

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*
Robert Titterington
Barbara J. Garvey, *Director*

MAY 2015

Mae Cousineau, *Vice Chairman*
Jean McDonald

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:

We are looking into offering a Chair Zumba class and a low impact exercise class in the next few months, based on interest. If you would be interested in participating in either or both of these activities, please leave your name and phone number with Linda at extension 1. Your feedback will determine whether we will offer one or both of these classes.

Thanks in advance for your input!

Barbara

"MAINTAIN YOUR BRAIN"

At the Senior Center
Wednesday, May 6th at 9:00 a.m.

Research has shown that several lifestyle factors can impact cognition later in life.

These are: Physical Activity, Nutrition, and Mental Activity.

Mental stimulation can strengthen cognitive functioning. "Exercise your Brain" through puzzles, word games and being a part of this fun social group. A variety of many types of puzzles and word games will be offered and will be worked on individually or as a group.

This ongoing program is presented by the Norwell Visiting Nurse Association and Hospice and will be held on the first Wednesday of every month.

Space is limited and reservations are needed.
Call Joanne at extension 2 to reserve your seat.



Songs of World War II
Performed by Ruth Harcovitz
Thursday, May 28th
1:00 p.m.
At the Whitman Town Hall

Soprano Ruth Harcovitz has performed as a soloist, as well as with opera companies and orchestras. Let Ruth's scintillating voice and stellar performance take you back in time.

Reservations are required
by calling Joanne at extension 2.

Will you be the next Jeopardy Champion?

Jeopardy
At the Senior Center
Thursday, May 7th at 1:30

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

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

SENIOR CITIZEN COMMUNITY SERVICE PROPERTY TAX VOUCHER PROGRAM

(Applications accepted June 1 through June 30 only)

Purpose: The Senior Tax Program is a program allowing the Town of Whitman the opportunity to utilize the knowledge and skills of its senior residents in exchange for credit toward the resident's property tax bill. The purpose of this program is to enhance municipal services and alleviate senior residents' tax burden. A qualified resident will be credited at a rate of \$8.00 per hour toward a maximum abatement of \$800.00 per household during the fiscal year.

Eligibility requirements include:

1. Year-round Whitman resident for at least 5 years who is age 60 or over; and
2. Pays real estate taxes to the Town of Whitman; and
3. Is the only name on the deed to the property (other than a spouse). If you have the name of anyone other than a spouse on the deed, you do not qualify.
4. Can produce a copy of current real estate tax bill.
5. Commitment of 100 hours per fiscal year is required (July 1, 2015 June 30, 2016). Credit will be granted towards the Tax Bill issued in January 2017 provided you are still the homeowner of record.

Job Development: The Whitman Senior Tax Program is a jobs program. Qualified seniors will be hired to work for town departments, including the schools. The Council on Aging will work with the departments and applicants to develop specific jobs, conduct interviews, and place qualified people. Each department will be contacted and asked to review their service procedures and requirements to determine whether they may benefit from the assistance of a senior resident.

Job Placement /Selection: Applicants will be referred to departments based on their skills and the needs of the departments. Jobs will be offered based on qualifications and availability.

Earnings: \$8.00 per hour credit for all jobs, (less Medicare contribution) will be credited to the tax bill issued in January 2017.

Application Procedure: Includes an intake interview to determine eligibility, an application form, a job interview with COA director, a referral by COA Director to the department, and a job interview with the department head. Additionally, applicants will be required to get a CORI (Criminal Offender Record Information) check per requirement of the Office of Elder Affairs.

For more information and to get an application please call Linda Kelly at the Senior Center 781-447-7619 ext. 1 on or after June 1st.

MANAGING YOUR BLOOD PRESSURE

Wednesday, June 10th 2015
10:00 a.m. At the Senior Center

The presentation outlines what your heart does, defines blood pressure, ways to manage high blood pressure and discuss the complications of high blood pressure. Questions and answers to follow the presentation.

Call Joanne at ext. 2 to reserve your seat.

Also

Wednesday, June 17, 2015
6:30 p.m. At the Whitman Town Library

Provided at no cost by the Whitman Board of Health and presented by the
Norwell Visiting Nurse Association and Hospice

R.A.D. FOR SENIORS

Presented by the Whitman Police Department

At the Senior Center

This 10 week program runs from
Friday, April 10th through June 12th at 9:00

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

Each session will run approximately 45 minutes.

**FRIENDS OF THE WHITMAN SENIORS
MONTHLY MEETING OF THE FRIENDS**

Friday, May 8th at 12:30 P.M.

At Harvard Court

Mother's Day Luncheon catered by Trio Café.
Cost \$5.00 per person, collected at the luncheon.

Meeting will follow.

Sign up at the Senior Center reception window.
Anyone with questions may call Melinda Field at
781-447-8132.



Sing - A - Long Hour with Barbara Stanton

Thursday, May 14th

1:00 P.M. At the Senior Center

Barbara Stanton will lead the group in an uplifting,
old fashioned Sing A Long, or Hum A Long.
Contact **Joanne at ext. 2** to make your reservation

Crafts

12:30 at the Senior Center

Wednesday, May 13th with Denise

Materials are provided. Just bring your creativity.

Sign up is required so the instructors can plan for
supplies needed.

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

FUN, GAMES AND FITNESS

TAI CHI – Thursdays at 2:45. NOTE ... 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.

BINGO at Harvard Court– Wednesdays at 1:00

COA BUS TRIP

Harvard Museum of Natural History

Saturday, May 16th

Leaves the Center at 9:00

Returns at approximately 3:00

\$10.00 covers transportation only

Museum admission is \$10.00 for Seniors 65+

Visit the Dinosaurs or spend some time in the unique glass
flower gallery. You will also have some time to spend on
your own in Harvard Square for shopping or lunch.

Have fun exploring and remember to wear your walking
shoes!

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

Motorcoach Tours present:

Monday, June 29th — \$53.00

Doo Wop, Pop and Rock and Rock Show
At Lantana in Randolph

Includes lunch (Chicken Marsala). Transportation is on your own.
Arrival time is 11:00 with lunch and show at 1:00

Call Linda at extension 1 for a reservation.

Money needs to be received by May 25th
Checks should be made payable to Terry Seer.

MOVIE of the Month

“Hachi”

AT THE SENIOR CENTER

Friday, May 15th

1:00 p.m.

A college professor takes in a dog he finds abandoned, and
both find their lives changed forever as they form an
unbreakable bond. Based on the true story of Hackiko, an
Akita dog in the 1920's Japan remembered for his remarkable
loyalty to this master.

Starring: Joan Allen and Richard Gere
Rating-G (Run time – 1 hour, 33 minutes)

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

MAY 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, APRIL 28 (You may sign up yourself and one additional person) ~~~~~</p>		2	1 9:00 R.A. D. for Seniors 11:30 Lunch—Potato Crunch Fish 1:00 Bingo
4 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Stuffed Shells with Tomato sauce 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	5 9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch— Greek Chicken 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom 8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at SHAW'S Reserve by noon Monday – ext. 2	6 1:30 Lunch— Macaroni and Cheese 1:00 Mah Jongg 1:00 Cards 6:00 Scrapbooking 9:00 Maintain Your Brain Sign up at ext. 2 9:00 WALMART in RAYNHAM & IHOP , CHINESE BUFFET or PANERA Sign up at ext. 1	7 9:30 Hairdresser by Appt 11:30 Lunch— Beef Pepper Casserole 2:45 Tai Chi 1:30 Jeopardy Sign up at ext. 2 TWIN RIVER CASINO Pickup 8:00 Center; 8:15 Home Return Home 4:00 Sign up at ext. 1	8 9:00 R.A.D. for Seniors 11:30 Lunch— Chicken Marsala 12:30 Friends Meeting at Harvard Court 10:00 "Book Buzz" at the Senior Center with Molly from the Whitman Library Sign up at ext. 2
11 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Fish Florentine 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	12 9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch— Swiss Cheese Omelet 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom 8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at STOP & SHOP	13 8:30 Podiatrist by Appt. 11:30 Lunch— California Chicken Salad w/roll on Lettuce Bed 12:30 Crafts with Denise 12:30-2:00 Wellness Clinic at Senior Center 1:00 Mah Jongg 1:00 Cards 9:00 HANOVER MALL Sign up at ext. 1	14 11:30 Lunch— Chicken Parmesan w/ Tomato Sauce and Ziti 2:45 Tai Chi 1:00 Sing-A-Long Hour with Barbara Stanton Sign up at ext. 2 9:00 D'ANN'S/ Trucchi's - Abington Sign up at ext. 1	15 9:00 R.A.D. for Seniors 11:30 Lunch— Meatloaf with Gravy 1:00 MOVIE at the SENIOR CENTER (see Page 3) Sign up at ext. 2 ~~~~~ Saturday, May 16 9:00 Harvard Natural History Museum Sign up at ext. 1
18 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Chicken Pot Pie 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	19 9:00 Art Group 9:00 State Rep Geoff Diehl 9:30 Hairdresser by Appt 11:30 Lunch— BBQ Pork Patty 11:00 Computer Workshops 1:00 Hearing Check by Appt 1:00 Knitting/Crocheting/Loom 8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at SHAW'S Reserve by noon Monday – ext. 2	20 11:30 Lunch— Cheeseburger 1:00 Mah Jongg 1:00 Cards FOXWOODS CASINO Pickup 7:30 Center; 7:45 Home Return Home 7:00 pm Sign up at ext. 1	21 11:30 Lunch— Cranberry Chicken Orzo 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 CASTLE ISLAND Sign up at ext. 1 (Rain date May 22)	22 9:00 R.A.D. for Seniors 11:30 Lunch— Roast Turkey with Gravy
25 MEMORIAL DAY HOLIDAY SENIOR CENTER CLOSED	26 9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch— Egg Salad with Pita Half on Lettuce Bed 11:00 Computer Workshops 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting/Loom 8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at STOP & SHOP	27 11:30 Lunch— Salmon Boat 1:00 Mah Jongg 1:00 Cards 9:00 AROUND TOWN Reserve by 4:00 Friday at ext. 2	28 9:30 Hairdresser by Appt 11:30 Lunch— Birthday Lunch—Omelet with Cream Sauce congregate only 2:45 Tai Chi 1:00 Songs of World War II with Ruth Harcovitz Sign up at ext. 2 9:00 VANITY FAIR OUTLETS/ Olive Garden in Dartmouth Sign up at ext. 1	29 9:00 R.A.D. for Seniors 11:30 Lunch— Whole Grain Lasagna Rolls with Meat Sauce 9:30 WESTGATE MALL and Market Basket in Brockton Sign up at ext. 1

Eldercare Q & A from OLD COLONY ELDER SERVICES

Dealing with Hearing Loss**Q. What should I do if I think I have hearing loss ?**

A. If you think your hearing is growing weaker, the first step is to admit it. Then, schedule an appointment with your family doctor to discuss your choices. Hearing problems that go untreated can get worse. Hearing loss is very common; 36 million Americans report some level of hearing impairment. The incidence of hearing loss grows as we age; almost half of seniors age 75 or older have a hearing impairment. Men are more likely to experience hearing loss than women.

Some people may not admit they have trouble hearing. Feeling embarrassed about not understanding what's being said, older people who can't hear well may become depressed or withdrawn. These people may appear to be confused, unresponsive, or uncooperative—but it's because they don't hear well. People with hearing loss may find it hard to talk with friends and family, have trouble understanding a doctor's advice, have trouble responding to warnings, or have trouble hearing doorbells and alarms.

There are a number of different kinds of hearing loss. Your doctor can help identify the type of loss you have. Hearing aids may be one treatment, but special training, certain medicines, and surgery are other options that can help people with hearing problems.

There are many factors that can cause hearing loss—aging, disease, long-term exposure to loud noise, and heredity. Hearing involves not only the ear's ability to detect sounds, but also the brain's ability to interpret those sounds. It can range from a mild loss, where you miss certain high-pitched sounds, such as the voices of women and children, to a total loss of hearing. Permanent damage can result from damage to your inner ear or auditory nerve. But a build-up of ear wax, fluid, or a punctured eardrum can prevent sound waves from reaching your inner ear. Medical treatment or surgery can restore this kind of hearing loss.

Sudden hearing loss, or sudden deafness, can happen all at once or over a period of up to 3 days. It should be considered a medical emergency, and you should visit a doctor immediately. But there is also a common form of hearing loss that comes on slowly as a person ages. It can be due to changes in your inner ear, auditory nerve, middle ear, or outer ear. In addition to the causes noted above, head injury,

infection, illness, certain prescription drugs, or circulation problems like high blood pressure, can lead to gradual hearing loss.

Another common symptom in elders is Tinnitus—a ringing, roaring, clicking, hissing, or buzzing sound that comes and goes, in one or both ears, loud or soft. Tinnitus is not a disease. It can come with any type of hearing loss—like a side effect of medications, or something as basic as a piece of earwax blocking the ear canal. Your doctor may refer you to an ENT (ear, nose and throat doctor) who will come up with a treatment plan. You may also be referred to an audiologist, who will test your ability to hear sounds of different pitch and loudness. The tests are painless. An audiologist can help you determine if you need a hearing aid, and help you choose the right one.

There are a number of different types of hearing aids to treat different kinds of hearing loss. There are devices worn behind the ear, inside the outer ear, or in the ear canal. Which hearing aid is right for you depends on the kind of hearing loss you have and your own preferences. Wearing two hearing aids may help balance sounds, improve your understanding of words in noisy situations, and make it easier to locate the source of sounds. Some hearing aids may have a telecoil, a small magnetic coil that makes it easier to hear conversations over the telephone.

If your hearing loss is severe, your doctor may suggest a cochlear implant, which is a small electronic device a surgeon places under the skin and behind the ear. The implant picks up sounds, converts them to electrical signals, and sends them past the non-working part of the inner ear and on to the brain. Learning to interpret sounds from the implant takes time and practice.

To learn more about hearing loss, visit the National Institute of Health (NIH) SeniorHealth website, <http://nihseniorhealth.gov/hearingloss/hearinglossdefined/01.html>

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.

SENIOR CENTER BUS/ FOOD SHOPPING— The Bus is available for pickup to the COA in the **morning** for Tuesday activities and appointments at the Center. Food Shopping pickups begin at 1:00. 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 with much sadness that we announce the passing of Eleanor Nadell.

Eleanor was very active in the Whitman community, including the Friends of Whitman Seniors and working the polls for Town elections.

Eleanor's Bits and Pieces in our newsletters will be missed by many. Her article was something many looked forward to every month.

I'm sure Eleanor would want to say one last time.....

Stay Happy and Healthy

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

PODIATRIST

Dr. William Chan. Wednesday, May 13th by appointment only. Contact **Joanne at extension 2** to make an appointment.

Upcoming dates: June 10, July 8, August 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.

Wednesday:

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

Thursday:

May 21 Harvard Court 12:15 -1:45

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

May 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, May 21st **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 some time off and plans to be back with us in June.

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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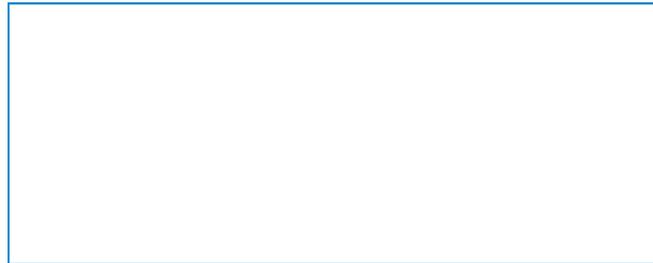
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RETURN SERVICE REQUESTED



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 Pg. 4).

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.



IF you have a Birthday in **May**, we'd like to help you celebrate by treating you to a free lunch at the Senior Center on Thursday May 28th. Reserve your Birthday lunch no later than Wednesday May 20th.

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 an extended time.