

SEEN YOUR NEWS?

WHITMAN COUNCIL ON AGING

P.O. BOX 426

16 HAYDEN AVENUE • WHITMAN, MA 02382

(781) 447-7619 • FAX (781) 447-7633



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Robert Titterington
Barbara J. Garvey, *Director*

JANUARY 2016

Mae Cousineau, *Vice Chairman*
Jean McDonald
Jill A. Getchell

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, not a snowflake has fallen yet this season. When you read this, I'd like to think the same is true, but it's doubtful.

I am still compiling a list of volunteers and reasonably priced snow removal companies to help out seniors in our community. If you know of Boy Scouts, Girl Scouts, Key Club members or anyone that needs (or wants) to perform community service, this would be a great opportunity. When the calls start coming in from our senior neighbors needing assistance with snow removal this winter, I'd like to be able to give them a few names and numbers to call.

Please let me know if you can help out at 781-447-7619 extension 5. Thank you.

Best wishes to all for a healthy and happy New Year!

Barbara

CAN I HAVE MY CAKE AND EAT IT TOO?

Presented by Claire Kennedy,
MS, RD, LDN, Registered Dietician
Wednesday, January 20th
10:30 a.m. at the Senior Center

This program, designed and presented by clinicians from Norwell VNA and Hospice takes a realistic look at life with Diabetes. The presentation outlines "What is Diabetes?", its causes, signs and symptoms and who is at risk. It will also discuss the classifications of Diabetes, blood sugars, medications, nutrition including carbohydrate counting, and exercise. Questions and answers follow the presentation.

Call **extension 2** to sign up.



TAX TIME

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

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

Call **extension 2** to make your appointment.

INCLEMENT WEATHER POLICY

If the Whitman-Hanson Regional School District cancels school, all Senior Center Activities will be cancelled and there will be no Meals-On-Wheels delivered or lunches served at the Senior Center.

School closing information is broadcast on television channels 4, 5, 7, 10 and 25 and on radio stations WBZ 1030 AM, WATD-AM and WPLM-FM. You can also check Whitman-Hanson's local Comcast cable channel 9.



Coffee Hour with the Fire Dept.

Friday, January 15th, 2016
9:30 at the Senior Center

A representative from the Fire Department will be here to answer any questions that you may have and to discuss winter safety issues.

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

Visit with Abner

Monday, January 11th
10:30 a.m. at the Senior Center

Need a little love? Come meet Abner, a pet therapy dog, who has a lot of love to give. Abner and his owner Sylvia will be here for a visit once a month on the second Tuesday at 10:30 am.

Some of the many benefits of pet therapy are:
Lowers blood pressure
Diminishes overall physical pain
Lifts spirits and lessens depression
Lowers anxiety

Abner is guaranteed to put a smile on your face!



The IRS is NOT CALLING YOU!

Despite the warnings, a local senior was the victim of an "IRS" scam—at (347-389-0029.) The scam includes a second fraud number (202-239-1716) for the senior to call with account and personal information; she was told not to give that number out to anyone. This is a SCAM.

The IRS will NEVER contact you by phone.

BEWARE ... JUST HANG UP

FRIENDS OF THE WHITMAN SENIORS MONTHLY MEETING OF THE FRIENDS

There will be no January Meeting

We wish you all a Happy New Year. Our next meeting will be on February 12th.

If anyone has questions, please call
Roberta at 781-261-3930

WINTER HEALTH TIPS

Although we all plan to have a safe and healthy winter, the season tends to bring the inevitable colds, flu and health risks from the cold. Recovery from the flu and colds is usually in seven to ten days. If your symptoms get worse, instead of better, or if you develop any of the following symptoms, call your primary care physician:

- Difficulty breathing or chest pain—can be a sign of pneumonia.
- Persistent fever— can be a sign of secondary infection.
- Vomiting or inability to keep fluids down—can become dehydration.
- Painful swallowing—can be a sign of infection if it is severe.
- Persistent coughing—can indicate more than a cold if it lasts for more than two to three weeks.
- Persistent congestion and headaches—can lead to a sinus infection which should be treated with antibiotics.

Cold weather can be risky for everyone, but some illnesses and certain medications can affect the way your body handles cold temperatures. Be sure to protect yourself and home by "weatherizing" and avoiding prolonged outdoor activity in the extreme cold.

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 extension 2 for an appointment.

**Coloring for Stress Relief
At the Senior Center
Friday, January 22nd
1:30 P.M.**

Did the Holidays leave you stressed? Come and join in on the latest craze. Adult coloring is both fun and relaxing. Coloring not only evokes happy memories of childhood, it fosters creativity and relaxation. Add in some soothing music and hot chocolate and you will be in heaven, (well ... for at least an hour).

Supplies are provided.
Hot chocolate and cookies will be available.

Call extension 2 to sign up.

COA BUS TRIPS



Foxwoods

Wednesday, January 27th
Picks up at the K of C at 7:30, then home pickups to follow
\$20.00 (includes a package from Foxwoods)

The next trip will be in March; stay tuned for the date.

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

**Crafts with Denise
Wednesday, January 13th
12:30 at the Senior Center**

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

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



Sing - A - Long Hour with Barbara Stanton

Thursday, January 28th
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 **extension 2** to make your reservation.

**FUN, GAMES
AND FITNESS**

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—Thursdays at 9:15 am
Cost is \$5.00 per class, payable to the instructor.
New Participants please call Linda at ext. 1 to register

MAH JONGG—Wednesdays at 1:00 pm.

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

Wii BOWLING—Mondays at 8:00 am



**Movie of the Month
"CINDERELLA"**

**At the Senior Center
Friday, January 29th
1:00 p.m.**

Starring: Cate Blanchett, Lily James, Richard Madden
Run Time: 1 hour 45 minutes
Rated-PG

In this live-action retelling of Disney's animated classic, young Ella escapes from a life of drudgery by way of a fairy godmother whose magic brings Ella face-to-face with the prince of her dreams.

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

JANUARY 2016

Monday	Tuesday	Wednesday	Thursday	Friday
		TRIP SIGN UPS BEGIN ON December 30th AT 8:00 A.M. ... (You may sign up yourself and one additional person)		NEWS YEARS DAY SENIOR CENTER CLOSED
4	5	6	7	8
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Chicken Parmesan 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch— Sloppy Joe 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom 8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at SHAWS Reserve by noon Monday – ext. 2	11:30 Lunch— Fish Florentine 1:00 Mah Jongg 6:00 Scrapbooking 9:30 SOUTH SHORE PLAZA, Cheesecake Factory in Braintree Sign up at ext. 1	9:15 Chair Zumba 11:30 Lunch— Spanish Pot Roast 2:00 Tai Chi 9:00 WALMART in Plymouth, Woods Restaurant Sign up at ext. 1	11:30 Lunch— Swiss Cheese Egg Patty 10:00 Book Buzz Sign up at ext. 2
11	12	13	14	15
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Macaroni & Cheese 1:00 Bingo 10:30 VISIT WITH ABNER See page 2 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch— Greek Chicken 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom 8:30 –12:00 Transportation to and from Senior Center 1:30 FOOD SHOPPING at STOP & SHOP Reserve by noon Monday – ext. 2	8:30 Podiatrist by Appt 11:30 Lunch— Meatball Sub 12:30-2:00 Wellness Clinic at Senior Center 1:00 Mah Jongg 9:00 HANOVER MALL Sign up at ext. 1 12:30 Crafts with Denise	9:15 Chair Zumba 11:30 Lunch— Hawaiian Pork Roast 12:15-1:45 Wellness Clinic at Harvard Ct 2:00 Tai Chi PLAINRIDGE PARK CASINO In Plainville Pickup 8:00 K of C; 8:15 Home Return Home 4:00 Sign up at ext. 1	11:30 Lunch— Potato Crunch Fish 9:30 Coffee Hour with Fire Dept. Sign up at ext. 2
18	19	20	21	22
MARTIN LUTHER KING, JR. DAY SENIOR CENTER CLOSED	9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch— Lasagna Rolls 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 SHAWS Reserve by noon Monday – ext. 2	11:30 Lunch— Broccoli & Cheese 1:00 Mah Jongg 10:30 CAN I HAVE MY CAKE AND EAT IT TOO? Presented by Norwell VNA Sign up at ext. 2 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:15 Chair Zumba at Town Hall 11:30 Lunch— Salmon Boat 12:15-1:45 Wellness Clinic at Harvard Ct 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 OCEAN STATE JOB JOT and Butterfield's Restaurant in Rockland Sign up at ext. 1	11:30 Lunch— Italian Pot Roast 1:30 COLORING FOR STRESS RELIEF (See Page 3) Sign up at ext. 2
25	26	27	28	29
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Spanish Chicken 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch— Ginger Pork Stir Fry 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— Stuffed Shells 1:00 Mah Jongg FOXWOODS CASINO Pickup 7:30 K of C; 7:45 Home Return Home 7:00 pm Sign up at ext. 1	9:15 Chair Zumba 11:30 Lunch— Meatloaf 2:00 Tai Chi 12:30 Sing a Long with Barbara, Sign up at ext. 2 9:30 WESTGATE MALL and Market Basket in Brockton Sign up at ext. 1	11:30 Lunch— Roast Turkey 1:00 MOVIE at the SENIOR CENTER (see Pg. 3) Sign up at ext. 2

Eldercare Q & A from OLD COLONY ELDER SERVICES

Q. I haven't had a flu shot yet - is it too late in the season to get one?

No it is not too late. The flu season usually peaks in January or February, and can continue well into the spring. It takes about two weeks following a flu shot to produce a protective immune response, so even if you have not had a flu shot yet—talk to your doctor—because you should get a shot every year. The 2014-2015 flu season recorded the highest hospitalization rates among people 65 years of age and older in recent history.

The National Council on Aging recently released the results of a survey with the drug-maker Sanofi Pasteur to uncover what people over 65 know about the flu and flu prevention. The survey included more than 1,065 older Americans. It found that many seniors underestimate the seriousness of the flu and are largely unaware of their vaccine options. The flu survey found that:

- Only 8% of older adults surveyed are concerned about getting the flu.
- Only 13% are extremely confident in their knowledge of possible flu complications.
- 30% are unaware that someone with chronic conditions like heart disease or diabetes would be at risk for complications from the flu.
- 62% got a flu shot in the past because their physician recommended it.
- 57% are unaware there is a flu shot specifically for older people.

About one-third of people 65 years of age and older are unaware that someone with chronic conditions would be at risk for complications from the flu. Yet influenza hits older adults the hardest. It can be severe and even life-threatening for older adults due to their weakened immune systems, and the flu is especially dangerous for people with chronic conditions like heart disease and diabetes. Up to 80% of adults hospitalized from flu complications in past seasons had a chronic health condition.

Many seniors reported that they get vaccinated against the flu every year, and do so because their health care professionals tell them to get the flu shot.

- 71% of older adults reported getting an annual flu shot to help maintain their health.
- 62% got a flu shot in the past because their physician recommended it.
- 57% are more likely to get a flu shot if their doctor recommended it because of their age.

· 41% got the type of flu shot they did because it was recommended by their physician.

But the survey found that many seniors remain unaware of their flu vaccine options: 65% think most flu shots are appropriate for all age groups. But there is a flu vaccine made specifically for people age 65 and older. It improves the body's production of antibodies against the flu. This higher-dose vaccine contains four times the antigen compared with the traditional, standard-dose vaccine. Antibodies help your immune system protect you against infection when exposed to the virus. The higher-dose shot for seniors is available through your doctor, your workplace clinic, local pharmacies, or other flu shot clinics.

Most people have minimal or no side effects after receiving the higher-dose flu vaccine. Your doctor can tell you if you are someone who should not get a flu shot. If you have an adverse reaction, you should contact your physician.

The flu survey concludes that further education and resources are needed when it comes to the flu:

- 92% of survey respondents are not concerned about getting the flu despite seniors' high hospitalization rates.
- 88% of older adults take a proactive approach to their health.
- However, 82% are not extremely confident in their knowledge of the flu and where to get flu information.

Medicare Part B covers the full cost of one flu shot per flu season. You need to get a shot every year because the flu viruses usually change from season to season, and protection from the vaccine decreases over time.

One final fact: The flu shot does not contain live virus, so it is impossible to get the flu from the shot.

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 **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 **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 extension 2 at least two days prior to your appointment to book.

We are sad to say goodbye to our longtime hairdresser, Meredith Tierney. We wish her the best of health and happiness in her retirement and thank her for her many years here at the Senior Center. She will be missed.

We would like to welcome Kathy as our new hairdresser. We think that Kathy will be a great addition to the Senior Center. She will be here on Tuesdays. Stop by and say hello or call extension 2 to make an appointment.

Kathy will also be taking appointments for men's haircuts.

FUEL ASSISTANCE

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

Please call at extension 2 to set up an appointment

If you received fuel assistance last year, look for your pre-printed renewal application from Self-Help in the mail. Look the application over to make sure the information is correct, make any necessary changes, sign and date the form and return it to Self-Help along with your current proof of income.

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, January 26th from 12:00 to 2:30. Please call **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, January 19th by appointment. Contact **extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST

Dr. William Chan. Wednesday, January 13th by appointment only. Contact **extension 2** to make an appointment. Upcoming dates: February, 10, March 9, April 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:

January 13 Senior Center 12:30—2:00

Thursday:

January 21 Harvard Court 12:15—1:45

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

January 5, 12, 19, 26 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, January 21st **12:00 to 3:00 only**. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

HAIRDRESSER

Tuesdays by Appointment

Contact **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)	
Haircuts for Men	\$ 8.00

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!

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 **extension 2** 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.

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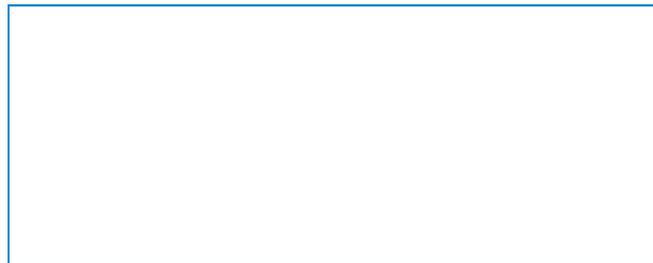
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RETURN SERVICE REQUESTED



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.

ABOUT OUR TRIPS AND ACTIVITIES ...

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.