

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*

MARCH 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:

***"Moving Heels for Meals on Wheels"
5K Road Race / Walk
To Benefit OCES Meals on Wheels Program***

Old Colony Elder Services (OCES) has been providing services to our community since 1974 including the Meals on Wheels program. OCES delivers approximately 30,000 meals each month to home-bound older adults throughout the greater Brockton and Plymouth County area. Whitman elders receive close to 2,000 of these meals each year.

Please join us on Sunday, March 20th at the Silver Lake Regional High School for the First Annual Road Race / Walk to benefit the OCES Meals on Wheels program. Your support and participation will help to continue the program and to meet the increasing demands of providing meals to those in our community most in need.

WHEN: Sunday, March 20, 2016
TIME: 9:00 am start
WHERE: Silver Lake Regional High School
260 Pembroke Street, Kingston
PRIZES: 1st, 2nd, 3rd place winners—Male and Female
REGISTRATION FEE: \$25.00 Adult
\$20.00 Student (11-18)
\$15.00 Child (10 and under)

Included with registration: Tee-shirts! Gift Bags! Refreshments!

To Register: www.southshoreracemgmt.com
To Sponsor or for more information: Contact Chris McLaren at OCES (508) 584-1561 ext 309 or cmclaren@ocesma.org

For those who cannot participate, but would like to support this worthwhile cause, we will partner with high school coaches to set up a sponsor program for students to run for a senior citizen. Contact me on or about March 1st for further details. Thank you for your support!

Barbara

WHAT HAPPENS AFTER THE PAYCHECKS STOP?

Presented by Joshua Singer of
Edward Jones Financial
March 14th, 6:00 P.M.
At the Senior Center

If you are nearing or entering retirement and are interested in a strategy designed to help build an income stream, join us for a Retirement Primer.

We'll examine how to budget for retirement expenses and your potential sources of retirement income. We'll also identify some of the potential risks to your retirement income and ways to address them.

Refreshments will be served.

Call extension 2 to reserve your seat.



**DAYLIGHT SAVINGS TIME
BEGINS
SUNDAY, MARCH 13TH
At 2:00 A.M.**

Spring your clocks ahead 1 hour

REMINDER.....

PRESIDENTIAL PRIMARY ELECTION
Tuesday, March 1st
The COA bus will be available at 3:00.
Call extension 2 if you need a ride to the polls

FREE SENIOR COMMUNITY BREAKFAST

Wednesday, March 23rd
8:30-10:00

At Sachem Center for Health & Rehabilitation
66 Central Street, East Bridgewater

Sachem Center welcomes the senior community to come in for a delicious, hearty breakfast made by their very own Dietary Staff. Presentation of a topic of interest to seniors will be given while you enjoy your meal. **RSVP to Alicia Facada at 774-297-9189**

VETERANS BREAKFAST

9:00 Wednesday, March 16th

at Strawberry Valley Golf Course Clubhouse, Abington

Complimentary breakfast provided by Colony Center for Health & Rehabilitation in Abington. Colony Center strives to give back to our Veterans through community programs, such as pinning ceremonies, Christmas celebrations, and complimentary breakfasts. Colony Center is one of a few facilities who is contracted with the VA, should you need post-surgery rehabilitation or long term nursing care.

RSVP to Alicia Facada at 774-297-9189

Visit with Abner

Monday, March 14th

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!



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

There will be NO March Meeting, the next meeting will be on April 8th.

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

R.A.D. FOR SENIORS

Presented by the Whitman Police Department

At the Senior Center

This 10 week program will be held on Friday mornings at 10:00 am from March 11th through May 13th

R.A.D. for Seniors is an empowering program that affords senior adults an opportunity to enhance personal defense. The goal of the program is to improve the personal safety of seniors through proactive strategies and physical techniques which address issues unique to their age group. Each session will run approximately 1 hour.

We had ten proud and skilled 'graduates' when we held this program last year.

Call extension 2 to sign up for this course.

Coffee Hour with the Fire Department

Friday, March 18th, 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 any safety issues.

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

~~ SAVE THE DATE ~~ SAVE THE DATE ~~

**Wednesday, April 20th, 12:30
Intergenerational Craft and Ice Cream Party**

Details to follow

DIGITAL PHOTO WORKSHOP

With Richard Stanton

Tuesdays in March 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

State Representative Geoffrey Diehl Office Hours

State Representative Geoff Diehl is here at the Senior Center every other month on the third Tuesday at 9:00 a.m.
No appointment is necessary.
Upcoming dates are: March 15th; May 17th and July 19th



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.

Crafts with Denise

Wednesday, March 16th
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.

NEW ~ NEW ~ NEW ~ NEW ~ NEW ~ NEW
LEFT, CENTER, RIGHT DICE GAME

Wednesdays at 1:00

Call extension 2 and let us know if you are interested.

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

COA BUS TRIPS



Lyman Estate and Greenhouse

In Waltham

Wednesday, March 2nd

Leaves the Senior Center at 8:30

Trip is \$8.00 for transportation, \$4.00 for Mansion admission

Tour the Mansion, then think Spring with a visit to the greenhouses and see the beautiful Camellias in bloom. End the trip with lunch on your own at Bertucci's.

Dunbar Restaurant and Tea Room

In Sandwich

Thursday, March 31st

Leaves the Senior Center at 9:30

Trip is \$8.00 for transportation

The trip starts with a stop at Penny Lane Consignments in Sandwich to find a treasure or two, then off to the Dunbar Restaurant and Tea Room. You can order from the menu or choose the High Tea option. High Tea must be ordered when you sign up for the trip.

Call **Linda at extension 1** to sign up.
Sign up date is February 25th



Movie of the Month

At the Senior Center
Flashback Friday ...

" MY BIG FAT GREEK WEDDING "
Friday, March 25th
1:00 p.m.

A young Greek woman falls in love with a non-Greek and struggles to get her family to accept him while she comes to terms with her heritage and cultural identity.

Starring: Nia Vardalos, John Corbett, Laine Kazan,
Michael Constantine, Andrea Martin and Joey Fatone

Run Time: 1 hour 35 minutes

Rated-PG

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

MARCH 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>TRIP SIGN UPS BEGIN ON Thursday, February 25th AT 8:00 A.M.</p> <p>... (You may sign up yourself and one additional person)</p>	<p>1</p> <p>9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch—French Toast Sticks, Sausage Patty 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom 2:00 Digital Photo Workshop</p> <p>8:30 –12:30 Transportation to and from Senior Center 1:00 WALGREEN'S for SENIOR DISCOUNT DAY Reserve by noon Monday – ext. 2</p>	<p>2</p> <p>11:30 Lunch—Fish Florentine 1:00 Mah Jongg 1:00 Left, Center, Right 6:00 Scrapbooking</p> <p>8:30 LYMAN ESTATE AND GREENHOUSE/ Bertucci's Waltham Sign up at ext. 1</p>	<p>3</p> <p>9:15 Chair Zumba 11:30 Lunch—Spanish Pot Roast 2:00 Tai Chi</p> <p>9:00 COLONY PLACE SHOPS/ Olive Garden-Plymouth Sign up at ext. 1</p>	<p>4</p> <p>11:30 Lunch—Stuffed Shells with Meat Sauce 1:00 Bingo</p>
<p>7</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Meatloaf 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>8</p> <p>9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch—Ravioli with Meat Sauce 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom 2:00 Digital Photo Workshop</p> <p>8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at STOP & SHOP Reserve by noon Monday – ext. 2</p>	<p>9</p> <p>8:30 Podiatrist by Appt 11:30 Lunch—Roast Turkey 12:30-2:00 Wellness Clinic at Senior Center 1:00 Mah Jongg 1:00 Left, Center, Right</p> <p>9:00 HANOVER MALL Sign up at ext. 1</p>	<p>10</p> <p>9:15 Chair Zumba 11:30 Lunch—Greek Chicken 2:00 Tai Chi</p> <p>FOXWOODS CASINO Pickup 7:30 K of C; 7:45 Home Return Home 7:00 pm Sign up at ext. 1</p>	<p>11</p> <p>10:00 R.A.D. 11:30 Lunch—Potato Crunch Fish</p> <p>10:00 BOOK BUZZ Sign up at ext. 2</p>
<p>14</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Baked Ziti 1:00 Bingo</p> <p>10:30 VISIT WITH ABNER</p> <p>6:00 pm "WHAT HAPPENS AFTER THE PAYCHECKS STOP?" (pg 1) Sign up at ext. 2</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>15</p> <p>9:00 Art Group 9:00 Hairdresser by Appt 9:00 State Rep Geoff Diehl 11:30 Lunch—Tuna Salad w/ Lettuce 11:00 Computer Workshops 1:00 Hearing Check by Appt 1:00 Knitting/Crocheting/Loom 2:00 Digital Photo Workshop</p> <p>8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at SHAWS Reserve by noon Monday – ext. 2</p>	<p>16</p> <p>11:30 Lunch—Chicken Marsala 1:00 Mah Jongg 1:00 Left, Center, Right</p> <p>12:30 CRAFTS WITH DENISE Sign up required at ext. 2</p> <p>9:00 OCEAN STATE JOB LOT, DOLLAR TREE-Kingston, Woods Restaurant-Plymouth Sign up at ext. 1</p>	<p>17</p> <p>9:15 Chair Zumba at Town Hall 11:30 Lunch—Corned Beef 12:15-1:45 Wellness Clinic at Harvard Ct 2:00 Tai Chi</p> <p>BROWN BAG PICKUP Please Note: Bags available for pickup at the Senior Center between 12:00 and 3:00 only</p> <p>9:30 WRENTHAM OUTLETS and Cracker Barrel Restaurant Sign up at ext. 1</p>	<p>18</p> <p>10:00 R.A.D. 11:30 Lunch—Salmon Filet</p> <p>9:30 COFFEE HOUR WITH THE FIRE DEPARTMENT. Sign up at ext. 2</p>
<p>21</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Chicken Picatta 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>22</p> <p>9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch—Pork Stir Fry 11:00 Computer Workshops 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting/Loom 2:00 Digital Photo Workshop</p> <p>8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at STOP & SHOP Reserve by noon Monday – ext. 2</p>	<p>23</p> <p>11:30 Lunch—Meatball with Sub Roll 1:00 Mah Jongg 1:00 Left, Center, Right</p> <p>9:00 VANITY FAIR OUTLETS/ "99" in Dartmouth Sign up at ext. 1</p>	<p>24</p> <p>9:15 Chair Zumba 11:30 Lunch—Italian Pot Roast 2:00 No Tai Chi</p> <p>9:30 WESTGATE MALL and Market Basket in Brockton Sign up at ext. 1</p>	<p>25</p> <p>10:00 R.A.D. 11:30 Lunch—Macaroni and Cheese</p> <p>1:00 MOVIE at the SENIOR CENTER (see Pg. 3) Sign up at ext. 2</p>
<p>28</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Sloppy Joe 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>29</p> <p>9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch—Chicken Parmesan 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom 2:00 Digital Photo Workshop</p> <p>8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at SHAWS Reserve by noon Monday – ext. 2</p>	<p>30</p> <p>11:30 Lunch—Fiesta Fish 1:00 Mah Jongg 1:00 Left, Center, Right</p> <p>9:30 SOUTH SHORE PLAZA, Cheesecake Factory in Braintree Sign up at ext. 1</p>	<p>31</p> <p>9:15 Chair Zumba 11:30 Lunch—Roast Pork 2:00 No Tai Chi</p> <p>9:30 Penny Lane Consignment/ DUNBAR RESTAURANT & TEA ROOM in Sandwich Sign up at ext. 1</p>	

Eldercare Q & A from OLD COLONY ELDER SERVICES

Q. Can I get financial help from Medicare for my prescription drug costs?

Yes. There is help for Medicare beneficiaries with Part D plans. Known as “Extra Help” this program can assist you in paying for prescription drugs if you meet certain income and resource limits.

Eligible Medicare beneficiaries with limited income can receive financial assistance with prescription drug costs — roughly \$4,000 a year — associated with their Medicare drug plan. This program can reduce or eliminate the premium and deductible for Medicare prescription drug coverage.

You may qualify for Extra Help if your annual income and resources are below these 2015 limits:

- Single person with income less than \$17,655 and resources less than \$13,640 per year; or
- Married person living with a spouse and no other dependents with income less than \$23,895, and resources less than \$27,250 per year.
- NOTE: “Resources” means money in a checking or savings account; stocks; bonds; mutual funds; IRAs and second home(s). (Your primary residence, vehicle, household items, burial plot, irrevocable burial contracts, life insurance policies, and a maximum of \$1,500 for burial expenses per person are NOT counted as resources.)

If you qualify for Extra Help and enroll in a Medicare drug plan, you can get help paying your monthly premium, deductible, coinsurance and co-payments. You will have no coverage gap (the “donut hole”), or late enrollment penalty.

You automatically qualify for Extra Help if you are enrolled in MassHealth Standard, CommonHealth or a Medicare Savings Plan. You also qualify if you receive Supplemental Security Income (SSI) payments. If you automatically qualify, Medicare will send you a purple letter; you will not need to apply if you receive this letter. If you are not already in a Medicare drug plan, you will need to join one to use Extra Help. If you don't join a plan, Medicare may enroll you in one, and will send you a yellow or green letter telling you when your drug coverage begins.

Different Medicare drug plans cover different drugs. Check your plan's

“formulary” (list of drugs) to see if the drugs you use are covered, what their price is, and if the pharmacy you prefer is part of the plan. If you don't like the Medicare drug plan you are in, if you are in Extra Help, you can switch your Part D plan each month (or during the enrollment period of October 15th to December 7th).

In order to see what assistance you'll receive from Extra Help, you'll need to send to your Medicare plan some form of documentation indicating you qualify for Extra Help. In 2016, drug costs for most people who qualify for Extra Help are less than \$2.95 for each generic, and less than \$7.40 for each brand-name covered drug.

Note: If you have employer or union drug coverage, and you join a Medicare drug plan, you may lose your employer or union coverage even if you qualify for Extra Help. Call your employer's benefit administrator before you decide to join a Medicare drug plan.

If you don't automatically qualify for Extra Help, you can apply by calling Social Security at 1-800-772-1213 or visiting their website at www.ssa.gov. You can also call your area SHINE (Serving the Health Insurance Needs of Everyone) Counselor for assistance at 1-800-243-4636, then press option 3. Medicare gets information from your state or Social Security office that tells whether you qualify for Extra Help. If Medicare doesn't have the right information, you may be paying the wrong amount for your prescription drug coverage. Give your Medicare drug plan proof that you qualify for Extra Help—like your MassHealth card or copy of your award notice from Social Security. If you aren't enrolled in a Medicare drug plan and you already paid for prescriptions since you qualified for Extra Help, you may be able to get back part of what you paid. Keep your receipts, and call your plan.

Nearly all Part D plans now have preferred pharmacy networks. Filling your prescriptions with your plan's preferred pharmacy provider will save you money, especially on mail-order prescriptions. Other ways to lower your drug costs include asking your doctor about generic drugs, and consider using mail-order pharmacies.

For more information on Extra Help, you can call the SHINE (Serving the Health Insurance Needs of Everyone) free health counseling program at **1-800-Age-Info (1-800-243-4636)**, and press option 3.

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.

Saint Patrick's Day Fun Facts



- *Erin go Bragh* translates to "Ireland forever."
- The very first St. Patrick's Day parade was not in Ireland. It was in Boston in 1737.
- The largest parade in the United States, held since 1762, is in New York City, and draws more than one million spectators each year.
- Green is associated with Saint Patrick's Day because it is the color of spring, of Ireland, and of the shamrock.

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

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

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, March 22nd 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, March 15th by appointment. Contact **extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST

Dr. William Chan. Wednesday, March 9th by appointment only. Contact **extension 2** to make an appointment. Upcoming dates: April 13, May 11, June 8

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:

March 9 Senior Center 12:30—2:00

Thursday:

March 17 Harvard Court 12:15—1:45

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

March 1, 8, 15, 22, 29 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, March 17th **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.

Ease of Access: Improve computer access for physically challenged.

Online Education: Find computer based Learning CourseWare and take a lesson.

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Steven J Leonard
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Providing services to the community since 1974

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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.OurSeniorCenter.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.

