

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*

JULY 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 ...

Unfortunately, it seems that a new scam appears almost weekly. Here's some information on a current scam that you should be aware of from Massachusetts State Treasurer Deb Goldberg:

"Unclaimed Property Sweepstakes" Scam

Fraudulent letters from a Massachusetts address are being sent to the state's citizens claiming "unclaimed property winnings". According to Massachusetts State Treasurer Goldberg, **these letters are not being sent by either the Massachusetts Office of the State Treasurer or the National Association of Unclaimed Property Administrators (NAUPA).**

Official unclaimed property notices will **never** direct owners to pay money, whether for processing fees, tax payments, or otherwise when searching unclaimed property or filing a claim. The Office of the State Treasurer and Massachusetts Legislators utilize the mail to inform owners of unclaimed property. There are a number of ways to discern official Treasury notices from scam notices: Official letters will be mailed from Boston, Massachusetts with a return address; they will direct owners to an official <http://www.mas.gov/> website; and they will bear the official seal of the Commonwealth of Massachusetts along with the signature of the Treasurer.

Unclaimed property includes forgotten savings and checking accounts, un-cashed checks, insurance policy proceeds, stocks, dividends, and the contents of unattended safe deposit boxes. Most accounts are considered abandoned and are turned over to the state after three years of inactivity.

If you have any questions regarding unclaimed property, visit the Treasury's official website, <http://www.findmassmoney.com/> or call 888-344-MASS (6277). You can also view an example of a fraudulent letter at the following: www.mass.gov/treasury/scamletter.

Avoid becoming a scam victim by staying informed!

Barbara

If you are thinking about retirement and need information to help make informed decisions, then you should join us for this presentation:

**Harvard Pilgrim Health Care Presents
"Celebrating 65 And the Possibilities it Brings ..."
Thursday, July 28th
At the Senior Center
At 4:30 P.M.**

"Celebrating 65 and the Possibilities it Brings..." is an educational program developed by Harvard Pilgrim Health Care that provides you with information on Social Security, Medicare and retirement health care options. "Celebrating 65" can help you take a pro-active approach to retirement and plan for a healthy future.

This afternoon's topic will be "Learning How to Navigate Medicare" and will cover:

- How Medicare works
- How to apply for coverage
- A description of Medicare Parts A and B
- Working beyond age 65

Call **extension 2** to register.
Light refreshments will be served.

Daily Scan-In

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

Thanks for your cooperation!



Reminder....

The Senior Center is a great place to visit on a hot day.

Stop in for coffee and a chat.

Check out our word search puzzles or coloring pages.

Participate in some of our activities.

Sign up for the movie.

Have lunch...see page 8 for details

Or ... bring your own knitting or other hobby and escape for awhile

Whatever you choose, there is something for everyone.

Water – Drink Up!

Water has major functions in the body. Drinking enough water is an important part of a healthy lifestyle and a successful weight management program. Here are some tips:

Sometimes, we feel hungry when we are actually dehydrated.

Don't wait for thirst! Sip throughout the day.

Always keep a water bottle with you.

Take "Water Breaks" throughout the day.

Drink decaffeinated beverages or plain water with meals.

Don't skip the water fountain – always take a sip.

How much water do we need?

The average adult loses about 2 ½ quarts (about 10 cups) of water each day. Therefore, drinking approximately 8–12 cups throughout the day is sufficient. Heat, activity and diet (high protein intake, caffeine, alcohol) increase your need for water.

How can you make sure you get enough water?

Check your urine – it should be clear and light-colored.

"BANANAGRAMS"

At the Senior Center

Friday, July 15

1:00 P.M.



Join us at the Senior Center for Bananagrams. It's a fun family game that involves arranging lettered tiles into a grid of connected words (think Scrabble or crossword puzzles) faster than one's opponents.

Come prepared to exercise your brain and to have fun and enjoy some socialization. Adults of all ages are welcome. Sign up is required by calling 781-447-7619 ext. 2.

BAGGO (a/k/a Cornhole Toss) AT THE SENIOR CENTER WEDNESDAY, JULY 20TH AT 10:30

Don't miss the fun. We now have an awning for deck so you can play in comfort. Sign up at extension 2.



Movie of the Month
At the Senior Center
" THE INTERN "
Friday, July 22nd at 1:00 P.M.

Starring: Robert De Niro, Anne Hathaway, Anders Holm
Run Time: 2 hours
Rated PG-13

Ben Whittaker is a 70 year old widower who has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin.

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

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: July 19th, September 20, November 15

Representative Diehl looks forward to hearing from you and relaying your concerns to Beacon Hill. If you cannot make it in to speak with him, you may contact his office directly at (617) 722-2810, ext. 6326 or by email at: Geoff.Diehl@MAhouse.gov



Visit with Abner Monday, July 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 a Monday at 10:30 am.

Abner is guaranteed to put a smile on your face!



Coffee Hour with the Fire Department Friday, July 15th

9:30 at the Senior Center

A representative from the Fire Department will be here to discuss safety issues and to answer any questions that you may have. Call extension 2 to sign up.

COA BUS TRIPS



John F. Kennedy Presidential Library and Museum

Friday, July 8th

Leaves the Senior Center at 9:00

Trip is \$8.00 for transportation

(Admission: \$12.00 for Seniors 62+; \$10.00 for Veterans)

In addition to the permanent exhibits, don't miss the special exhibit, (Freedom 7- the iconic space capsule that Alan Shepard Jr. piloted into space, which is on loan from the Smithsonian National Air and Space Museum). Have a bite in the museum café or bring your lunch and go outdoors to enjoy the fabulous location.

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**Concord River Cruise**

Wednesday, July 27th

Leaves the Center at 9:00

\$40.00 covers cruise, lunch and transportation

Enjoy a relaxing one hour and fifteen minute cruise on the Concord and Sudbury Rivers while enjoying lunch aboard a pontoon boat. View the homes of the 1800's and nature at it's best. 50% deposit required with your reservation. We need a minimum of 10 for this trip to go.

Call **Linda at extension 1** to sign up.  
Sign up date is June 27th

**LEFT, CENTER, RIGHT**

At the Senior Center

Thursday, July 28th at 1:00 P.M.

Sign up at extension 2.

**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.

**Wii BOWLING**—Mondays at 8:00 am

**Motorcoach Tours Presents:**

**Gloucester Schooner**

Tuesday, July 19th

8:00 A.M. Pickup at the VFW

\$100.00 (tip included)

Enjoy a 2 hour cruise of Gloucester harbor on the Lannon, a 65 foot wooden schooner that seats 49. You will sail peacefully past lighthouses, castles, working fishing boats, and magnificent waterfront homes. Following this amazing cruise, you will head to lunch at the one and only Gloucester House for a delicious lunch of Baked House Scrod or Baked Stuffed Breast of Chicken. Finally, a brief stop in Rockport before departing for home.

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Lake Winnepesaukee Luncheon Cruise

Tuesday August 23rd

9:00 A.M. Pickup at the VFW

\$85.00 (tip included)

Spend the day cruising Lake Winnepesaukee. Embark on a 2 1/2 hour Luncheon Cruise featuring fabulous buffet options while cruising along the beautiful Lake Winnepesaukee. Make sure to bring your camera.

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

Will you be the next Jeopardy Champion?

Jeopardy

At the Senior Center

Thursday, July 7th at 1:00

Exercise your brain a little and have some fun in the process. Join us for a game of Jeopardy sponsored by Sachem Center for Health and Rehabilitation.

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

FRIENDS OF THE WHITMAN SENIORS

**THERE WILL BE NO JULY AND AUGUST
MONTHLY MEETINGS OF THE FRIENDS**

Remember on August 13th the Annual Friends of Whitman Seniors Barbecue will be held at the Senior Center

Anyone with questions please call Roberta at 781-261-3930

JULY 2016

Monday	Tuesday	Wednesday	Thursday	Friday
1				11:30 Lunch—Ravioli w/ Butternut Squash Pesto 1:00 Bingo
TRIP SIGN UPS BEGIN ON MONDAY, JUNE 27TH AT 8:00 AM				4
4	5	6	7	8
HAPPY INDEPENDENCE DAY SENIOR CENTER CLOSED	9:00 Pickleball 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch— Hot Dog 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 4:00 on Friday – ext. 2	11:30 Lunch— Chicken Scaloppini 1:00 Mah Jongg 6:00 Scrapbooking 9:00 AROUND TOWN Reserve by 4:00 Friday at ext. 2	9:00 Pickleball 9:00 Hairdresser by Appt 11:30 Lunch— Fish Florentine 9:00 WALMART in Plymouth, Woods Restaurant Sign up at ext. 1 1:00 JEOPARDY Sign up at ext. 2	11:30 Lunch— Whole Grain Lasagna Rolls 10:00 BOOK BUZZ Sign up at ext. 2 9:00 JOHN F. KENNEDY PRESIDENTIAL LIBRARY AND MUSEUM in Boston Sign up at ext. 1
11	12	13	14	15
8:00 Wii Bowling 11:30 Lunch— Hamburger w/ Cheese 1:00 Bingo 10:30 VISIT WITH ABNER 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Pickleball 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch— Turkey Salad on Lettuce Bed 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom 8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at STOP & SHOP Reserve by 4:00 on Friday – ext. 2	8:30 Podiatrist by Appt 11:30 Lunch— Swiss Cheese Omelets 12:30-2:00 Wellness Clinic at Senior Center 1:00 Mah Jongg 9:00 HANOVER MALL Sign up at ext. 1	9:00 Pickleball 11:30 Lunch— Greek Chicken 9:00 CASTLE ISLAND Sign up at ext. 1	11:30 Lunch— Teriyaki Salmon over Brown Rice 9:30 COFFEE HOUR WITH THE FIRE DEPARTMENT Sign up at ext. 2 1:00 BANANAGRAMS Sign up at ext. 2
18	19	20	21	22
8:00 Wii Bowling 11:30 Lunch— Chicken Parmesan 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Pickleball 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch— Sloppy Joe 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom 1:00 Hearing Check by Appt 8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at SHAWS Reserve by 4:00 on Friday – ext. 2	11:30 Lunch— Potato Crunch Fish 1:00 Mah Jongg 10:30 Baggo (Sign up at ext. 2) 9:00 CHRISTMAS TREE SHOP and KOHL'S with "99" or LONGHORN RESTAURANT in Pembroke Sign up at ext. 1	9:00 Pickleball 9:00 Hairdresser by Appt 11:30 Lunch— California Chicken Salad on Lettuce Bed 12:15-1:45 Wellness Clinic at Harvard Ct BROWN BAG PICKUP Pickup at the Senior Center <u>between 11:00 and 2:00 only</u> FOXWOODS CASINO Pickup 7:30 K of C; 7:45 Home Return Home 7:00 pm Sign up at ext. 1	11:30 Lunch— Spanish Pot Roast 1:00 MOVIE at the SENIOR CENTER (see pg. 2) Sign up at ext. 2
25	26	27	28	29
8:00 Wii Bowling 11:30 Lunch— Stuffed Shells w/ Meat Sauce 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Pickleball 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch— Spanish Chicken 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 4:00 on Friday – ext. 2	11:30 Lunch— Egg Salad on Lettuce Bed 1:00 Mah Jongg 9:00 CONCORD RIVER CRUISE (see Page 3) Sign up at ext. 1	9:00 Pickleball 9:00 Hairdresser by Appt 11:30 Lunch— Roast Beef w/ Gravy 1:00 Left, Center, Right– ext. 2 4:30 "Celebrating 65 and the Possibilities it Brings ..." presentation by Harvard Pilgrim Health Care Sign up at ext. 2 9:00 Good Days Restaurant and MARKET BASKET - ext. 1	11:30 Lunch— Meatballs w/ Sauce on Whole Wheat Sub Roll

Eldercare Q & A from OLD COLONY ELDER SERVICES

Q. I AM TURNING 65, HOW SHOULD I GET READY FOR MEDICARE ?

A: Between 2011 and 2030, 10,000 people each day will turn 65. That's 73 million Americans who will be exploring Medicare health insurance for the first time. Medicare has several primary parts:

- Part A: is often called hospital insurance because it pays for your care while you are in the hospital. Part A also pays some of the costs if you stay in a skilled nursing facility or if you get health care at home. Part A also covers hospice care for people who are terminally ill.
- Part B: covers doctor visits, plus screenings, lab tests, outpatient hospital care and home healthcare which is not covered by Part A.
- Parts A & B are known as "Original" Medicare, or "fee for service" Medicare. With Original Medicare, you can go to any doctor, hospital, skilled nursing facility or outpatient treatment clinic that accepts Medicare assignment.
- Part C: refers to private health care plans known as Medicare Advantage plans, which have contracts with Medicare. When you join one, you get your Medicare-covered healthcare services, all the same things as Medicare Part A and B. But Part C plans also may cover services that Original Medicare does not, such as eye exams, a pair of eyeglasses, or a hearing exam once a year. The plans may charge different amounts than you would pay through Original Medicare. Medicare Advantage plans may also cover prescription drugs. If they do, you cannot buy a separate Medicare prescription drug plan.
- Part D: provides prescription drug coverage to everyone with Medicare. To get Part D, you must join a plan run by an insurance company or a private company approved by Medicare. Each plan will vary in cost and the drugs covered, and plans can change from year to year. A plan that covers your prescriptions this year might change and not cover them the next year. If you take medicines now, or if you do not but your health changes or

you need more medicines, this insurance will help pay for prescriptions and protect you from very high costs.

When you approach 6 months before your 65th birthday, here are some ways to prepare:

Research the ABCD's of Medicare and find out if you are eligible: Most people are eligible for Medicare when they reach the age of 65, or younger if they have certain disabilities that prevent them from working. Go to the website:

www.MyMedicareMatters.org

Learn when you can enroll: There are several times when you can enroll in Medicare.

The Initial Enrollment Period is the first time you can sign up for Medicare. You can join Medicare Parts A, B, C and D at different times: The 3 months before your 65th birthday, the month of your birthday, and the 3 months after your birthday.

If you were working for an employer and waited to sign up for Medicare, there is a **Special Enrollment Period** for Parts A & B any time you are working, or within 8 months following the month your employer health plan coverage ends, or when your employment ends (whichever is first). There is also a Special Enrollment Period for Part C & D, which is 63 days after the loss of employer healthcare coverage. If you miss your Initial or Special Enrollment Period, you can sign up for Medicare Parts A & B during the **General Enrollment Period** which is between January 1 - March 31 of each year. If you need to buy Part A, you must also enroll in Part B at this time.

Finally, there is an **Open Enrollment Period** from October 15 to December 7th, when anyone with Parts A & B can switch to a Part C, or vice versa, and anyone can join, drop or switch a Part D plan, or change Part C plans. To help sort all this out, call 1-800-AGE-INFO, and press "3" to be connected to the free SHINE (Serving the Health Insurance Needs of Everyone) health counseling program in your area.

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**.

SENIOR CENTER BUS— Our COA bus is 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**.

FOOD SHOPPING Our COA bus travels to various grocery stores on **Tuesdays at 1:00**. Due to an increase in riders, we find it necessary to limit the number of passengers to allow sufficient room for both passengers and their purchases. **Sign-up is now required weekly by calling extension 2 no later than 4:00 on Friday**. We will maintain a waiting list and if seats are still available, those on the waiting list will be called on Monday morning.

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

This man was sitting quietly reading his paper one morning, peacefully enjoying himself, when his wife sneaks up behind him and whacks him on the back of his head with a huge frying pan.

Man: "What was that for?"

Wife: "What was that piece of paper in your pants pocket with the name Marylou written on it?"

Man: "Oh honey, remember two weeks ago when I went to the horse races? Marylou was the name of one of the horses I bet on."

The Wife looked all satisfied and goes off to work around the house.

Three days later he is once again sitting in his chair reading and she repeats the frying pan swatting.

Man: "What the hell was that for this time?"

Wife: "Your horse called."

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, July 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, July 19th by appointment. Contact **extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST

Dr. William Chan. Wednesday, July 13th by appointment only. Contact **extension 2** to make an appointment. Upcoming dates: , August 10, September 14, October 12



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:

July 13 Senior Center 12:30—2:00

Thursday:

July 21 Harvard Court 12:15—1:45

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

July 5, 12, 19, 26 1:00—4:00

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, July 21st, **11:00 to 2:00 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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 Steven J Leonard
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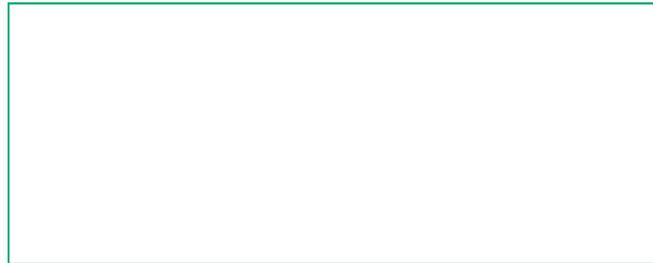

Old Colony Elder Services
 Providing services to the community since 1974
 144 Main Street • Brockton, MA 02301 • 508-584-1561
 Fax: 508-897-0031 • info@ocesma.org • www.ocesma.org

The cost of printing and mailing this newsletter has been paid by the Massachusetts Executive Office of Elder Affairs.

Whitman Council On Aging
16 Hayden Avenue
Whitman, MA 02382

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RETURN SERVICE REQUESTED



DAILY LUNCH

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

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



Transportation is available on Mondays and Tuesdays.

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.