

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*

AUGUST 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 ...

Of particular interest to those who consider themselves “cat people” is our COA bus trip to the Worcester Art Museum on Wednesday, August 31st.

The Museum is currently featuring “Meow: A Cat-Inspired Exhibition” that takes the theme of cats by the tail with this one-of-a-kind, multi-faceted project. “Meow” includes an exhibition exploring the feline as an iconic element of art, a self-guided “cat walk” through the Museum’s galleries to discover other amazing cats in art featuring prints, drawings, paintings and sculptures of cats.

Recently added to the exhibit is the “Cats-in Residence” program where rescue cats live and play in a kind of “cat-aviary”. Human visitors can enter, watch through a window, or livestream on line. The cats are from the Worcester Animal Rescue League and all are up for adoption. Fifty-five cats have found homes through this project in other cities.

We require a minimum of 8 and a maximum of 16 passengers for this trip to take place. We look forward to hearing from you cat lovers (and you know who you are!). See Page 3 for details.

Sign up for Whitman residents begins Tuesday, July 26th at 8:00 a.m. Sign up for non-Whitman residents begins Thursday, July 28th at 8:00 a.m. by calling 781-447-7619 ext. 1.

Best of all, Museum admission is free during the month of August!

Stay Well,

Barbara

**TRIP SIGN UPS BEGIN ON Tuesday,
July 26th
AT 8:00 A.M.**

(You may sign up yourself and one additional person)

ICE CREAM SOCIAL followed by a game of
LEFT, CENTER, RIGHT
At the Senior Center
Thursday, August 25th

12:30 ICE CREAM SOCIAL

Want it your way? Enjoy an old fashioned ice cream sundae with your choice of toppings.
A perfect way to enjoy a summer afternoon.

\$1.00 per ticket

Get your ticket from the reception window at the Senior Center. Space is limited so do not wait.

Followed by ...

1:30 LEFT, CENTER, RIGHT

Left, Center, Right is a simple game played with three dice and a handful of chips. It is a fun game that anyone can play. Come and join us whether you are an expert or have never played before. Just be warned – you may become addicted.

Sign up at extension 2

Transportation is available—Let us know if you need a ride when you call to sign up.

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 those 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.

Here's a recipe for an easy Summer Treat ...

(No Bake) LEMON RASPBERRY MELTAWAYS**Ingredients:**

20 Lemon Oreos
 3/4 c. butter, softened to room temperature
 2 1/2 c. powdered sugar
 1/2 c. cold fresh raspberries
 2 Tbsp. cold raspberry preserves
 Zest of 2 lemons

Instructions:

1. Use a food processor to crush Oreos into fine crumbs. Mix crumbs with 1/4c. softened butter; press mixture into 8 x 8 inch square pan.
2. Refrigerate until firm.
3. In a large mixing bowl, combine remaining butter, powdered sugar, fresh raspberries, preserves and lemon zest.
4. Using a hand mixer, beat at high speed 2-3 minutes.
5. Spread over chilled crust.
6. Return to refrigerator to set: cut into bars and serve.
7. Keep refrigerated until ready to serve.

From: lemontreedwelling.com

ANNUAL FRIENDS OF THE WHITMAN SENIORS BARBECUE
At the Senior Center on Saturday, August 13th, 2016
12 Noon to 2 P.M.

This event is open and free to all Whitman Seniors.
Menu – hot dogs, potato salad, coleslaw, baked beans, chips, drinks & dessert.

Sign up sheet is located at the Whitman Senior Center.

Movie of the Month

At the Senior Center

“JOY”

Friday, August 26th at 1:00

Starring: Jennifer Lawrence, Bradley Cooper, Robert DeNiro, Isabella Rossellini
 Run Time: 2 hours
 Rated PG-13

In a story spanning four generations, Joy grows from innocent young girl to family matriarch and head of a business dynasty. Her road to success is paved with betrayal and treachery as allies become adversaries, inside and outside the family. All the while, Joy's inner life and fierce imagination carry her through. Based on a true story.

Call extension 2 to reserve your seat.

**Coffee Hour with the Police Department**

Friday, August 19th, 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 current events or new issues.

Any questions you may have for the Police Department are welcome.

Call extension 2 to sign up.

**Visit with Abner**

Monday, August 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 a Monday at 10:30 am.

Abner is guaranteed to put a smile on your face!

Crafts with Erica

From Sachem Center for Health and Rehab

Wednesday, August 10th

12:30 pm at the Senior Center

All supplies are provided. Just bring a willingness to have fun.

Reservations are **required** for space and supply planning.
 Please call extension 2 if you will be participating.

COA BUS TRIPS



Boston's North End / Haymarket Square

Friday, August 19th
Leaves the Center at 9:00
Transportation \$10.00

Enjoy a few hours to roam around the North End or pick up some fresh fruits and vegetables from the vendors in Haymarket Square. Wear your walking shoes and enjoy.



Worcester Art Museum

Wednesday, August 31st
Leaves the Center at 9:30
Transportation \$12.00

The Worcester Art Museum is world-renowned for its 35,000 piece collection of paintings, sculpture, decorative arts photography, prints, drawings and new media. See details of the current "Meow" Exhibition on Page 1.



Christmas Tree Shop in Bourne and Sandwich Village

Thursday, September 1st
Leaves the Center at 9:00
Transportation \$9.00

First stop at the Christmas Tree Shop in Bourne for some bargain hunting, then you will have a couple hours on your own in Sandwich Village for shopping, exploring and lunch. What better way to end the Summer?

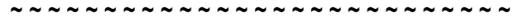
Call Linda at extension 1 to sign up.

Motorcoach Tours Presents:

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.



Foster's Clambake

Tuesday September 6th
Time to be determined
\$80.00 (tip included)

Travel to Foster's for a delicious Clambake. After lunch, stop at Stonewall Kitchen and When Pigs Fly Bread Company before heading home.

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

**BAGGO AT THE SENIOR CENTER
THURSDAY, AUGUST 4TH AT 9:30 a.m.**



Don't miss the fun. We now have an awning for the deck so you can play in comfort.
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 pm.

BINGO at Harvard Court— Wednesdays at 12:30 pm.

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.

"BANANAGRAMS"

At the Senior Center
Wednesday, August 31st
12:30 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.

AUGUST 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>8:00 Wii Bowling 11:30 Lunch—Hot Dog 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>2</p> <p>9:00 Pickleball 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch—Chicken Cacciatore 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 4:00 on Friday – ext. 2</p>	<p>3</p> <p>11:30 Lunch—Shepherd's Pie 1:00 Mah Jongg 6:00 Scrapbooking</p> <p>TWIN RIVER CASINO Pickup 8:00 K of C; 8:15 Home Return Home 4:00 Sign up at ext. 1</p>	<p>4</p> <p>9:00 Pickleball 9:00 Hairdresser by Appt 11:30 Lunch—Roast Turkey w/ Gravy</p> <p>9:30 BAGGO (Sign up at ext. 2)</p> <p>9:00 WALMART in RAYNHAM & IHOP, CHINESE BUFFET or PANERA Sign up at ext. 1</p>	<p>5</p> <p>11:30 Lunch—Fish Taco 1:00 Bingo</p>
<p>8</p> <p>8:00 Wii Bowling 11:30 Lunch—Swiss Cheese Omelets 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>9</p> <p>9:00 Pickleball 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch—Unstuffed Peppers 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 4:00 on Friday – ext. 2</p>	<p>10</p> <p>8:30 Podiatrist by Appt 11:30 Lunch—Greek Chicken 12:30-2:00 Wellness Clinic at Senior Center 1:00 Mah Jongg</p> <p>12:30 CRAFTS WITH ERICA Sign up at ext. 2</p> <p>9:00 DERBY STREET SHOPS in Hingham Sign up at ext. 1</p>	<p>11</p> <p>9:00 Pickleball 9:00 Hairdresser by Appt 11:30 Lunch—Italian Pot Roast</p> <p>9:00 OCEAN STATE JOB LOT, DOLLAR TREE-Kingston/ Lobster Hut or Woods-Plymouth</p>	<p>12</p> <p>11:30 Lunch—Whole Grain Cheese Lasagna w/ Meat Sauce</p> <p>10:00 BOOK BUZZ Sign up at ext. 2</p> <p style="text-align: center;">Saturday 13th 12-2 Friends Barbecue</p>
<p>15</p> <p>8:00 Wii Bowling 11:30 Lunch—Chicken, Broccoli and Pasta Alfredo 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>16</p> <p>9:00 Pickleball 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch—Rotini Pasta w/ Meatballs 1:00 Hearing Check 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 4:00 on Friday – ext. 2</p>	<p>17</p> <p>11:30 Lunch—Corned Beef 1:00 Mah Jongg</p> <p>9:00 VANITY FAIR OUTLETS/ "99" in Dartmouth Sign up at ext. 1</p>	<p>18</p> <p>9:00 Pickleball 11:30 Lunch—Chef's Salad with Turkey & Egg 12:15-1:45 Wellness Clinic at Harvard Ct</p> <p>BROWN BAG PICKUP Pickup at the Senior Center <u>between 11:00 and 2:00 only</u></p> <p>9:30 WESTGATE MALL and Market Basket in Brockton Sign up at ext. 1</p>	<p>19</p> <p>11:30 Lunch—Roast Pork w/ Pineapple Raisin Sauce</p> <p>9:30 COFFEE HOUR WITH THE POLICE DEPARTMENT Sign up at ext. 2</p> <p>9:00 BOSTON NORTH END/ HAYMARKET SQUARE Sign up at ext. 1</p>
<p>22</p> <p>8:00 Wii Bowling 11:30 Lunch—Ravioli w/ Butternut Squash Pesto 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>23</p> <p>9:00 Pickleball 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch—Egg Salad w/ Lettuce, Sweet Potato Salad 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting/Loom</p> <p>11:00 MARSHFIELD FAIR Sign up at ext. 1</p>	<p>24</p> <p>11:30 Lunch—Chicken Parmesan 1:00 Mah Jongg</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>25</p> <p>9:00 Pickleball 9:00 Hairdresser by Appt 11:30 Lunch—Meatloaf with Gravy</p> <p>12:30 ICE CREAM SOCIAL and 1:30 LEFT, CENTER, RIGHT</p> <p>8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at STOP & SHOP Reserve by 4:00 on Tuesday– ext. 2</p>	<p>26</p> <p>11:30 Lunch—Salmon w/ Newburg Sauce over Wild Brown Rice</p> <p>1:00 MOVIE at the SENIOR CENTER (see pg. 2) Sign up at ext. 2</p>
<p>29</p> <p>8:00 Wii Bowling 11:30 Lunch—Hamburger with Cheese 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>30</p> <p>9:00 Pickleball 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch—Stuffed Shells 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 4:00 on Friday – ext. 2</p>	<p>31</p> <p>11:30 Lunch—Turkey Salad w/ Lettuce & Tomato 1:00 Mah Jongg</p> <p>12:30 BANANAGRAMS Sign up at ext. 2</p> <p>9:30 WORCESTER ART MUSEUM Sign up at ext. 1</p>	<p>SEPTEMBER 1</p> <p>9:00 Pickleball 9:00 Hairdresser by Appt 11:30 Lunch</p> <p>9:00 CHRISTMAS TREE SHOP in BOURNE and SANDWICH VILLAGE Sign up at ext. 1</p>	<p>SEPTEMBER 2</p> <p>11:30 Lunch 1:00 Bingo</p>

Eldercare Q & A from OLD COLONY ELDER SERVICES

Q. If I think I'm not ready for a hospital discharge, can I appeal?

A: Yes. If you are on Medicare, and you think your hospital services are ending too soon, you can file an appeal and gain some extra time from Medicare. You can ask questions about or challenge the quality of the health care you have received, your access to appropriate health care, your discharge from the hospital, or your termination from skilled services.

For example, if you are in a hospital, and you are told that you are going to be discharged, but you feel too sick to leave, you can appeal the discharge to the Medicare-designated Quality Improvement Organization (QIO). Livanta is the company for Massachusetts.

When the hospital is going to discharge a person on Medicare, they will give the patient a notice in writing called "An Important Message from Medicare," which will explain how to file an appeal with Livanta. Medicare regulations require you to request a review no later than midnight of the day of discharge. On weekdays, Livanta's Medicare Helpline is open 8 am to 5 pm, on the weekends the line is open 11 am to 3 pm. If you get a recorded message, leave your phone number. Once you appeal, you can then stay in the hospital without having to pay (except for copays and deductibles) until at least noon of the day after Livanta notifies you, the hospital, and the doctor of its decision. If you appeal to Livanta, you cannot be discharged without your consent. By appealing, you delay your discharge by at least a day or two.

To start your appeal, call Livanta's HelpLine at **1-866-815-5440**. Livanta will call and fax the hospital to request your medical records. A physician reviewer at Livanta decides whether or not you are healthy enough to be discharged from the hospital. When the review is complete, you will receive a phone call and letter from Livanta with the decision.

You can also file an appeal if you are enrolled in a Medicare Advantage managed care plan. You have the same appeal rights

whether you are in traditional Medicare, or in a managed care plan. If you would like to have someone else explain your case to Livanta, you can appoint a representative to speak on your behalf. There are no fees to have your discharge appeal reviewed by Livanta.

Note: Be sure to ask your hospital: "What is my admission status?" If you are on "observation status," you have appeal rights through the Medicare Administrative Contractor (MAC). The hospital should give you an Advanced Beneficiary Notice (ABN), which describes your appeal rights through the MAC.

You also have the right to appeal to Livanta over a termination of "skilled services," such as home health, skilled nursing, hospice, and outpatient rehabilitation. Livanta will review your situation, and decide if continued skilled services are medically necessary, based upon standards of care.

This entire process must be completed within one day after Livanta receives all medical records for a hospital appeal request filed in a timely way, or within 24 to 72 hours (depending on the type of review) from your first call. If you are not satisfied with Livanta's decision, you can request a further appeal—but any skilled services you receive after the termination or discharge date may not be paid by Medicare. This means you would be completely responsible for those costs.

For a link to the Livanta Medicare appeal process go to: <http://bfccqioarea1.com/appeals.html>

For more information about Medicare and Medicaid services go to: <https://www.cms.gov/medicare/medicare-general-information/bni/ffsednotices.html>

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** ~ ~ ~

Texting for Seniors

Since more and more Seniors are texting and tweeting there appears to be a need for a STC (Senior Texting Code). If you qualify for Senior Discounts this is the code for you.

Please pass this on to your CHILDREN and GRANDCHILDREN so they can understand your texts.

- ATD: At The Doctor's
- BFF: Best Friend Fainted
- BTW: Bring The Wheelchair
- BYOT: Bring Your Own Teeth
- CBM: Covered By Medicare
- CGU: Can't get up
- CUATSC: See You At The Senior Center
- DWI: Driving While Incontinent
- FWB: Friend With Beta Blockers
- FWIW: Forgot Where I Was
- FYI: Found Your Insulin
- GGPBL: Gotta Go, Pacemaker Battery Low!
- GHA: Got Heartburn Again
- HGBM: Had Good Bowel Movement
- IMHO: Is My Hearing-Aid On?
- LMDO: Laughing My Dentures Out
- LOL: Living On Lipitor
- LWO: Lawrence Welk's On

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:

August 10 Senior Center 12:30—2:00

Thursday:

August 18 Harvard Court 12:15—1:45

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

August 2,9,16, 23, 30 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, August 18th, **11:00 to 2:00 only**. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

PLEASE NOTE:

COMPUTER CLASSES WILL NOT BE HELD DURING THE MONTH OF AUGUST. CLASSES WILL RESUME IN SEPTEMBER.

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

PODIATRIST

Dr. William Chan. Wednesday, August 10th by appointment only. Contact **extension 2** to make an appointment. Upcoming dates: September 14, October 12, November 9

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!

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Old Colony Elder Services
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For ad info. call 1-800-477-4574 • www.4lpi.com

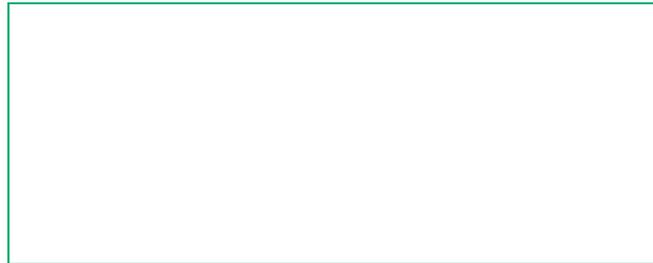
Whitman Council on Aging, Whitman 06-5206

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

PRESORTED STANDARD
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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.