

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*

JUNE 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:

ARE YOU READY FOR SOME PICKLEBALL?

Pickleball is touted as the "fastest growing sport that you've never heard of". It is a fun sport that combines many elements of tennis, badminton and ping-pong and is played with a paddle and plastic ball on a badminton-sized court using a slightly modified tennis net.

The social aspects of the game and the ability to stay active have made Pickleball wildly popular in the senior community. We will soon be hosting outdoor Pickleball in Whitman, so check out the information about the game online to see if you're interested in joining us. Please call Linda at extension 1 to be notified when we're underway.

Barbara

MANAGING YOUR BLOOD PRESSURE

Wednesday, June 10th 2015

10:00 a.m. at the Senior Center

This 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.

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An evening session is also available:

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

#### Attending to Body, Soul and Spirit at the End of Life

9:00 at the Senior Center

Wednesday June 17th and 24th

This educational series will examine the human journey at the end of life. Such as:

- The physical, emotional and spiritual needs of the terminally ill.
  - The fears, anxieties and concerns that people experience at the end of life.
  - The ways to talk about the end of life issues with loved ones.
  - Support for family caregivers.
  - The importance of "Sacred Space".
  - How the hospice team supports patients and their families.
- This is for caregivers, loved ones or anyone interested in the end-of-life care and dying process.

Call Joanne at extension 2 to reserve your seat .

#### Health Express

Thursday June 4th

9:30 a.m. At the Senior Center

Health Express is a new walk-in urgent care medical center staffed by board certified emergency room physicians.

They are located at 170 Bedford St., Rt. 18, Abington.

Health Express does not require an appointment or referral. Come and learn about this new facility and what it can do for you!

Call Joanne at extension 2 to reserve your seat.

## HAPPY BIRTHDAY

If you were born in **JUNE** we'd like to help you celebrate by treating you to a free lunch at the Senior Center on Thursday, June 25th. Lunch will be Build a Burger.

Please call **Fran at extension 4** to reserve no later than Wednesday, June 17th. Lunch is served at 11:30 and you are welcome to bring a guest.



The lunch cost for a guest is \$2.50

## **"MAINTAIN YOUR BRAIN"**

At the Senior Center  
Wednesday, June 3rd 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 required.**

**Call Joanne at extension 2 to reserve your seat.**



## **"Welcome Summer" Luncheon**

**Wednesday, June 24th**

**12:30 at the Senior Center**

Tickets are \$5.00 available beginning June 3rd

It's finally time to celebrate Summer.

Long days, warm weather and fun are ahead. So let's kick off the season with a delicious luncheon of sandwiches, wraps, potato salad, beverage and dessert.

**Stop by and see Joanne to purchase your ticket beginning June 3rd.**

**Space is limited to 30, so tickets will go fast.**

## **NEW~NEW~NEW~NEW~NEW~NEW**

### **Chair Zumba**

With Carol

Thursdays at 9:00 a.m.  
at the Senior Center  
Cost is \$5.00 per class

Chair Zumba is a new way to exercise and have fun at the same time. Anyone can do it. You may be sitting down but you will still get a good cardio workout without the stress on the knees.

Try it....you'll like it.

**Contact Linda at extension 1 to register.**



## **Movie of the Month**

**"UNBROKEN"**

**At the Senior Center**

**Friday, June 26th**

**12:30 p.m.**

The true story of Louis Zamperini, who along with two other crewman, who survived in a raft for 47 days after a near fatal plane crash in WWII, only to be caught by the Japanese navy and sent to a prisoner of war camp.

Starring: Jack O'Connell, Domhall Gleeson, Finn Wittrock, Garrett Hedlund and John Magaro

PG-13 (War violence including intense sequences of brutality, and brief language) Run Time: 2:18

**Call Joanne at extension 2 to reserve your seat .**

**Space is limited to 12 attendees.**

## **Monday, June 29th — \$53.00**

**Doo Wop, Pop and Rock and Roll 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 26th.

Checks should be made payable to Terry Seer.



**Tai Chi Class  
With Mike Showstack**

**Thursdays at 2:00 in the Meeting Room  
at Lower Town Hall  
Cost is \$5.00 per class**

Tai Chi is a gentle, graceful form of exercise. It involves a series of movements performed in a slow, focused manner. Tai Chi is beneficial for reducing stress. Give it a try.

**New Participants call Linda at ext. 1 to register.**



**Sing - A - Long Hour with Barbara Stanton  
Thursday, June 25th  
12:30 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.

**FUN, GAMES AND FITNESS**

**NEW PROGRAM: CHAIR ZUMBA—Thursdays at 9:00 am**

**TAI CHI – NOTE NEW TIME...Thursdays at 2:00 at the Town Hall.** 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.

**CARDS—** Wednesdays at 1:00

**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 TRIPS**

**Boston North End and Haymarket**

Friday, June 19th  
Leaves the Center at 9:30  
\$10.00 covers transportation only

Spend time on your own exploring the streets of the North End, enjoy some lunch or pick up some fruits or vegetables from the Haymarket stands.

The Bus will leave Boston at 2:00 for the return trip home.

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Garden in the Woods, Framingham

Thursday, June 25th
Leaves the Center at 9:00
\$10.00 covers transportation only
Admission is \$9.00 Seniors (65+), \$12.00 Adults
Lunch is on your own at Panera Bread

Set among 45 acres, this living museum showcases a wide variety of rare and common native plants in a naturalistic setting. Stroll in the garden or walk in the woods and enjoy the outdoors.

We need a minimum of 8 for these trips to go.
Call **Linda at extension 1** to sign up.



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

Wednesday, June 10th with Denise

Cost is \$2.00 per class to help offset supplies expense.

Reservations are required
Please call **Joanne at extension 2 if you will be participating.**

**FRIENDS OF THE WHITMAN SENIORS
MONTHLY MEETING OF THE FRIENDS
Friday, June 12th at 1:00 P.M.
At the Senior Center**

Anyone with questions should call
Roberta at 781-261-3930
Or Melinda at 781-447-8132

JUNE 2015

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
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	9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch— Penne Pasta w Meatballs 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	1:30 Lunch— Shepherds Pie 1:00 Mah Jongg 6:00 Scrapbooking 9:00 Maintain your Brain Sign up at ext. 2 9:30 CHRISTMAS TREE SHOP in Avon and TOWN SPA RESTAURANT in Stoughton Sign up at ext. 1	9:00 Chair Zumba 9:30 Hairdresser by Appt 11:30 Lunch— Hawaiian Roast Pork w/Pineapple Salsa 2:00 Tai Chi 9:30 Health Express presentation Sign up at ext. 2 9:00 WALMART in Plymouth, Woods Restaurant Sign up at ext. 1	9:00 RAD for Seniors 11:30 Lunch— Greek Chicken 1:00 Bingo
8	9	10	11	12
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Whole Grain Stuffed Shells w/ Meat Sauce 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch— Chicken Salad on Lettuce Bed 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 Reserve by noon Monday – ext. 2	8:30 Podiatrist by Appt. 1:30 Lunch— Mac and Cheese 12:30 Crafts with Denise 12:30-2:00 Wellness Clinic at Senior Center 1:00 Mah Jongg 10:00 Managing Your Blood Pressure Sign up at ext. 2 9:00 HANOVER MALL Sign up at ext. 1	9:00 Chair Zumba 9:30 Hairdresser by Appt 11:30 Lunch— Italian Pot Roast 2:00 Tai Chi FOXWOODS CASINO Pickup 7:30 Center; 7:45 Home Return Home 7:00 pm Sign up at ext. 1	9:00 RAD for Seniors 11:30 Lunch— Chicken Cacciatore 1:00 Friends Meeting 10:00 "Book Buzz" at the Senior Center with Molly from the Whitman Library Sign up at ext. 2
15	16	17	18	19
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Swedish Meatballs 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch— Potato Crunch Fish 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	11:30 Lunch— Swiss Cheese Omelet 1:00 Mah Jongg 9:00 Attending to Body, Soul and Spirit—Session 1 of 2 Sign up at ext. 2 10:00 CASTLE ISLAND Sign up at ext. 1	9:00 Chair Zumba 11:30 Lunch— Roast Turkey with Gravy 12:15-1:45 Wellness Clinic at Harvard Court 2:00 Tai Chi BROWN BAG PICKUP Please Note: Bags available for pickup at the Senior Center between 12:00 and 3:00 only	9:30 Manicurist 11:30 Lunch— Chicken Parmesan 9:00 Boston North End and Haymarket Sign up at ext. 1
22	23	24	25	26
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Meatloaf 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch— Salmon Boat 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 Reserve by noon Monday – ext. 2	11:30 Lunch— Egg Salad on Lettuce 1:00 Mah Jongg 9:00 Attending to Body, Soul and Spirit—Session 2 of 2 12:30 "Welcome Summer" Luncheon—see pg 2 9:00 Good Days Restaurant and MARKET BASKET in West Bridgewater Sign up at ext. 1	9:00 Chair Zumba 9:30 Hairdresser by Appt 11:30 Lunch— Birthday Lunch-Build a Burger-congregate only 2:00 Tai Chi 12:30 Sing -A-Long with Barbara Stanton Sign up at ext. 2 9:00 Garden in the Woods-Framingham/ Panera Bread-Dedham Sign up at ext. 1	11:30 Lunch— Whole Grain Lasagna Rolls w/Meat Sauce 12:30 MOVIE at the SENIOR CENTER (see Page 2) Sign up at ext. 2
29	30			
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Steak & Pepper Sub 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch— Chicken Marsala 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		Please Note: TRIP SIGN UPS BEGIN ON THURSDAY, MAY 28TH ... (You may sign up yourself and one additional person)	Phone extensions for sign-ups: Linda—ext 1 Joanne—ext 2 Fran (meals) - ext 4

Eldercare Q & A from OLD COLONY ELDER SERVICES

The Skinny on Eating Fats**Q. Is it OK for me to eat some fat, what kind, and how much?**

A. Yes, the National Institutes of Health (NIH) says it's fine to eat some fats. But it's recommended that you try to reduce your intake of solid fats, and instead use liquid oils, such as olive oil and canola oil, where possible.

Although fats generally have a bad reputation, your body actually needs some fats—for energy, for healthy organs, skin, and hair. Fats also help your body absorb vitamins A, D, E, and K. Fats also provide you with essential fatty acids, which your body can't make on its own.

But certain fats can create problems. Fat contains more than twice as many calories as protein or carbohydrates. Eating too many high-fat foods will add excess calories—which leads to weight gain—and excess weight increases your risk of Type 2 diabetes, heart disease, and other health problems.

Not all fats are created equal. Some fats are healthier than others. Whenever possible, use products with polyunsaturated and monounsaturated fats. "Better fats" include vegetable oils that are plant-based, such as soybean, corn, canola, olive, safflower, and sunflower oils. Oils are just fats that are liquid at room temperature, like the vegetable oils used in cooking.

You can also find polyunsaturated fat in nuts, seeds, and fish. Walnuts, flaxseed and salmon are examples of foods with polyunsaturated fat. The target is to limit total fats to no more than 35% of your daily calories. For instance, if you eat and drink 2,000 calories daily, no more than 700 of your calories should be from fats.

As for "bad fats," you should limit the amount of saturated fats and *trans* fats you consume. Both of these fats can put you at greater risk for heart disease. You can read the "Nutrition Facts" label on most packaged food to see the amount and types of fat contained in a single serving.

The Nutrition Label also will list the number of calories from fat in a serving of packaged foods. For example, a quarter cup serving of whole almonds contains 15 grams of fat, including 1 gram of saturated fat. On the Nutrition Label is a "% of Daily Value" column, which is based on a 2,000 calorie per day diet. This diet recommends a daily intake of less than 65 grams

of fat, of which less than 20 grams should be from saturated fat. The label says one-quarter cup of almonds has 1 gram of saturated fat, which is 5% of the 20 grams of saturated fat recommended daily. One tablespoon of olive oil has 2 grams of saturated fat, twice the saturated fat found in one tablespoon of canola oil. One cup of whole milk has 5 grams of saturated fat.

The Food & Drug Administration is currently updating the Nutrition Facts label. The "calories from fat" listing will no longer be found on the label. "We know that the type of fat is more important than the total amount of fat," an FDA spokesman said. "Total, saturated and *trans* fat will still be required." For people with cardiovascular issues, foods lower in saturated fats, *trans* fats, cholesterol and sodium are best.

Saturated fats are found in red meat, milk products including butter, and palm and coconut oils. Common sources of saturated fat in meals include regular cheese, pizza, grain-based desserts like cookies, cakes, and donuts, and dairy desserts, such as ice cream. Guidelines suggest consuming less than 10% of calories from saturated fats.

It's best to eat a mix of nutrient-dense foods every day. Nutrient-dense foods are foods that have a lot of nutrients but relatively few calories. Choose foods that contain vitamins, minerals, complex carbohydrates, lean protein, and healthy fats. At the same time, try to avoid "empty calories" -- foods and drinks that are high in calories but provide few or no nutrients.

Whatever your age, you can start making positive lifestyle changes today. Eating well can help you stay healthy and independent -- and look and feel good -- in the years to come.

For more tips about healthy eating as you get older, go to the NIH SeniorHealth website:

<https://nihseniorhealth.gov/eatingwellasyougetolder/benefitsofeatingwell/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.

FOOD SHOPPING / SENIOR CENTER BUS—Our COA bus travels to various grocery stores on **Tuesdays** at **1:00**. The Bus is also available in the morning 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.

Humor Corner

Yes, I am a Senior Citizen

- I'm the life of the party— even if it lasts until 8 p.m.
- I'm very good at opening childproof caps—with a hammer.
- I'm very good at telling stories: over and over and over...
- I'm so cared for— long term care, eye care, private care, dental care.
- I'm smiling all the time because I can't hear a thing you're saying.
- I'm not really grouchy, I just don't like traffic, waiting, crowds, lawyers, loud music, unruly kids, barking dogs, politicians and a few other things I can't remember right now.
- I'm beginning to realize that aging is not for wimps.
- I'm a walking storeroom of facts— I've just lost the keys to the storeroom door.

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, June 23th 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, June 16th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST

Dr. William Chan. Wednesday, June 10th by appointment only. Contact **Joanne at extension 2** to make an appointment.

Upcoming dates: July 8, August 12, September 9

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:

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

Thursday:

June 18 Harvard Court 12:15 –1:45

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

June 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 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, June 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, June 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.

Call Joanne at extension 2 to make an appointment

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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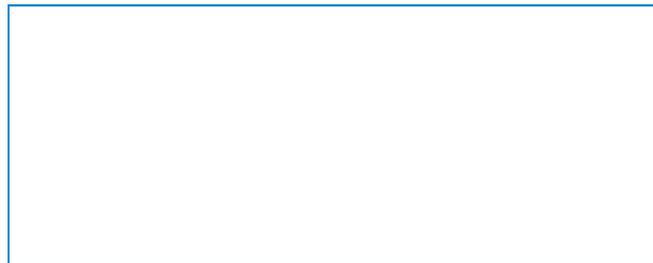
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RETURN SERVICE REQUESTED



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 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.