

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*

MAY 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.

Introducing ... *The Resonators Jazz Trio* Thursday, May 26th at 1:00

The Resonators Jazz Trio makes music fun again! Their rootsy style defies classification. Ballads, Broadway, Blues—and everything in between. This musical trio has something for everyone. From the sophisticated Jazz rhythms of the American Songbook, Dancing Cheek to Cheek with the likes of Irving Berlin, Cole Porter and George Gershwin to the real American Songbook—with Stephen Foster down on The Swanee River, the Resonators Jazz Trio plays the music that'll move your feet and touch your heart.

The leader of The Resonators, Jim Gordon, is an Archtop Swing Guitar player and a Mandolinist who makes his home on the South Shore. When he's not laying down four-to-the-bar Rhythm, he's Directing and Creating Media for Corporations and Broadcast. Brand Cedrone is a multi-talented crooner, Ukelele player and extraordinary Harmonica master from Dighton, Mass. He's Commodore of the Dighton Yacht Club and, in fact, he loves to be called Commodore. And Craig Hamilton rounds out the cast of characters. When he's not playing Acoustic bass and Gypsy Jazz Guitar, he's solving the mysteries of diesel mechanics and repair.

Please join us for a fun afternoon of live music at the Senior Center. Seating is limited and reservations are required by calling extension 2. Light refreshments will be served.

Trip Sign Up Day

TRIP SIGN UPS BEGIN ON
Thursday, April 28th
at 8:00 A.M.

(You may sign up yourself and one additional person)



BAGGO ANYONE?

Yes, Baggo. It's a fun beanbag toss game that anyone can play.

We will kick off this popular 'backyard family game' outdoors at the Senior Center on Tuesday morning, May 10th at 10:30 am. (In case of inclement weather, we will hold this on May 17th). We are hoping for enough participation to eventually hold tournaments with prizes being awarded. Come by to check it out—expect a little exercise, some friendly competition, and a lot of fun.

Light refreshments will be served.

Transportation will be available. Contact extension 2 to let us know you're coming and to book a ride if you need one.

Hope to see you here!

Puttin' on the Ritz Senior Dance

Sponsored by Plymouth Networking Group for Senior Services

Wednesday, May 25th
Plymouth Council on Aging
44 Nook Road, Plymouth
1:00 p.m. to 4:00 p.m.

Live Jazz Band! Dancing! Refreshments!
Free Raffles!

We have 15 tickets available.
Get your tickets at the Senior Center beginning May 1st,
on a first come, first served basis.

Transportation to the event will be available if needed.

SENIOR CITIZEN COMMUNITY SERVICE PROPERTY TAX VOUCHER PROGRAM

(Applications accepted June 1 through June 30 only)

Purpose: The Senior Tax Program is a program allowing the Town of Whitman the opportunity to utilize the knowledge and skills of its senior residents in exchange for credit toward the resident's property tax bill. The purpose of this program is to enhance municipal services and alleviate senior residents' tax burden. A qualified resident will be credited at a rate of \$8.00 per hour toward a maximum abatement of \$800.00 per household during the fiscal year.

Eligibility requirements include:

1. Year-round Whitman resident for at least 5 years who is age 60 or over; and
2. Pays real estate taxes to the Town of Whitman; and
3. Is the only name on the deed to the property (other than a spouse). If you have the name of anyone other than a spouse on the deed, you do not qualify.
4. Can produce a copy of current real estate tax bill.
5. Commitment of 100 hours per fiscal year is required (July 1, 2016 June 30, 2017). Credit will be granted towards the Tax Bill issued in January 2018 provided you are still the homeowner of record.

Job Development: The Whitman Senior Tax Program is a jobs program. Qualified seniors will be hired to work for town departments, including the schools. The Council on Aging will work with the departments and applicants to develop specific jobs, conduct interviews, and place qualified people. Each department will be contacted and asked to review their service procedures and requirements to determine whether they may benefit from the assistance of a senior resident.

Job Placement /Selection: Applicants will be referred to departments based on their skills and the needs of the departments. Jobs will be offered based on qualifications and availability.

Earnings: \$8.00 per hour credit for all jobs, (less Medicare contribution) will be credited to the tax bill issued in January 2018.

Application Procedure: Includes an intake interview to determine eligibility, an application form, a job interview with COA Director, a referral by COA Director to the department, and a job interview with the department head. Additionally, applicants will be required to pass a CORI (Criminal Offender Record Information) check per requirement of the Office of Elder Affairs.

For more information and to get an application please call Linda Kelly at the Senior Center 781-447-7619 ext. 1 on or after June 1st.



Visit with Abner
Monday, May 9th
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 a Monday at 10:30 am.



Coffee Hour with the Fire Department
Friday, May 20th
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.
Call extension 2 to sign up.

Senior Whole Health Informational Session
9:30 at the Senior Center
Wednesday, May 11th

Senior Whole Health (HMO SNP) is a Medicare Advantage health plan for Seniors 65 years and older that combines your Mass Health Standard and Medicare benefits.

A Senior Whole Health specialist will be available to answer questions regarding the benefits of this Senior Care option.

Dunkin' Donuts and coffee provided.

Sign up at extension 2 to reserve your seat.

COA BUS TRIPS**Brass Lantern**

Thursday, May 5th

Leaves the Senior Center at 10:00

Trip is \$5.00 for transportation

Start at the Pepperidge Farm outlet, then have lunch on your own at the Brass Lantern Restaurant in the South Shore Voc Tech High school. The last stop will be to Hornstra Farms in Norwell for ice cream or other dairy treats.

Highfield Hall and Gardens

Wednesday, May 18th

Leaves the Senior Center at 9:00

Trip is \$10.00 for transportation, \$5.00 Tour fee

Enjoy a 1 hour tour of the Hall and Gardens, then a quick stop to Nobska Lighthouse. The last stop will be to Silver Lounge for lunch on your own and time to browse Uncle Bill's Country Store.

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

Sign up date is April 28th

Crafts with Denise

Wednesday, May 11th

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

MAH JONGG—Wednesdays at 1:00 pm.

PICKLEBALL— Tuesday and Thursday mornings at 9:00. The court is behind the Police station. Participants please call Linda at ext. 1 to register.

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

Motorcoach Tours Presents:**Divine Comedy Luncheon**

At the Radisson Hotel in Providence

Tuesday, May 17th

Pickup 9:45 at the VFW

\$78.00 (tip included)

Enjoy lunch and an afternoon of laughs with Father Aloysius as he shares stories, blessings and blarney and Bingo.

Lunch Choices are: Boneless Breast of Chicken or Baked Cod

Conway Railroad and White Mt. Hotel Tour

Tuesday, June 21st

Pickup 7:00 A.M. at the VFW

\$82.00 (tip included)

Visit the heart of Mt Washington Valley. Begin with a scenic ride to the Mt. Washington Hotel and Resort. Take in the views and sit down to a delicious lunch. Choose between Broiled Scrod in white wine and butter sauce or Chicken Cordon Blue. After lunch it is off to the Conway Scenic Railroad for an hour train excursion then enjoy a little Conway outlet shopping.

**Call Linda at extension 1 for a reservation.
Checks should be made payable to Terry Seer.**

Movie of the Month

At the Senior Center

“ THE LADY IN THE VAN ”**Friday, May 13th at 1:00 P.M.**

Miss Shepherd, a woman of uncertain origins, “temporarily” parks her van in a man’s London driveway. Over the course of fifteen years, what began as a begrudged favor turns into a relationship that will change both their lives. Based on a true story and Alan Bennett’s stage play “The Lady in the Van”.

Starring: Maggie Smith, Alex Jennings, Jim Broadbent

Run Time: 1 hour 44 minutes

Rated PG-13

Call extension 2 to reserve your seat.**Space is limited to 12 attendees.****FRIENDS OF THE WHITMAN SENIORS
MOTHERS DAY LUNCHEON
FOR FRIENDS OF WHITMAN SENIORS MEMBERS**

At Standish Grille Restaurant, Rt. 18, East Bridgewater

At 12:30 P.M. on Friday May 13th

Monthly Meeting will follow luncheon

Anyone with questions or needs transportation,
please call Roberta at 781-261-3930

MAY 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:00 Wii Bowling 11:30 Lunch—Hot Dog with Whole Wheat Bun 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>3</p> <p>9:00 Pickleball 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch—Chicken Parmesan 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom</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>4</p> <p>11:30 Lunch—Shepherds Pie 1:00 Mah Jongg 6:00 Scrapbooking</p> <p>9:00 WALMART in Plymouth, Woods Restaurant Sign up at ext. 1</p>	<p>5</p> <p>9:00 Pickleball 9:00 Hairdresser by Appt 11:30 Lunch—Egg Salad, Pita Half 2:00 Tai Chi</p> <p>1:00 REDUCE PAIN THROUGH SELF-HYPNOSIS (Week 2 of 3)</p> <p>10:00 BRASS LANTERN RESTAURANT AT SOUTH SHORE VO-TECH (see pg 3) Sign up at ext. 1</p>	<p>6</p> <p>10:00 R.A.D. 11:30 Lunch—Hawaiian Pork Roast 1:00 Bingo</p>
<p>9</p> <p>8:00 Wii Bowling 11:30 Lunch—Chicken Marsala 1:00 Bingo</p> <p>10:30 VISIT WITH ABNER</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>10</p> <p>9:00 Pickleball 9:00 Art Group 9:00 Hairdresser by Appt 10:30 Baggo 11:30 Lunch—Fish Florentine 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom</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>11</p> <p>8:30 Podiatrist by Appt 11:30 Lunch—Whole Grain Lasagna Rolls 12:30-2:00 Wellness Clinic at Senior Center 1:00 Mah Jongg</p> <p>9:30 Senior Whole Health 12:30 Crafts with Denise Sign up at ext. 2</p> <p>9:00 HANOVER MALL Sign up at ext. 1</p>	<p>12</p> <p>9:00 Pickleball 9:00 Hairdresser by Appt 11:30 Lunch—Pot Roast 2:00 Tai Chi</p> <p>1:00 REDUCE PAIN THROUGH SELF-HYPNOSIS (Week 3 of 3)</p> <p>9:30 WAREHAM CROSSING/Longhorn Steakhouse - Sign up at ext. 1</p>	<p>13</p> <p>10:00 R.A.D. 11:30 Lunch—Swiss Cheese Omelets</p> <p>10:00 BOOK BUZZ Sign up at ext. 2</p> <p>1:00 MOVIE at the SENIOR CENTER (see pg. 3) Sign up at ext. 2</p>
<p>16</p> <p>8:00 Wii Bowling 11:30 Lunch—Meatball Sub 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>17</p> <p>9:00 Pickleball 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch—Pork Stir Fry 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom 1:00 Hearing Check by Appt</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>18</p> <p>11:30 Lunch—Greek Chicken 1:00 Mah Jongg</p> <p>9:00 HIGHFIELD HALL AND GARDENS, SILVER LOUNGE RESTAURANT in FALMOUTH (see pg 3) Sign up at ext. 1</p>	<p>19</p> <p>9:00 Pickleball 11:30 Lunch—Salmon w/Dill Sauce 12:15-1:45 Wellness Clinic at Harvard Ct 2:00 Tai Chi</p> <p>BROWN BAG PICKUP Pickup at the Senior Center between 12:00 and 3:00 only</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>20</p> <p>10:00 R.A.D. 11:30 Lunch—Spanish Pot Roast</p> <p>9:30 COFFEE HOUR WITH THE FIRE DEPARTMENT Sign up at ext. 2</p>
<p>23</p> <p>8:00 Wii Bowling 11:30 Lunch—Chicken Scallopini 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>24</p> <p>9:00 Pickleball 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch—Tuna Salad/Pita Half 11:00 Computer Workshops 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting/Loom</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>25</p> <p>11:30 Lunch—Hamburger with Cheese 1:00 Mah Jongg</p> <p>9:30 CASTLE ISLAND Sign up at ext. 1</p> <p>1:00 PUTTIN' ON THE RITZ SENIOR DANCE (at Plymouth COA) tickets required, see pg 1</p>	<p>26</p> <p>9:00 Pickleball 9:00 Hairdresser by Appt 11:30 Lunch—Roast Turkey 2:00 Tai Chi</p> <p>1:00 The Resonators Jazz Trio (see details on pg 1) Sign up at ext. 2</p> <p>9:00 Good Days Restaurant and MARKET BASKET - ext. 1</p>	<p>27</p> <p>10:00 R.A.D. 11:30 Lunch—Stuffed Shells</p>
<p>30</p> <p>MEMORIAL DAY SENIOR CENTER CLOSED</p>	<p>31</p> <p>9:00 Pickleball 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch—Broccoli Stuffed Chicken 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom</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>June 1</p> <p>11:30 Lunch— 1:00 Mah Jongg 6:00 Scrapbooking</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>June 2</p> <p>9:00 Pickleball 9:00 Hairdresser by Appt 11:30 Lunch— 2:00 Tai Chi</p> <p>PLAINRIDGE PARK CASINO In Plainville Pickup 9:00 K of C; 9:15 Home Return Home 4:00 Sign up at ext. 1</p>	<p>June 3</p> <p>10:00 R.A.D. 11:30 Lunch—</p> <p>9:00 BOSTON'S NORTH END/HAYMARKET SQUARE Sign up at ext. 1</p>

Eldercare Q & A from OLD COLONY ELDER SERVICES

Q. Do older people need less sleep than younger people ?

A: No. Older adults need about the same amount of sleep as younger adults: 7 to 9 hours each night. But seniors tend to go to sleep earlier and get up earlier than when they were younger. Older people also may nap more during the day, which can sometimes make it harder to fall asleep at night.

How many times have you heard someone say, "All I need is a good night's sleep?" There's no question that getting enough sleep helps you stay healthy and alert. But many older people don't sleep well. You shouldn't wake up every day feeling tired.

There are two kinds of sleep: Rapid eye movement (REM) sleep and non-REM sleep. Our dreams occur mostly during REM sleep, and we have the deepest sleep during non-REM sleep. As you get older, you spend less time in deep sleep, which may explain why older people are often light sleepers.

If you are not getting enough sleep, you can feel irritable, have memory problems, feel depressed, have more falls or accidents, and feel very sleepy during the day. According to the National Institute on Aging, there are many reasons why older people may not get enough sleep at night. Feeling sick or being in pain can make it hard to sleep and some medicines can keep you awake.

The most common sleep problem in older adults is insomnia: having trouble falling asleep and staying asleep. It may take you a long time to fall asleep, or you may wake up several times in the night, or wake up early and not be able to get back to sleep, or wake up feeling tired. Insomnia can last for days, months, or even years. Sometimes insomnia may be a sign of other problems. Or, it could be a side effect of a medication or an illness. Being unable to sleep can become a habit.

Here are some tips for getting a better night's sleep:

- Take time to relax before bedtime each night. It's ok to watch television, read a book, listen to soothing music, or soak in a warm bath.
- Go to sleep and get up at the same time each day, even on weekends. Avoid napping in the late afternoon or evening, as it may keep you awake at night.
- Keep your bedroom dark, not too hot or too cold, and as quiet as possible. Have a comfortable mattress, a pillow you like, and enough blankets for the season.
- Don't exercise within 3 hours of your bedtime, and try to get outside in the sunlight each day.

- Large meals close to bedtime can keep you awake, but a light snack in the evening can help you get a good night's sleep. Avoid caffeine (coffee, tea, soda, or hot chocolate) late in the day. Alcohol will not help you sleep, and drink fewer beverages in the evening.
- After turning off the light, give yourself about 20 minutes to fall asleep. If you're still awake and not drowsy, get out of bed. When you feel sleepy, go back to bed.
- Have a good lamp within reach that turns on easily, and put a glass of water next to the bed in case you wake up thirsty. Put nightlights in the bathroom and hall.
- Remove area rugs so you don't trip on your way to the bathroom.
- Try counting slowly to 100, or relaxing your body by telling yourself that your toes feel light as air, and then work your way up the rest of the body saying the same words.

If you feel tired for more than 2 or 3 weeks, you may have a sleep problem. Talk to your doctor about changes you can make to get a better night's sleep. Some seniors who have trouble sleeping turn to over-the-counter sleep aids; but medicines are not a cure for insomnia. Developing healthy habits before bedtime may help you get a better night's sleep.

Another sleep disorder is sleep apnea--or short pauses in breathing while sleeping. These pauses can happen many times during the night. As a result, the quality of your sleep is poor, which makes you tired during the day. Sleep apnea is a leading cause of excessive daytime sleepiness and can lead to other problems like high blood pressure or stroke. Most people who have sleep apnea don't know they have it because it only occurs during sleep. A family member might be the first to notice signs of sleep apnea. You may need to learn to sleep in a position that keeps your airways open, or sleep with two pillows to elevate your head. There are also medical devices that could help. But start off by asking your doctor how to determine if you have sleep apnea.

Alzheimer's disease often changes a person's sleeping habits. Some people with Alzheimer's sleep too much, others don't sleep enough. Some people wander or yell at night. Caregivers may have sleepless nights too. If you are caring for someone with Alzheimer's, make sure the floor is clear of objects, lock up any medicines, install grab bars in the bathroom, and place a gate across the stairs.

For more information contact the National Sleep Foundation at www.sleepfoundation.org Or Better Sleep Council, www.bettersleep.org

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.

HUMOR CORNER

Older and Wiser....

When I was a child I thought "Nap Time" was a punishment. Now, as a grown up, it feels like a vacation.

Of course I talk to myself; sometimes I need expert advice.

If God wanted me to touch my toes, he would've put them on my knees.

I don't have gray hair; I have "wisdom highlights". I'm just very wise.

At my age "getting lucky" means walking into a room and remembering what I went in there for.

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:

May 11 Senior Center 12:30—2:00

Thursday:

May 19 Harvard Court 12:15—1:45

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

May 3,10,17, 24,31 1:00—4:00

EAGLE SCOUT PROJECT FUNDRAISERS

Stevie Bagley continues to raise funds for his Eagle Scout project of beautifying and enhancing our outdoor Pickleball Courts by collecting returnable cans and bottles. Please consider donating yours to this great cause. Please call Stevie at 781-447-0294 if pickup is needed. Cans and bottles may also be dropped off at the Senior Center.

Stevie is also holding a fundraiser **YARD SALE** on Saturday, May 21st at 5 Robin Road in Whitman.

THANK YOU FOR YOUR SUPPORT

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, May 24th 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, May 17th by appointment. Contact **extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST

Dr. William Chan. Wednesday, May 11th by appointment only. Contact **extension 2** to make an appointment. Upcoming dates: June 8, July 13, August 18

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, May 19th, **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 and Thursdays 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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Robert A. Tonello,
Steven J Leonard
Funeral Directors

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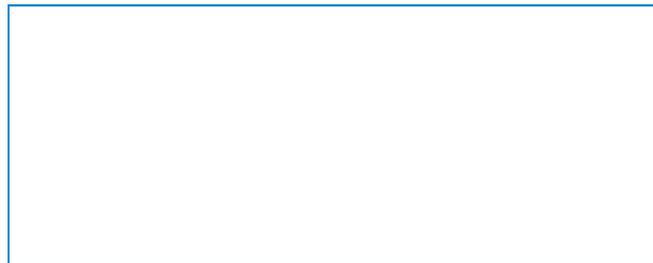
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RETURN SERVICE REQUESTED



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.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.