitney will be at the Center on Tuesday, February 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, February 17th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST

Dr. William Chan. Wednesday, February 11th by appointment only. Contact **Joanne at extension 2** to make an appointment. Upcoming dates: March 11, April 8, May 13

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 is taking the winter off and hopes to be back with us in the early Spring.

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's for the Novice: Five Modules-includes PC overview, How to get help on your device and on Microsoft's web site, How to use input devices, Storing and retrieving your documents, and Managing your data.

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.

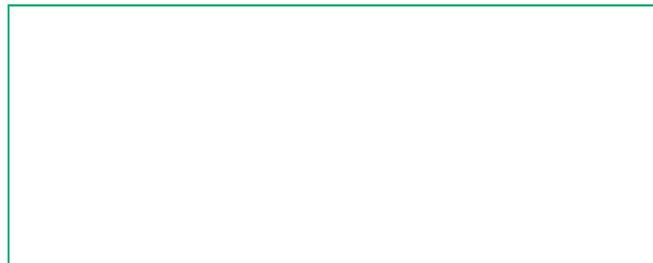
<p>Blanchard Funeral Chapel</p> <p>Robert A. Tonello, Steven J Leonard Funeral Directors</p> <p>781-447-0170</p> <p>666 Plymouth Street Whitman</p>	<p>WILLS • TRUSTS • ESTATES PERSONAL INJURY LAW</p>  <p>RONALD N. WHITNEY ATTORNEY AT LAW</p> <p>549 BEDFORD STREET WHITMAN, MA 02382</p> <p>781-447-3899</p>	<p>J. SACCONI & SONS, INC.</p> <p>Backhoe • Drains Septic Tanks • Cesspools</p>  <p>15 Commercial Street Whitman</p> <p>447-5670</p>	 <p>FAMILY HEARING CARE CENTER</p> <p><i>...listen to the sounds of life®</i></p> <p>~ Hearing Evaluations ~ Video Ear Inspections ~ Hearing Aids ~ Repairs ~ Ear Wax Removal</p> <p>534 Main Street, Suite 2, Route 18 Weymouth, MA 02190</p> <p>781-337-1144</p> <p>140 Bedford St., Route 18 Bridgewater, MA 02324</p> <p>508-279-0700</p> <p>John Klefeker, BC-HIS MA License #127</p>
<p>This Space Available</p>  <p>For Information On Advertising, Please Call Our Representative</p> <p>Susanne Carpenter</p> <p>800.888.4574 ext 3451 or email: SCarpenter@4LPi.com</p>  <p>Liturgical Publications Inc Connecting Your Community™</p>		<p> McGUIGGAN'S PUB</p> <p>OPEN FOR LUNCH & DINNER 7 DAYS A WEEK DAILY SPECIALS EARLY BIRD SPECIALS TAKE-OUT AVAILABLE LIVE IRISH MUSIC EVERY TUESDAY EVE.</p> <p>546 Washington Street Whitman, MA 02382</p> <p>781-447-7333</p> <p>www.mcguigganspub.com</p>	<p> Multiple Listing Service</p> <p>Serviceing the area Since 1971</p> <p>homestead REAL ESTATE</p> <p>ART MORAN</p> <p>908 Washington St. • Whitman, MA 02382</p> <p>P: 781-447-6500 • F: 781-447-8978 C: 781-710-5040</p>
 <p>WEBSTER PARK Rehabilitation & Healthcare Center</p> <p>Providing the care you need... With the compassion you deserve.</p> <p>56 Webster Street • Rockland</p> <p>781-871-0555 • Websterparkhealthcare.com</p>		 <p>Old Colony Elder Services</p> <p>Providing services to the community since 1974</p> <p>144 Main Street - Brockton, Massachusetts 02301</p> <p>508-584-1561 TTY 508-587-0280 www.oldcolonyelderservices.org</p>	

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MA 02382

Whitman Council On Aging
PO Box 426
16 Hayden Avenue
Whitman, MA 02382

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