

# 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*

### FEBRUARY 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:

*In our December and January Newsletters I requested volunteers and reasonably priced snow removal companies willing to help out our senior neighbors this winter to get in touch with me.*

*The response was disappointing, to say the least, so I am moving on to Plan B: If you are pleased with the person or company that you currently use for your own snow removal, please contact me with their name and phone number.*

*I will compile a list from your suggestions so that when our seniors in need reach out to us for help with snow removal, we can provide them with a few numbers to call.*

*Thank you.*

*Barbara*

#### The HEALTH BENEFITS of CHOCOLATE

Presented by Hilary Troia of  
Home Instead Senior Care  
At the Senior Center  
Thursday, February 11th at 1:00 P.M.



Calling all "Chocoholics"! Chocolate may lower cholesterol levels, prevents memory decline, reduce heart disease risk, and prevent stroke. Learn more about the potential health benefits of chocolate, the history of chocolate and enjoy some chocolate samples!

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



#### 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.

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-FM and WPLM-FM. You can also check Whitman-Hanson's local Comcast cable channel 9.

**FREE COMMUNITY BREAKFAST**

Wednesday, February 24th

8:30-10:00

At Sachem Center

66 Central Street, East Bridgewater

Sachem Center welcomes the community to come in for a delicious, hearty breakfast made by their very own Dietary Staff. A presenter will be giving an education talk while you enjoy your meal.

RSVP to Alicia Facada at 774-297-9189

**Coffee Hour with the Police Department**  
**Friday, February 19, 2016**  
**9:30 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.

Any questions you may have for the Police Department will be welcome.

**Visit with Abner****Monday, February 8th**

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 Monday 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!

**A NOTE TO SNOWBIRDS .....**

If you are a "Snowbird" preparing to spend the winter in a warmer client, please contact us to have your name temporarily taken off the Newsletter mailing list.

This will avoid the added expense of Returned Postage and would be greatly appreciated!

**FRIENDS OF THE WHITMAN SENIORS**  
**MONTHLY MEETING OF THE FRIENDS**  
 Valentine Day Penny Sale at the Senior Center  
**Friday, February 12th at 1:00 P.M.**

Penny Sale to follow meeting.

Desserts will be served.

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

**FEBRUARY IS HEART HEALTH MONTH**

Heart Disease is the leading cause of death for both men and women in the United States.

To help prevent heart disease, you can:

- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Watch your weight.
- Eat healthy and get active.
- Manage stress.
- Take steps to prevent type 2 diabetes.

**To help you get started, new participants can try our Chair Zumba or Tai Chi class on Thursday February 25th for \$2.00**

**The Chair Zumba class is at the Senior Center at 9:15. The Tai Chi class is held in the lower level meeting room at the Town Hall at 2:00.**

**New participants should call Linda at extension 1 to register.**

**DIGITAL PHOTO WORKSHOP**

With Richard Stanton

Tuesdays in February at 2:00 P.M.

Learn to retrieve, organize, edit and print digital photos. This is an hour long session, with up to 12 people in the group.

**Call extension 2 to sign up**



### St Patrick's Day Social Lunch

**Tuesday, March 15th at 12:00**

Meadowbrook Restaurant

Route 27 in Hanson

Corned Beef and Cabbage lunch and Entertainment

Cost \$20.00

**Attendees will meet at the restaurant.**

If you plan to attend, please call Linda at ext.1 for reservations.

Checks should be made out to Terry Seer.

### COA BUS TRIPS



#### Fuller Craft Museum

**"Toothpick World: From Sliver to Skyline"**

Wednesday, February 24th

Leaves the Senior Center at 9:00

Trip is \$5.00 for transportation, \$8.00 for Museum admission

Start off with breakfast at Miko's Café, then head off to the Museum for the special exhibit, "Toothpick World". See the world's most magnificent architecture reproduced with toothpicks. View Fenway Park, The Eiffel Tower, the Taj Mahal and many others.

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

Sign up date is January 27th

#### **Crafts with Denise**

**Wednesday, February 10th**

**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.

#### 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**

At the Senior Center

**"The Age of Adaline"**

**Friday, February 26th**

**1:00 p.m.**

After miraculously remaining 29 years old for almost eight decades, Adaline Bowman has lived a solitary existence, never allowing herself to get close to anyone who might reveal her secret. But a chance encounter with charismatic philanthropist Ellis Jones reignites her passion for life and romance. When a weekend with his parents threatens to uncover the truth, Adaline makes a decision that will change her life forever.

Starring: Blake Lively, Harrison Ford, Michiel Huisman, Ellen Burstyn

Run Time: 1 hour 52 minutes

Rated-PG -13

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

**Space is limited to 12 attendees.**

#### **Daily Scan-In**

The COA would like to remind those who attend COA programs, services and activities at the Senior Center to use their scan card to sign in. This program helps us track usage and the statistics help us secure funding through the state and with grants.

## FEBRUARY 2016

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— <b>Chicken Pot Pie</b> 1:00 Bingo  9:00 <b>AROUND TOWN</b> Reserve by 4:00 Thursday at ext. 2	2 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch— <b>Fiesta Fish</b> 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom  8:30 –12:30 Transportation to and from Senior Center 1:00 <b>FOOD SHOPPING at SHAWS</b> Reserve by noon Monday – ext. 2	3 11:30 Lunch— <b>French Toast Sticks, Sausage Patty</b> 1:00 Mah Jongg 6:00 Scrapbooking  9:00 <b>WALMART in RAYNHAM &amp; IHOP , CHINESE BUFFET or PANERA</b> Sign up at ext. 1	4 9:15 Chair Zumba 11:30 Lunch— <b>Spanish Pot Roast</b> 2:00 Tai Chi  9:00 <b>TARGET/ Brass Lantern Restaurant—Hanover</b> Sign up at ext. 1	5 11:30 Lunch— <b>Chicken Scallopini</b> 1:00 Bingo
8 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— <b>Cheeseburger</b> 1:00 Bingo  10:30 <b>VISIT WITH ABNER</b> See page 2  9:00 <b>AROUND TOWN</b> Reserve by 4:00 Thursday at ext. 2	9 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch— <b>Chicken Marsala</b> 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom  8:30 –12:00 Transportation to and from Senior Center 1:00 <b>FOOD SHOPPING at STOP &amp; SHOP</b> Reserve by noon Monday – ext. 2	10 8:30 <b>Podiatrist by Appt</b> 11:30 Lunch— <b>Tuna Salad on Lettuce bed</b> 12:30-2:00 Wellness Clinic at Senior Center 1:00 Mah Jongg  12:30 <b>CRAFTS WITH DENISE</b>  9:00 <b>DERBY STREET SHOPS in Hingham</b> Sign up at ext. 1	11 9:15 Chair Zumba 11:30 Lunch— <b>Pork Roast with Pineapple raisin sauce</b> 2:00 Tai Chi  1:00 <b>HEALTH BENEFITS OF CHOCOLATE</b> Sign up at ext. 2  <b>TWIN RIVER CASINO</b> Pickup 8:00 Center; 8:15 Home Return Home 4:00 Sign up at ext. 1	12 11:30 Lunch— <b>Whole Grain Lasagna Rolls</b> 1:00 <b>Friends Meeting</b>  10:00 <b>BOOK BUZZ</b> Sign up at ext. 2
15 <b>PRESIDENTS DAY</b>  <b>SENIOR CENTER CLOSED</b>	16 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch— <b>Shepherds Pie</b> 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 <b>FOOD SHOPPING at SHAWS</b> Reserve by noon Monday – ext. 2	17 11:30 Lunch— <b>Greek Chicken</b> 1:00 Mah Jongg  9:00 <b>AROUND TOWN</b> Reserve by 4:00 Thursday at ext. 2	18 9:15 Chair Zumba at Town Hall 11:30 Lunch— <b>Ziti w/Meatballs</b> 12:15-1:45 Wellness Clinic at Harvard Ct 2:00 Tai Chi  <b>BROWN BAG PICKUP</b> Please Note: Bags available for pickup at the Senior Center between 12:00 and 3:00 only  9:00 <b>CHRISTMAS TREE SHOP and KOHL'S with "99" or LONGHORN RESTAURANT in Pembroke</b> Sign up at ext. 1	19 11:30 Lunch— <b>Salmon Filet w/ Newburg Sauce</b>  9:30 <b>COFFEE HOUR WITH THE POLICE DEPARTMENT.</b> Sign up at ext. 2  9:30 <b>OCEAN STATE JOB LOT in East Bridgewater and GRILLE 58 in Halifax</b>
22 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— <b>Sloppy Joe</b> 1:00 Bingo  9:00 <b>AROUND TOWN</b> Reserve by 4:00 Thursday at ext. 21	23 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch— <b>Apricot Glazed Chicken</b> 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 <b>FOOD SHOPPING at STOP &amp; SHOP</b> Reserve by noon Monday – ext. 2	24 11:30 Lunch— <b>BBQ Pork Patty</b> 1:00 Mah Jongg  9:00 <b>Miko's Café and FULLER CRAFT MUSEUM in Brockton</b>	25 9:15 Chair Zumba 11:30 Lunch— <b>Italian Pot Roast</b> 2:00 Tai Chi  9:00 <b>Good Days Restaurant and MARKET BASKET in West Bridgewater</b> Sign up at ext. 1	26 11:30 Lunch— <b>Sweet Potato Fish Nuggets</b>  1:00 <b>MOVIE at the SENIOR CENTER (see Pg. 3)</b> Sign up at ext. 2
29 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— <b>Chicken Broccoli Pasta Alfredo</b> 1:00 Bingo  9:00 <b>AROUND TOWN</b> Reserve by 4:00 Thursday at ext. 2		<b>TRIP SIGN UPS BEGIN ON Wednesday, January 27th AT 8:00 A.M.</b>  ... <b>(You may sign up yourself and one additional person)</b>		

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

**Q. Is Watching TV or Reading Bad for My Eyes?**

No. The Massachusetts Commission for the Blind (MCB) says our eyes are meant to be used, and they can benefit from “exercise” like reading or watching television. But, if your eyes feel tired or “strained,” you can refresh them with rest.

To maintain healthy eyes, you need to be your own health advocate. You rarely will feel pain with eye disorders, but there are some vision changes to notice; these may come on very gradually over months:

- \* You find yourself sitting closer and closer to the TV;
- \* You need to get stronger eyeglasses more often;
- \* You find it harder to read the newspaper;
- \* You are bothered more by bright lights;
- \* You no longer see as well at night;
- \* You trip over curbs and steps, or bump into chairs and doors.

There are 4 major eye diseases that are common in older people:

1. Glaucoma - a condition described as “tunnel vision,” like looking at the world through a straw. Glaucoma can cause a vague ache in your eyes, or watery eyes and halos around objects, and affect your vision in dim light, so-called “night blindness.” If diagnosed early, this disease can be controlled with special eye drops.
2. Age-Related Macular Degeneration - the central area of your retina, known as the macula, which gives you sharp focus, begins to degenerate, leaving your “straight-ahead” vision blurry. This is the most common eye disease among older people.
3. Diabetic Retinopathy - a complication often caused by early childhood diabetes. This disease can change the level of vision from day to day, resulting in vision that fades or sharpens irregularly.
4. Cataracts: a clouding of the clear lens of the eye, causing blurred or dim vision. Cataracts are usually age-related. Some cataracts never require surgery, and do not progress to any significant level. But a defective lens can be removed; this is one of the simplest and most successful eye operations currently known that can restore good vision using special lenses after surgery.

There is a difference between having “low vision,” and being “legally blind.” Low vision means that even with regular glasses, contact lenses, medicine, or surgery, you find everyday tasks hard to do—like reading your mail, shopping, watching television, or cooking. Vision changes like these can be early warning signs of eye disease. Regular dilated eye exams should be part of your routine health care. A specialist in low vision is an optometrist or ophthalmologist who can prescribe visual devices.

There are many services for people who have been determined “legally blind”. When your vision with the best eyeglasses leaves you with 20/200 vision or less in your better eye, or your peripheral vision is 10 degrees or less—you will be diagnosed as legally blind. State law requires all eye care providers to register legally blind people with the MCB within 30 days. If you do not want to be contacted by the Commission, you can ask your eye care provider to put a ‘Do Not Contact’ on your legally blind report.

Being legally blind does not mean you are totally blind, because most people keep a significant degree of useful vision. But there are dozens of services available if you become legally blind --- from “talking books” to assistance in leading an independent lifestyle, increased Social Security payments, state and federal income tax exemptions/deductions, and an auto excise tax exemption.

Many people who are blind are able to live alone, and remain capable of caring for themselves. There are “Independent Living Social Services” to help a legally blind person with home management skills, or a referral to elder home care services, as well as orientation and mobility supports. There are also services for people who are deaf-blind, and for those who are blind and have cognitive impairments.

For any eye concerns, ask your doctor for a referral to an eye care specialist, or call the Mass Commission for the Blind at 1-800-392-6450.

**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.**

**Humor Corner**

Walking up to a department store's fabric counter, a pretty girl asked,  
 "I want to buy this material for a new dress. How much does it cost?"  
 "Only one kiss per yard," replied the smirking male clerk.  
 "That's fine," replied the girl. "I'll take ten yards."  
 With expectation and anticipation written all over his face, the clerk hurriedly measured out and wrapped the cloth, then held it out teasingly. The girl snapped up the package and pointed to a little old man standing beside her.  
 "Grandpa will pay the bill," she smiled.

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

**PODIATRIST**

Dr. William Chan. Wednesday, February 10th by appointment only. Contact **extension 2** to make an appointment. Upcoming dates: March 9, April 13, May 11

**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:**

February 10 Senior Center 12:30—2:00

**Thursday:**

February 18 Harvard Court 12:15—1:45

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

February 2, 9, 16, 23 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, February 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 KATHY**

**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.

**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.

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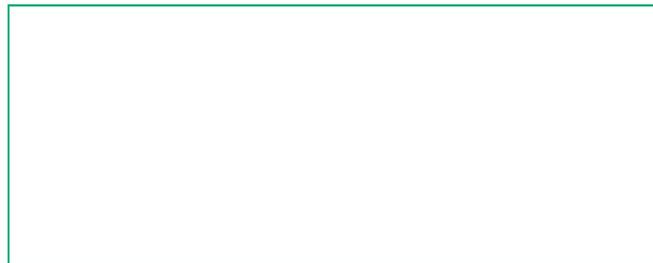
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**RETURN SERVICE REQUESTED**



### 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](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.