

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*

OCTOBER 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:

On Thursday, October 8th we are offering an 'Open House' day for our Chair Zumba and Tai Classes. The instructors will be presenting a free demonstration class and welcome all to participate. You may join in or just observe, to see if the class is for you.

CHAIR ZUMBA

Carol Davey, *Instructor*
Thursday, October 8th at 9:15
Held at the Senior Center

TAI CHI

Mike Showstack, *Instructor*
Thursday, October 8th at 2:00
Held at Town Hall in the Lower Meeting Room

All who participate in 'Open House' Day will have their names entered into a drawing for the chance to win a gift certificate to a local restaurant.

I hope you'll come by to see some of what's available through the Senior Center for our elders in town.

Barbara

MEDICARE OPEN ENROLLMENT

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: *it is important to review, understand and save this information!*

During **Medicare Open Enrollment**, from **October 15th to December 7th**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer **FREE** and **CONFIDENTIAL** counseling on all Medicare and related health insurance programs. Contact Terry Altieri at the Senior Center for an appointment at 781-447-7619 ext. 3

Aromatherapy
Presented by Old Colony Hospice
At the Senior Center
Friday October 23rd at 1:00 p.m.

Smell, listen, and learn about how to use aromatherapy as an alternative therapy to support individuals for relaxation and stress reduction. Sampling therapeutic essential oils to receive an experiential effect combined with listening to an engaging presentation about aromatherapy. Learn how to tell the difference between pure essential oils derived from plant parts vs. synthetic fragrant oils manufactured in a lab.

Seats are reserved. Call Joanne at ext. 2 to sign up.

A "BIG THANK YOU" to all who traveled with Motorcoach Tours this year. We had a great time and I look forward to providing more wonderful trips and fun times in 2016. Our trips, weather permitting, will begin again in April.
Terry Seer

Coffee Hour with the Police Department
Friday, October 16, 2015
9:00 at the Senior Center

We will have a representative from the Police Department to discuss law enforcement issues and current scams affecting our elder population.

Stop by to learn about any new issues.

They will also welcome any questions that you may have for them.

Please let us know you're coming by signing up with **Joanne at extension 2.**

Congratulations to our Artists
 Quite a few prizes were won at the Marshfield Fair!

Peter O'Brien– 1st Place –Acrylic on Slate
 2nd Place-Watercolor

Marjorie Terzian– 2nd Place—Pastels

Sandy Denton– 2nd Place– Bird Carving
 2nd Place Carving Figures

Mary Rinkulis– 2nd Place– Animal Pictures
 3rd Place– Fruit done in colored pencils

Reminder– There will be no Town Flu Clinic this year.
Please plan accordingly.

HAPPY BIRTHDAY



If you were born in September or October we'd like to help you celebrate by treating you to a free lunch at the Senior Center on Thursday, October 29th. Lunch will be Roast Pork Loin with Apple Glaze Sauce, Baked Potato, Parsley Buttered Carrots and Pumpkin Cake.

Please call **Fran at extension 4** to reserve no later than Wednesday, October 21st.
 Lunch is served at 11:30 and you are welcome to bring a guest.

Chair Zumba
With Carol
Mondays and Thursdays at 9:15 a.m.
at the Senior Center
Cost is \$5.00 per class payable to the instructor

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.

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



Movie of the Month
"The Notebook"
At the Senior Center
Friday, October 30th

Behind every great love is a great story. Two teenager from opposite sides of the track fall in love during one summer together, but are tragically forced apart. When they reunite 7 years later, their passionate romance is rekindled, forcing one to choose between true love and class order..

Starring: Rachel McAdams, Ryan Gosling
 Run Time: 2:04
 Rated-PG –13 , some sexuality

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

Is your computer giving you a problem?
Bring your problems to us.
 Visit our Digital Device Doctor.
 Get help with your electronic devices including: I-Pads, I-Pods, Laptops, Computers, Cameras, etc.
 Richard Stanton is available from 2 to 3 on Tuesdays
Call Linda at ext. 1 for an appointment.

**FRIENDS OF THE WHITMAN SENIORS
MONTHLY MEETING OF THE FRIENDS
At Harvard Court on
Friday, October 9th at 12:30 P.M.**

Luncheon will be served with meeting to follow
Cost is \$5.00- payable at the luncheon
Sign up sheet will be on the Senior Center counter or
call Roberta at 781-261-3930

**Coloring for Stress Relief
At the Senior Center
Friday, October 23rd
9:00 A..M.**

Chill. Chat. Color.

If you haven't tried the new craze of coloring for 'grown-ups',
come in and see what it's all about. Adult coloring is a
meditative pastime that can help with stress relief and
encourage creativity. Materials will be provided. If you have
already started a project, bring your own work and join us.
Coffee and cookies will be available.

Call Joanne at ext. 2 to sign up.

**FUN, GAMES
AND FITNESS**

BAGGO-Tuesdays at 10:00 am.

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

BINGO at Harvard Court— Wednesdays at 12:30

CHAIR ZUMBA—Mondays and Thursdays at 9:15 am
Cost is \$5.00 per class, payable to the instructor.

CARDS— Wednesdays at 1:00

MAH JONGG—Wednesdays at 1:00 pm.

PICKLEBALL— Tuesday and Thursday morning at 8:00. The
court is behind the Police station. New participants please call
Linda at ext. 1 to register.

TAI CHI – Thursdays at 2:00 at the Town Hall. Cost is
\$5.00 per class. New Participants please call Linda at ext.1
to register.

Wii BOWLING—Mondays at 8:00 am

COA BUS TRIPS



Salem

Friday, October 16th
Leaves the Center at 9:00
\$10.00 covers transportation only

Spend time on your own to explore downtown Salem. Shop, eat,
or check out the Salem Open Market with unusual handmade
products from local artists and designers.

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**University Station/Wegmans-Westwood**

Wednesday, October 21st  
Leaves the Center at 9:00  
\$8.00 for transportation

Loads of stores to chose from, Target , Marshalls & Homegoods,  
Ulta Beauty, Michaels crafts and many more. The newest  
Wegmans grocery store should not be missed.

Call **Linda at extension 1** to sign up.  
Sign up date is September 30th

**Crafts with Denise  
Wednesday, October 14th  
12:30 at the Senior Center**

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.**

**Crafts with Erika**

From Sachem Center for Health and Rehab  
**Wednesday, October 21st  
12:30 at the Senior Center**

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

## OCTOBER 2015

| Monday                                                                                                                                                                                                                                 | Tuesday                                                                                                                                                                                                                                                                                                                                                                  | Wednesday                                                                                                                                                                                                                                                                                    | Thursday                                                                                                                                                                                                                                                                                                                                                 | Friday                                                                                                                                                                                 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><i>Phone extensions for sign-ups:</i><br/>Linda—ext 1<br/>Joanne—ext 2<br/>Fran (meals) - ext 4</p>                                                                                                                                 | <p><b>TRIP SIGN UPS BEGIN ON SEPTEMBER 30th AT 8:00 A.M.</b><br/>...<br/><b>(You may sign up yourself and one additional Person)</b></p>                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                              | <p>9:15 Chair Zumba<br/>11:30 Lunch—<b>Broccoli &amp; Cheese Stuffed Chicken</b><br/>2:00 Tai Chi</p> <p>9:00 <b>WALMART</b> in Plymouth, Woods Restaurant<br/>Sign up at ext. 1</p>                                                                                                                                                                     | <p>9:30 Manicurist<br/>1:30 Lunch—<b>Beef Burgundy</b><br/>1:00 Bingo</p>                                                                                                              |
| <p>5</p> <p>8:00 Wii Bowling<br/>9:15 Chair Zumba<br/>11-1 Blood Pressure<br/>11:30 Lunch—<b>Cheese Ravioli w/ Meat Sauce</b><br/>1:00 Bingo</p> <p>9:00 <b>AROUND TOWN</b><br/>Reserve by 4:00 Thursday at ext. 2</p>                 | <p>6</p> <p>9:00 Art Group<br/>9:30 Hairdresser by Appt<br/>10:00 Baggo<br/>11:30 Lunch—<b>Greek Chicken</b><br/>11:00 Computer Workshops<br/>1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:30 Transportation to and from Senior Center<br/>1:00 <b>FOOD SHOPPING at STOP &amp; SHOP</b><br/>Reserve by noon Monday – ext. 2</p>                                         | <p>7</p> <p>11:30 Lunch—<b>Tuna Salad on Lettuce</b><br/>1:00 Mah Jongg<br/>1:00 Card Playing<br/>6:00 Scrapbooking</p> <p>9:30 <b>CASTLE ISLAND</b><br/>Sign up at ext. 1</p>                                                                                                               | <p>8</p> <p>9:15 Chair Zumba - <b>OPEN HOUSE</b><br/>11:30 Lunch—<b>Italian Pot Roast</b><br/>2:00 Tai Chi—<b>OPEN HOUSE</b></p> <p>9:00 <b>VANITY FAIR OUTLETS/ Olive Garden</b> in Dartmouth<br/>Sign up at ext. 1</p>                                                                                                                                 | <p>9</p> <p>11:30 Lunch—<b>Chicken Pot Pie</b><br/>12:30 <b>Friends Meeting at Harvard Court</b></p> <p>10:00 <b>Book Buzz</b><br/>Sign up at ext. 2</p>                               |
| <p>12</p> <p><b>COLUMBUS DAY HOLIDAY</b><br/><b>SENIOR CENTER CLOSED</b></p>                                                                                                                                                           | <p>13</p> <p>9:00 Art Group<br/>9:30 Hairdresser by Appt<br/>10:00 Baggo<br/>11:30 Lunch—<b>Stuffed Shells</b><br/>11:00 Computer Workshops<br/>1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:30 Transportation to and from Senior Center<br/>1:00 <b>FOOD SHOPPING at SHAWS</b><br/>Reserve by noon Monday – ext. 2</p>                                                 | <p>14</p> <p>8:30 <b>Podiatrist</b> by Appt.<br/>12:30 <b>Crafts with Denise</b><br/>12:30-2:00 Wellness Clinic at Senior Center<br/>1:30 Lunch—<b>BBQ Chicken Breast</b><br/>1:00 Mah Jongg<br/>1:00 Card Playing</p> <p>9:00 <b>AROUND TOWN</b><br/>Reserve by 4:00 Thursday at ext. 2</p> | <p>15</p> <p>9:15 <b>NO</b> Chair Zumba<br/>11:30 Lunch—<b>Roast Pork</b><br/>12:15-1:45 Wellness Clinic at Harvard Ct<br/>2:00 Tai Chi</p> <p><b>BROWN BAG PICKUP</b><br/>Please Note: Bags available for pickup at the Senior Center between 12:00 and 3:00 only</p> <p>9:00 <b>HANOVER MALL, Squires Restaurant-Hanover</b><br/>Sign up at ext. 1</p> | <p>16</p> <p>9:00 Coffee Hour with Police Dept.<br/>1:30 Lunch—<b>Meatloaf</b></p> <p>9:00 <b>SALEM (see page 3)</b><br/>Sign up at ext. 1</p>                                         |
| <p>19</p> <p>8:00 Wii Bowling<br/>9:15 Chair Zumba<br/>11-1 Blood Pressure<br/>11:30 Lunch—<b>California Chicken Salad on Lettuce w/ Roll</b><br/>1:00 Bingo</p> <p>9:00 <b>AROUND TOWN</b><br/>Reserve by 4:00 Thursday at ext. 2</p> | <p>20</p> <p>9:00 Art Group<br/>9:30 Hairdresser by Appt<br/>10:00 Baggo<br/>11:30 Lunch—<b>Macaroni &amp; Cheese</b><br/>11:00 Computer Workshops<br/>1:00 Hearing Check by Appt<br/>1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:30 Transportation to and from Senior Center<br/>1:00 <b>FOOD SHOPPING at STOP &amp; SHOP</b><br/>Reserve by noon Monday – ext. 2</p> | <p>21</p> <p>11:30 Lunch—<b>Salmon Burger</b><br/>12:30 <b>Crafts with Erika</b><br/>1:00 Mah Jongg<br/>1:00 Card Playing</p> <p>9:00 <b>UNIVERSITY STATION / WEGMANS-Westwood</b><br/>Sign up at ext. 1</p>                                                                                 | <p>22</p> <p>9:15 Chair Zumba<br/>11:30 Lunch—<b>Chicken Cacciatore</b><br/>2:00 Tai Chi</p> <p>9:30 <b>OCEAN STATE JOB JOT and Butterfield's Restaurant in Rockland</b><br/>Sign up at ext. 1</p>                                                                                                                                                       | <p>23</p> <p>11:30 Lunch—<b>Penne Pasta w/ Meatballs</b></p> <p>9:00 <b>Coloring for Stress Relief</b><br/>Sign up at ext. 2</p> <p>1:00 <b>Aromatherapy</b><br/>Sign up at ext. 2</p> |
| <p>26</p> <p>8:00 Wii Bowling<br/>9:15 Chair Zumba<br/>11-1 Blood Pressure<br/>11:30 Lunch—<b>Chicken Marsala</b><br/>1:00 Bingo</p> <p>9:00 <b>AROUND TOWN</b><br/>Reserve by 4:00 Thursday at ext. 2</p>                             | <p>27</p> <p>9:00 Art Group<br/>9:30 Hairdresser by Appt<br/>10:00 Baggo<br/>11:30 Lunch—<b>Beef Pepper Casserole</b><br/>11:00 Computer Workshops<br/>12:00 Atty Whitney by Appt<br/>1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:30 Transportation to and from Senior Center<br/>1:00 <b>FOOD SHOPPING at SHAWS</b><br/>Reserve by noon Monday – ext. 2</p>           | <p>28</p> <p>11:30 Lunch—<b>Fish Florentine</b><br/>1:00 Mah Jongg<br/>1:00 Card Playing</p> <p><b>FOXWOODS CASINO</b><br/>Pickup 7:30 K of C; 7:45 Home Return<br/>Home 7:00 pm<br/>Sign up at ext. 1</p>                                                                                   | <p>29</p> <p>9:15 Chair Zumba<br/>11:30 Lunch—<b>Birthday Lunch-Roast Pork Loin-Congregate Only</b><br/>2:00 Tai Chi</p> <p>9:00 <b>Good Days Restaurant and MARKET BASKET</b> in West Bridgewater<br/>Sign up at ext. 1</p>                                                                                                                             | <p>30</p> <p>11:30 Lunch—<b>Roasted Turkey w/ Gravy</b></p> <p>1:00 <b>MOVIE at the SENIOR CENTER (see Page 2)</b><br/>Sign up at ext. 2</p>                                           |

## Eldercare Q &amp; A from OLD COLONY ELDER SERVICES

**Q. Zero COLA for Social Security?****In January, 2016 will elders get a cost of living increase for Social Security?**

At this point, the answer is No. According to the recently released 2015 report of the Social Security Board of Trustees, the projections "do not have a cost of living adjustment for December 2015."

Automatic benefit increases, also known as cost-of-living adjustments or COLAs, have been in effect since 1975. Previously, beneficiaries saw an increase in July each year, but since 1982, COLAs have been effective with benefits payable for December, which beneficiaries see as a higher check in January. But in January 2016, nearly 60 million Social Security beneficiaries will see no increase. This will be only the 3<sup>rd</sup> time since 1975 that people on Social Security have received a 0% COLA. The only other two years with no increase were in 2010 and 2011.

The reason that COLA is zero for January 2016 is because oil prices have dropped so much that there is no increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers, the CPI-W, as calculated by the U.S. Department of Labor. The CPI-W is the basis for changing COLAs; inflation hasn't been enough to justify a COLA. So, less costly gas at the pump and in the oil tank has translated into no Social Security check increase for 2016.

Annual COLAs are based on the percentage increase (if any) in the average CPI-W for the third quarter of the current year over the average for the third quarter of the previous year. If inflation rises during July, August, and September of 2015—things could change. But you shouldn't rely on a COLA for this January.

In 2015, there was a 1.7% COLA for Social Security and Supplemental Security Income recipients. The largest Social Security COLA since the year 2000 was in 2009, when beneficiaries got a 5.8% increase—but that was followed by two years of no increase at all. In 2013, 2014 and 2015, the COLAs were 1.7%, 1.5%, and 1.7%—so not much change at all. Since 2010, the COLA has averaged

only 1.4%. The Trustees are projecting that 2016 will be the only year with no COLA increase, and that in future years, like 2017, seniors and individuals with disabilities will get a COLA.

However, no COLA in 2016 will result in some *good* news. Elders enrolled in Medicare Part B will see no increase in their monthly premium of \$104.90 deducted from their Social Security checks. New people coming onto Medicare *will* see a premium rise, as will Medicare beneficiaries with higher incomes. And workers who pay into Social Security based on their earnings will also see no increase - when there isn't a COLA increase, there's also no increase in the upper limit on wage income subject to Social Security payroll taxes; the limit will remain frozen at \$118,500 per year. In 2016, any wages earned above that level will not be subject to the Social Security payroll tax, known as FICA.

For many years, advocates have argued that the CPI-W, which only measures price changes in food, housing, gas and other goods and services, is not a good indicator of changes in the real cost of living for seniors. The U.S. Bureau of Labor Statistics has collected data since 1983 on the basis of an experimental index (CPI-E) for Americans 62 and older. The CPI-E measures a "basket" of goods and services more relevant to elders, who spend more of their money on items like medical care.

If Social Security benefits were measured by the CPI-E instead of the CPI-W, the annual COLA adjustments would be higher. But that would increase Social Security payments to elders—something that many members of Congress are reluctant to do.

By October of 2015, we will know for sure if the COLA will rise—but for now, it looks like seniors will have to live with another UN-COLA for 2016.

**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

While working for an organization that delivers lunch to the elderly shut-ins, I used to take my four year old daughter on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers, and wheelchairs.

One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, "The tooth fairy will never believe this"

### 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, October 27th 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, October 20th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

### PODIATRIST

Dr. William Chan. Wednesday, October 14th by appointment only. Contact **Joanne at extension 2** to make an appointment.

Upcoming dates: November 12, December 9, January 13

### 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:**

October 14 Senior Center 12:30 --2:00

#### **Thursday:**

October 15 Harvard Court 12:15 --1:45

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

October 6 4:00--7:00

October 13,20,27 1:00-- 4:00

### 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, October 15th **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 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, October 2nd for September/October. 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 the 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.

**Blanchard Funeral Chapel**

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Steven J Leonard  
Funeral Directors

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VETERAN OWNED

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Rehabilitation & Healthcare Center

Providing the care you need...  
With the compassion you deserve.

56 Webster Street • Rockland  
**781-871-0555** • [Websterparkhealthcare.com](http://Websterparkhealthcare.com)

**Old Colony Elder Services**  
Providing services to the community since 1974

144 Main Street • Brockton, MA 02301 • 508-584-1561  
Fax: 508-897-0031 • [info@ocesma.org](mailto:info@ocesma.org) • [www.ocesma.org](http://www.ocesma.org)

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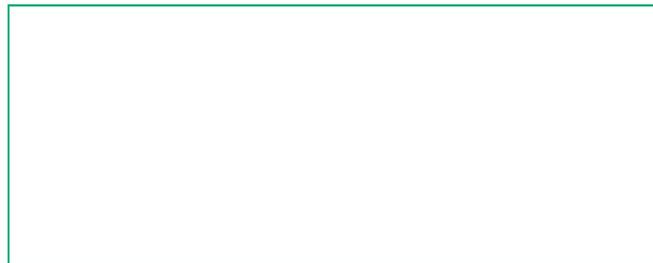
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**Whitman Council On Aging**  
**PO Box 426**  
**16 Hayden Avenue**  
**Whitman, MA 02382**

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**RETURN SERVICE REQUESTED**



### DAILY LUNCH



Senior Lunches are served every day at the Senior Center at 11:30. Let us do the cooking for you. (check out the menu on Page 4 of this newsletter).

Suggested donation is \$2.50. **Call Fran at extension 4 to make your reservation.** Since meals need to be ordered well in advance, please call one week ahead to book your reservation.

**Transportation is available on Mondays and Tuesdays.**  
**Call Joanne at extension 2, if you need a ride.**

#### ABOUT OUR TRIPS AND ACTIVITIES ...

*Please know that participation in the activities and trips we offer is not limited to seniors over age 60. Based on availability, Pre-Seniors, Baby Boomers and folks from surrounding towns are always welcome. Just give the Center a call at 781-447-7619.*

#### Help us go GREEN and save MONEY



Our newsletter is now available online at:  
[www.seekandfind.com](http://www.seekandfind.com)  
and on the Town of Whitman website  
[www.whitman-ma.gov](http://www.whitman-ma.gov)

If you read your newsletter online or choose not to receive a newsletter at this time, please **call 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.