

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

MARCH 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.

NOTES FROM THE DIRECTOR:

As I write this, we are all preparing for yet another blizzard. If I never saw another flake of snow, it would be too soon! Anyone else feel the same?

Although this has been a brutal winter for all of us, our elders face some specific challenges. Not a day in February has gone by that I have not received calls from elders requesting assistance with snow removal. Needs have included plowing or snow blowing driveways, shoveling walkways so folks can get out for medical appointments or for their Meals on Wheels to be delivered, or shoveling a pathway through their yard so they could receive an oil delivery.

If you have a plow, snow blower, shovel, roof rake, or teenagers and can help out our senior neighbors at a reasonable price, please call me to be added to our list of snow removal resources. We're all in this together!

Thank you in advance,

Barbara

'Cold Case to Case Closed Lizbeth Borden ~ My Story'

Tuesday, March 3rd—1:00 At the Senior Center

Local Author Rich Little will be here to present his historical novel about the Lizzie Borden case. This has been a fascinating and much talked about case, but now it is time to let Lizbeth tell her side of the proceedings as the truth is revealed and the actual killer is discovered.

Call Joanne at extension 2 to reserve your seat .

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. A representative from the Fire
Department will be there as well.

Wednesday, MARCH 11, 2015

10:00 a.m. at the Senior Center

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

Wednesday, MARCH 18

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

Contact the Board of Health to sign up at 781-618-9755

Pizza Party

**At the Senior Center
Friday, March 20th at 1:00**

It's Spring finally. Time to get out of the house and meet up with old friends or make some new friends. Come and join us for a pizza party at the Center. Pizza choices are: cheese, pepperoni or pepper and onion.

Cost is \$5.00, which includes pizza, soda and dessert. Stop by the Center and see **Joanne** to place your order and buy your ticket **after March 1st.**

Tickets are limited to 30, so get yours early.



DAYLIGHT SAVINGS TIME BEGINS MARCH 8TH

Spring your clocks ahead 1 hour



HAPPY BIRTHDAY

If you were born in **MARCH** we'd like to help you celebrate by treating you to a free lunch at the Senior Center on Thursday, March 26th. Lunch will be Corned Beef Stew, Boiled Potatoes, Irish Soda Bread and Bread Pudding.

Please call **Fran at extension 4** to reserve no later than Wednesday, March 18th. Lunch is served at 11:30 and you are welcome to bring a guest.

The lunch cost for a guest is \$2.50

Get the Food You Need to Stay Healthy Apply for SNAP/Food Stamps

Project Bread's FoodSource Hotline offers free, confidential screenings for SNAP/Food Stamp eligibility as well as assistance completing the application over the phone.

Counselors are also available to help current recipients ensure they are receiving the maximum benefits.

Call Today! **1-800-645-8333**

Seniors should press 2 for the dedicated Senior Line
Monday-Friday 8am-7pm & Saturday 10am-2 pm

Special hours for seniors in February, March and April
Mondays & Wednesdays 2:00 pm to 7:00 pm

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.

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.

WHITMAN READS 2015 DARK TIDE

Author Talk and Book Signing: Steve Puleo
Thursday, March 12, 2015
at 6:00 P.M. in the Whitman Hanson Regional High School Auditorium

Hear details of the writing of "Dark Tide: The Great Boston Molasses Flood of 1919", and get your copy signed by the author! Copies of Dark Tide are available for purchase at the Whitman Public Library, and can also be purchased at this event. The library also has dozens of copies available for checkout.

Free transportation to the event will be provided by the Whitman COA.

The bus will depart from the Library at 5:15 p.m. To reserve your spot, you must register at the Library by calling 781-447-7613.

Whitman Reads 2015 is generously sponsored by the Friends of the Whitman Public Library in conjunction with the Whitman Council on Aging and the WHRSD.

MOVIE of the Month



"And So It Goes"
AT THE SENIOR CENTER
Friday, March 27th
1:00 p.m.

A realtor's plans for retirement are thwarted when he's left to care for a granddaughter he didn't know existed and the woman who unexpectedly enters his life.

Starring: Michael Douglas and Diane Keaton
PG-13(some sexual references and drug elements),
Run time – 1 hour, 34 minutes

Call **Joanne at extension 2** to reserve your seat .
Space is limited to 12 attendees.

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

**FRIENDS OF THE WHITMAN SENIORS
MONTHLY MEETING OF THE FRIENDS
Friday, March 13th at 12:30 P.M.**

At Harvard Court
Corned Beef & Cabbage Lunch
Meeting will follow

Cost \$5.00 per person—payable at the Luncheon
Sign up on the sheet at the Senior Center counter or call
Roberta at 781-261-3930.

**NEWPORT PLAYHOUSE MOTORCOACH TRIP
"WHEN THE CAT'S AWAY"
APRIL DATE TO BE DETERMINED**

**Sing - A - Long Hour
with Barbara Stanton**

Thursday, March 12th
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

FUN, GAMES AND FITNESS

TAI CHI – Thursdays at 2:45. NOTE ... No Class will be held on March 5 . Cost is \$5.00 per class.
New Participants please 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.

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.

COA BUS TRIP

South Shore Consignment/Thrift Shops

Thursday, March 26th
Leaves the Center at 9:00
\$6.00 covers transportation only

Calling all bargain hunters. This trip will go to a few consignment shops as well as Savers Thrift Shop, Pepperidge Farm Outlet and The Brass Lantern at South Shore Vo-Tech for lunch.

We need a minimum of 6 for this trip to go.
Call **Linda at extension 1** to sign up.

Will you be the next Jeopardy Champion?

**Jeopardy
At the Senior Center
Friday, March 13th at 1:30**

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.



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

Wednesday, March 11th with Denise

Materials are provided. Just bring your creativity.

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



St. Patrick's Day Social Lunch

Tuesday, March 10th at 12:00

Meadowbrook Restaurant
Route 27 in Hanson
Corned Beef and Cabbage lunch and Irish 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.

MARCH 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">2</p> 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Greek Chicken 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	<p style="text-align: right;">3</p> 8:30 Tax assistance by appt 9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch— Hamburger 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom 1:00 Lizzie Borden novel presentation by the Author Sign up at ext. 2 9:00 FOOD SHOPPING at TRUCCHI'S / Transportation to Senior Center Reserve by noon Monday – ext. 2	<p style="text-align: right;">4</p> 1:30 Lunch— Stuffed Shells 1:00 Mah Jongg 6:00 Scrapbooking TWIN RIVER CASINO Pickup 8:00 Center; 8:15 Home Return Home 4:00 Sign up at ext. 1	<p style="text-align: right;">5</p> 9:30 Hairdresser by Appt 11:30 Lunch— Meatloaf 2:45 Tai Chi-No Class 9:00 WALMART in RAYNHAM & IHOP or CHINESE BUFFET Sign up at ext. 1	<p style="text-align: right;">6</p> 11:30 Lunch— Salmon Boat with Dill Sauce 1:00 Bingo
<p style="text-align: right;">9</p> 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Orange Almond Chicken 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	<p style="text-align: right;">10</p> 8:30 Tax assistance by appt 9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch— Sloppy Joe 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom 9:00 FOOD SHOPPING at STOP AND SHOP/ Transportation to Sr. Center Reserve by noon Monday – ext. 2 Social Lunch—see Page 3	<p style="text-align: right;">11</p> 8:30 Podiatrist by Appt. 1:30 Lunch— Baked Rigatoni 12:30 Crafts with Denise 12:30-2:00 Wellness Clinic at Senior Center 1:00 Mah Jongg 10:00 Disaster Preparedness Sign up at ext. 2 9:00 HANOVER MALL Sign up at ext. 1	<p style="text-align: right;">12</p> 9:30 Hairdresser by Appt 11:30 Lunch— Spanish Beef Tips 2:45 Tai Chi 1:00 Sing -A-Long with Barbara Stanton Sign up at ext. 2 9:00 CHRISTMAS TREE SHOP/ Old Schoolhouse Restaurant-Pembroke Sign up at ext. 1	<p style="text-align: right;">13</p> 11:30 Lunch— Potato Crunch Fish 12:30 Friends Meeting at Harvard Ct 10:00 "Book Buzz" at the Senior Center with Molly from the Whitman Library Sign up at ext. 2 1:30 JEOPARDY Sign up at ext. 2
<p style="text-align: right;">16</p> 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Swiss Cheese Omelette 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	<p style="text-align: right;">17</p> 8:30 Tax assistance by appt 9:00 Art Group 9:00 State Rep Geoff Diehl 9:30 Hairdresser by Appt 11:30 Lunch— Corned Beef 11:00 Computer Workshops 1:00 Hearing Check by Appt 1:00 Knitting/Crocheting/Loom 9:00 FOOD SHOPPING at SHAW'S / Transportation to Senior Center Reserve by noon Monday – ext. 2	<p style="text-align: right;">18</p> 11:30 Lunch— Sweet and Sour Chicken 1:00 Mah Jongg FOXWOODS CASINO Pickup 7:30 Center; 7:45 Home Return Home 7:00 pm Sign up at ext. 1	<p style="text-align: right;">19</p> 11:30 Lunch— Whole Grain Lasagna Rolls 12:15-1:45 Wellness Clinic at Harvard Court 2:45 Tai Chi BROWN BAG PICKUP Please Note: Bags available for pickup at the Senior Center between 12:00 and 3:00 only 9:30 WAREHAM CROSSING/ Longhorn Steakhouse - Sign up at ext. 1	<p style="text-align: right;">20</p> 11:30 Lunch— Tuna Noodle Casserole 1:00 PIZZA PARTY At the Center See Joanne for Tickets
<p style="text-align: right;">23</p> 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Chicken Picatta 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	<p style="text-align: right;">24</p> 8:30 Tax assistance by appt 9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch— Linguine w/meatballs 11:00 Computer Workshops 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting/Loom 9:00 FOOD SHOPPING at TRUCCHI'S/ Transportation to Sr. Center Reserve by noon Monday – ext. 2	<p style="text-align: right;">25</p> 11:30 Lunch— Chicken Salad on Lettuce 1:00 Mah Jongg 9:30 WESTGATE MALL and Market Basket in Brockton Sign up at ext. 1	<p style="text-align: right;">26</p> 9:30 Hairdresser by Appt 11:30 Lunch— Birthday Lunch-Corned Beef Stew-congregate only 2:45 Tai Chi 9:00 SOUTH SHORE CONSIGNMENT/ THRIFT SHOPS/Brass Lantern Lunch Sign up at ext. 1	<p style="text-align: right;">27</p> 11:30 Lunch— Macaroni and Cheese 1:00 MOVIE at the SENIOR CENTER (see Page 2) Sign up at ext. 2
<p style="text-align: right;">30</p> 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Apricot Glazed Chicken 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	<p style="text-align: right;">31</p> 8:30 Tax assistance by appt 9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch— Apple Cider Beef stew 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom 9:00 FOOD SHOPPING at STOP AND SHOP/ Transportation to Sr. Center Reserve by noon Monday – ext. 2			<p style="text-align: center;">Please Note:</p> <p style="text-align: center;">TRIP SIGN UPS BEGIN ON THURSDAY FEBRUARY 26TH</p> <p style="text-align: center;">~~~~~</p>

Eldercare Q & A from OLD COLONY ELDER SERVICES

The Safety Attitudes of Older Drivers**Q. Are older people concerned about driver safety issues?**

A. Yes. According to new research from the American Automobile Association (AAA) Foundation for Traffic Safety, older drivers are “generally a very safe group of motorists [but] there are some unsafe driving behaviors that still have a high level of acceptance, among seniors.”

86% of Americans, roughly 36 million drivers, ages 65 and older are still driving. One in six drivers on U.S. roads today are 65 years of age or older. 91% of elders in the AAA survey report that they have had no moving violations in the past 2 years, and have not had a car crash during the same period. The AAA Foundation says safe driving attitudes are important among seniors, because they are more likely to have a medical condition or use medications that can affect their driving. Plus, as people age, fragility begins to make crash survival and recovery more difficult.

AAA polled older drivers about a number of driving safety issues. A vast majority of older drivers strongly disapprove of all unsafe driving behaviors included in the survey, but drivers 65-69 are more accepting of some unsafe driving behaviors:

License Renewals - Over 70% of older drivers support requiring drivers age 75 and older to renew their license in person. More than 70% support requiring drivers age 75 and older to pass a medical screening at renewal. Support for these measures was greatest among drivers age 75+.

Cell Phone Use - Most older drivers disapprove of texting, emailing or checking/posting on social media while driving. But opinions differed with regard to talking on cell phones. The 70-74 group and 75+ group were significantly more likely than drivers ages 65-69 to disapprove of drivers talking on hand-held phones. The rate of disapproval of talking on hands-free phones while driving was highest amongst the oldest group than the youngest group of elders, 62% vs 54%.

Seatbelts - Most older drivers say they always wear a seatbelt

while driving, but 25% of drivers age 75+ say they have driven without wearing a seatbelt.

Speeding - A majority of all older drivers support using speed cameras to ticket driving 10 mph over the limit in residential areas and urban areas. Yet 46% of older drivers report having driven 15 mph over the limit on freeways and as many as 48% report having driven 10 mph over the limit on residential streets. The youngest group of elderly drivers is more likely to speed and to find it an acceptable behavior and much less likely to support speed cameras.

Running a Red Light - In spite of the fact that nearly all older drivers say running a red light is unacceptable, 33% report that they have run a red light in the past month on an occasion when they could have stopped safely.

Impaired Driving - Nearly 100% of older drivers disapprove of driving under the influence of alcohol and/or marijuana, as well as drowsy driving. More than 60% of older drivers support lowering the legal limit for blood alcohol content while driving. 87% of drivers over 75 support requiring ignition interlock technology in all new cars to disable the car when a drunk driver tries to start the engine. Drivers ages 75+ were more likely to report drowsy driving, with as many as 29% saying they have driven while drowsy.

AAA concluded, “The older drivers’ own personal driving behavior does not in all cases measure up to the standard to which they would like to hold others. There are some unsafe driving behaviors that still have a high level of acceptance among seniors, which suggests more education is needed.”

For more information on this study please visit

AAAFoundation.org.

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

Snow, Snow, Snow!! Need I say more? I know by now you are feeling as I do. I'm beginning to believe it will be snowing until April. Oh my, it does get to be a bit much. Even though I have been more or less incapacitated this winter, I would like to be able to go out if I was able. I miss the Bingo games on Mondays and all of my friends at the Center. I hope you are keeping well. By the time this snow ends they will have built another Casino, just kidding. To allkeep well and happy. The good Lord says we "older" folks needed a rest, so that is why he keeps us indoors.

Keep smiling...See you in the Spring,

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, March 24th from 12:00 to 2:30.

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, March 17th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST

Dr. William Chan. Wednesday, March 11th by appointment only. Contact **Joanne at extension 2** to make an appointment.

Upcoming dates: April 8, May 13, June 10

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:

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

Thursday:

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

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

March 3, 10, 17, 24, 31 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, March 19th **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 is taking the winter off and hopes to be back with us in May.

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.

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 Steven J Leonard
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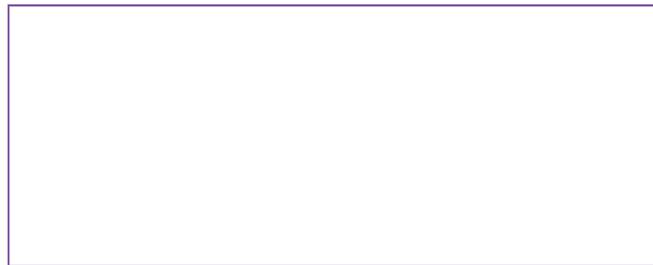

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RETURN SERVICE REQUESTED



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
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 Linda at extension 1** 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.