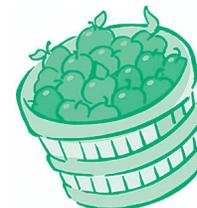


# SEEN YOUR NEWS?



**WHITMAN COUNCIL ON AGING**  
16 HAYDEN AVENUE • WHITMAN, MA 02382  
(781) 447-7619 • FAX (781) 447-7633



Patricia Goldmann, *Chairman*  
Robert Titterington  
Barbara J. Garvey, *Director*

**OCTOBER 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 ...

With the cooler weather on its way, this is the time of year when we focus on indoor activities ...

#### MEN'S CARD GROUP

On Wednesday, October 19 at 2:00 we will kick off the new **MEN'S CARD GROUP**. We'll start with Cribbage and/or Poker and of course, refreshments. Please call Patty or Elaine at extension 2 to let us know that you'll be joining us.

#### BANANAGRAMS

**Wednesday, October 5 at 2:00**

The number of participants grows each time we play—come on in and join the fun.

#### LEFT, CENTER, RIGHT

**Wednesdays, October 12 and 26 at 2:00**

This game is also gaining in popularity. Stop by to check it out ... the more, the merrier!

Hope to see you here!

*Barbara*

### MEDICARE OPEN ENROLLMENT

#### ***Do Not Ignore Medicare Mail !!!***

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. This information is important because it explains changes in your plan for 2017. During **Medicare Open Enrollment (October 15<sup>th</sup> to December 7<sup>th</sup>)**, you will have a chance to change your plan for next year.

If you would like help understanding your plan changes as well as other options you may have, a trained SHINE counselor is available at the Senior Center to offer free and confidential counseling on all Medicare and Medicare-related health insurance programs.

**Contact Terry Altieri at the Senior Center to schedule an appointment at 781-447-7619 ext. 3**

### FLU CLINIC

**Due to the lack of availability of State funded vaccine, there will be no Town Flu Clinic this year at the Senior Center. Please plan accordingly and make sure you receive your flu vaccination from your physician.**



**APPLE PIE SOCIAL**  
**At the Senior Center**  
**Thursday, October 13th at 1:00**

The Fall brings us crisp air and one of our favorite treats, the crisp apple. What better way to celebrate Fall than with a piece of Apple Pie? It gets even better with a scoop of vanilla ice cream!

Tickets are available at the reception desk for \$2.00  
Tickets are limited to 30 and will be sold starting on  
Monday, October 3.

## FUEL ASSISTANCE

We will begin taking appointments for **November** for help in filling out applications for **first time** fuel assistance applicants.

**Please call extension 2 beginning October 1st to set up an appointment.**

If you received fuel assistance last year, look for your pre-printed renewal application from Self-Help in the mail. Look the application over to make sure the information is correct, make any necessary changes, sign and date the form and return it to Self-Help along with your current proof of income.

**Movie of the Month**  
At the Senior Center  
**“ EDDIE THE EAGLE ”**  
**Friday, October 21st**  
**at 1:00 P.M.**

Starring: Taron Egerton and Hugh Jackman  
Run Time: 1 hour , 45 minutes  
Rated PG-13

Michael “Eddie” Edwards was an unlikely but courageous British ski-jumper who never stopped believing in himself. With the help of a rebellious and charismatic coach, Eddie wins the hearts of sports fans around the world by making an improbable and historic showing at the 1988 Calgary Winter Olympics.

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

## “Prayer and Song for Seniors”

A “Dementia Friendly” Ecumenical Program

Caregivers are also welcome and are encouraged to participate.

Third Thursday of the month at All Saints Episcopal Church, 44 Park Avenue. Next session will be on October 20th, 10 AM to Noon.

A certified nursing attendant will be on site to assist those whose caregivers cannot stay for the service.  
Wheelchair accessible.

## Congratulations to our Artists who won prizes at the Marshfield Fair!

**Peter O'Brien– 1st Place & 3rd Place**  
**Betty Wheeler– 2nd Place**

Stop by the Senior Center to see our artists' work on display.

New participants with all levels of experience are always welcome. If interested, stop by on a Tuesday morning and check out our friendly Art Group.

## 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.

**Coffee Hour with the Police Department**  
**Friday, October 21, 2016**  
**9:30 at the Senior Center**

We will have a representative from the Police Department to discuss law enforcement issues and current scams affecting our elder population.

Stop by to learn about any new issues.

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



**Visit with Abner**  
**Monday, October 17th**  
 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.

**"BANANAGRAMS"**  
**At the Senior Center**  
**Wednesday, October 5th**  
**2:00 P.M.**

Bananagrams is 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.

Sign up is required by calling 781-447-7619 ext. 2.

**LEFT, CENTER, RIGHT**  
**At the Senior Center**  
**Wednesday, October 12th at 2:00 P.M.**  
 and  
**Wednesday, October 26th at 2:00 P.M.**  
**Sign up at extension 2.**

**Weekly Activities**

**ART GROUP**— Tuesdays at 9:00

**BINGO**—Mondays at 1:00 pm and the First Friday of each month at 1:00.

**BINGO at Harvard Court**— Wednesdays at 12:30

**KNITTING GROUP**— Tuesdays at 1:00

**MAH JONGG**—Wednesdays at 1:00 pm.

**PICKLEBALL**— Will resume in the Spring.

**Wii BOWLING**—Mondays at 8:00 am

**Crafts with Denise**  
**Wednesday, October 12th**  
**12:30 at the Senior Center**

Cost is \$2.00 per class to help offset supplies expense. This month's craft project is a Halloween inspired Bat candy dish. Stop by the Center to see a sample.

Reservations are required.

Please call **extension 2** if you will be participating.

**TRIVIA**  
**At the Senior Center**  
**Friday, October 28th at 1:00**

Exercise your brain a little and have some fun in the process. Join us for a FUN TRIVIA GAME sponsored by Sachem Center for Health and Rehabilitation.

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

**COA BUS TRIPS**



**Roger Williams Park Zoo**  
**In Providence, Rhode Island**

Thursday, October 6th  
 Leaves the Center at 9:00  
 \$12.00 covers transportation  
 Admission for seniors 62+ is \$12.95

Roger Williams Park Zoo covers 40 acres with over 100 different species of animals to see. The path through the zoo is a bit over 1 mile long so bring your walking shoes. There is a cafe so you can have a bite to eat during your visit and of course there are gift shops to explore.

~~~~~  
**Salem / Peabody Essex Museum**

Friday, October 14th  
 Leaves the Center at 8:30  
 \$10.00 covers transportation only

Spend time on your own to explore downtown Salem. Shop, eat, or check out the Salem Open Market on Essex Street or in Derby Square with unusual handmade products from local artists and designers.

Or if you would rather, you can enjoy a few hours at the Peabody Essex Museum.

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

## OCTOBER 2016

| Monday                                                                                                                                                                                                                    | Tuesday                                                                                                                                                                                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                                                                                                                                                | Thursday                                                                                                                                                                                                                                                                                                        | Friday                                                                                                                                                                                                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>8:00 Wii Bowling<br/>11:30 Lunch— Unstuffed Beef &amp; Pepper Casserole<br/>1:00 Bingo</p> <p><b>9:00 AROUND TOWN</b><br/>Reserve by 4:00 Thursday at ext. 2</p> <p style="text-align: right;"><b>3</b></p>            | <p>9:00 Art Group<br/>9:00 Hairdresser by Appt<br/>11:30 Lunch—Breaded Pork<br/>11:00 Computer Workshops<br/>1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:30 Transportation to and from Senior Center<br/><b>1:00 FOOD SHOPPING at STOP &amp; SHOP</b><br/>Reserve by 4:00 on Friday – ext. 2</p> <p style="text-align: right;"><b>4</b></p>                                    | <p>11:30 Lunch— Chicken Broccoli and Pasta Alfredo<br/>1:00 Mah Jongg<br/>6:00 Scrapbooking</p> <p><b>2:00 BANANAGRAMS</b><br/>(Sign up at ext 2)</p> <p><b>9:00 WALMART in Plymouth, Woods Restaurant</b><br/>Sign up at ext. 1</p> <p style="text-align: right;"><b>5</b></p>                                                                                          | <p>9:00 Hairdresser by Appt<br/>11:30 Lunch— Chef's Salad with Turkey and Egg</p> <p><b>9:00 ROGER WILLIAMS PARK ZOO in Providence, Rhode Island</b><br/>Sign up at ext. 1</p> <p style="text-align: right;"><b>6</b></p>                                                                                       | <p>11:30 Lunch— Creole Fish<br/>1:00 Bingo</p> <p style="text-align: right;"><b>7</b></p>                                                                                                                                                    |
| <p style="text-align: right;"><b>10</b></p> <p><b>COLUMBUS DAY</b><br/><b>SENIOR CENTER CLOSED</b></p>                                                                                                                    | <p>9:00 Art Group<br/>9:00 Hairdresser by Appt<br/>11:30 Lunch— Stuffed Shells<br/>11:00 Computer Workshops<br/>1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:30 Transportation to and from Senior Center<br/><b>1:00 FOOD SHOPPING at SHAW'S</b><br/>Reserve by 4:00 on Friday – ext. 2</p> <p style="text-align: right;"><b>11</b></p>                                         | <p>8:20 Podiatrist by Appt<br/>11:30 Lunch— Chicken Scallopini<br/>12:30-1:30 Wellness Clinic at Senior Center<br/>1:00 Mah Jongg</p> <p><b>12:30 CRAFTS WITH DENISE</b><br/>See Page 3</p> <p><b>2:00 LEFT, CENTER, RIGHT</b><br/>Sign up at ext. 2</p> <p><b>9:00 AROUND TOWN</b><br/>Reserve by 4:00 Friday at ext. 2</p> <p style="text-align: right;"><b>12</b></p> | <p>9:00 Hairdresser by Appt<br/>11:30 Lunch—Omelet with Broccoli and Provolone</p> <p><b>1:00 APPLE PIE SOCIAL</b><br/>Sign up at ext. 2</p> <p><b>TWIN RIVER CASINO</b><br/>Pickup 8:00 K of C; 8:15 Home<br/>Return Home 4:00<br/>Sign up at ext. 1</p> <p style="text-align: right;"><b>13</b></p>           | <p>11:30 Lunch—Beef Burgundy<br/>1:00 Friends</p> <p><b>10:00 BOOK BUZZ</b><br/>Sign up at ext. 2</p> <p><b>8:30 SALEM / PEABODY ESSEX MUSEUM</b><br/>Sign up at ext. 1</p> <p style="text-align: right;"><b>14</b></p>                      |
| <p>8:00 Wii Bowling<br/>11:30 Lunch— Sloppy Joe<br/>1:00 Bingo</p> <p><b>10:30 VISIT WITH ABNER</b></p> <p><b>9:00 AROUND TOWN</b><br/>Reserve by 4:00 Thursday at ext. 2</p> <p style="text-align: right;"><b>17</b></p> | <p>9:00 Art Group<br/>9:00 Hairdresser by Appt<br/>11:30 Lunch— Chicken Salad<br/>11:00 Computer Workshops<br/>1:00 Knitting/Crocheting/Loom<br/>1:00 Hearing Check by Appt.</p> <p>8:30 –12:30 Transportation to and from Senior Center<br/><b>1:00 FOOD SHOPPING at STOP &amp; SHOP</b><br/>Reserve by 4:00 on Friday – ext. 2</p> <p style="text-align: right;"><b>18</b></p> | <p>11:30 Lunch—Potato Crunch Fish<br/>1:00 Mah Jongg</p> <p><b>2:00 MEN'S CARD GROUP</b><br/>Sign up at ext. 2</p> <p><b>9:00 PATRIOT PLACE/ Christmas Tree-Foxboro, Olive Garden Restaurant</b><br/>Sign up at ext. 1</p> <p style="text-align: right;"><b>19</b></p>                                                                                                   | <p>11:30 Lunch—Roast Turkey<br/>12:30-1:30 Wellness Clinic at Harvard Ct</p> <p><b>BROWN BAG PICKUP</b><br/>Pickup at the Senior Center <u>between 11:00 and 2:00 only</u></p> <p><b>9:30 WESTGATE MALL and Market Basket in Brockton</b><br/>Sign up at ext. 1</p> <p style="text-align: right;"><b>20</b></p> | <p>11:30 Lunch—Greek Chicken</p> <p><b>9:30 COFFEE HOUR WITH THE POLICE DEPARTMENT</b><br/>Sign up at ext. 2</p> <p><b>1:00 MOVIE at the SENIOR CENTER</b> (see pg. 2)<br/>Sign up at ext. 2</p> <p style="text-align: right;"><b>21</b></p> |
| <p>8:00 Wii Bowling<br/>11:30 Lunch— Whole Grain Lasagna Rolls<br/>1:00 Bingo</p> <p><b>9:00 AROUND TOWN</b><br/>Reserve by 4:00 Thursday at ext. 2</p> <p style="text-align: right;"><b>24</b></p>                       | <p>9:00 Art Group<br/>9:00 Hairdresser by Appt<br/>11:30 Lunch—Macaroni &amp; Cheese<br/>11:00 Computer Workshops<br/>12:00 Atty Whitney by Appt<br/>1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:30 Transportation to and from Senior Center<br/><b>1:00 FOOD SHOPPING at SHAW'S</b><br/>Reserve by 4:00 on Friday – ext. 2</p> <p style="text-align: right;"><b>25</b></p>    | <p>11:30 Lunch—Italian Style Pork Meatballs<br/>1:00 Mah Jongg</p> <p><b>2:00 LEFT, CENTER, RIGHT</b><br/>Sign up at ext. 2</p> <p><b>9:30 OCEAN STATE JOB LOT and Butterfields Restaurant in Rockland</b><br/>Sign up at ext. 1</p> <p style="text-align: right;"><b>26</b></p>                                                                                         | <p>9:00 Hairdresser by Appt<br/>11:30 Lunch—Spanish Chicken</p> <p><b>FOXWOODS CASINO</b><br/>Pickup 7:30 K of C; 7:45 Home<br/>Return Home 7:00 pm<br/>Sign up at ext. 1</p> <p style="text-align: right;"><b>27</b></p>                                                                                       | <p>11:30 Lunch—Catch of the Day</p> <p><b>1:00 TRIVIA with Erica</b><br/>Sign up at ext. 2</p> <p style="text-align: right;"><b>28</b></p>                                                                                                   |
| <p>8:00 Wii Bowling<br/>11:30 Lunch- Cheeseburger<br/>1:00 Bingo</p> <p><b>9:00 AROUND TOWN</b><br/>Reserve by 4:00 Thursday at ext. 2</p> <p style="text-align: right;"><b>31</b></p>                                    |                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                 | <p><b>TRIP SIGN UPS BEGIN ON TUESDAY, SEPTEMBER 27TH AT 8:00 AM</b></p>                                                                                                                                                                      |

## Old Colony Elder Services Community Dining Program

Have you heard of the Community Dining Program offered at your local Council on Aging? The **Community Dining Program** offered by **Old Colony Elder Services (OCES)** provides a unique opportunity to enjoy a nutritious meal while socializing with friends and neighbors at various Councils on Aging throughout greater Plymouth County. If you are unable to prepare a nutritious meal at home, consider signing up for home delivered meals. Read the highlighted information below to learn more about the Community Dining Program and Home Delivered meals offered through **OCES**

- Meals provided by Old Colony Elder Services (OCES) must provide 1/3 of the Recommended Dietary Allowances.
  - The menu is developed by a Registered Dietitian Nutritionist.
  - Nutrition information on the menu includes the entrée (protein, starch, and vegetable), dessert, milk, bread and margarine. The sodium level of each food item is listed on the menu.
  - Meals must serve good sources of vitamin C daily and vitamin A three days a week.
    - Table salt is *not* added to the meals.
- For the home delivered meal program, special meals are available including cardiac, renal, pureed, ground, chopped, and lactose free.
  - Meals are cooked by a chef at a local caterer.
- The OCES nutrition staff works closely with our caterer to ensure both consumer satisfaction and the nutrition standards set by the Massachusetts Executive Office of Elder Affairs are achieved.

Come and socialize with your community while enjoying a nutritious meal at your local Council on Aging or enjoy a nutritious and satisfying meal at home!

Here's what people are saying about meals provided by OCES:

"The meals are well balanced"

"The meals taste really good"



Lunches are served in Whitman daily at the Senior Center at 11:30.

(check out the menu on Page 4 of this newsletter).

Suggested donation is \$2.50. **Call Fran at extension 4 to make your reservation.**

### 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.

Trips to **Boston** are provided on Wednesdays and Fridays only.

**Call extension 2 at least two days prior to your appointment to book.**

**FRIENDS OF WHITMAN SENIORS  
MONTHLY MEETING OF THE FRIENDS  
FRIDAY, OCTOBER 14TH AT 1:00 P.M.  
At the Senior Center**

**Come dressed in a Halloween Costume  
Three prizes will be awarded**  
Desserts will be served following the meeting.  
If anyone has questions, please call  
Roberta at 781-261-3930

**FRIENDS OF WHITMAN SENIORS BOOK SALE  
At the Senior Center, 16 Hayden Avenue, Whitman  
Saturday, October 1st, 2016 from 1 PM to 4PM  
Sunday, October 2nd, 2016 from 1 PM to 4 PM**

The Senior Center will be open on Saturday, September 24th  
from 11 AM to 3 PM for those who want to donate books.  
Anyone with questions, please phone Roberta at  
781-261-3930

**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: 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

**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, October 25th 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 Special-  
ist, John Klefeker on Tuesday, October 18th by appointment.  
Contact **extension 2** to make an appointment. *You should hear  
what you're missing.*

**PODIATRIST**

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

**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:**

October 12 Senior Center 12:30—1:30

**Thursday:**

October 20 Harvard Court 12:30—1:30

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

October 4, 11, 18, 25 1:00—2:30

**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,  
October 20th, **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!*

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Funeral Chapel**

Robert A. Tonello,  
Steven J Leonard  
Funeral Directors

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666 Plymouth Street  
Whitman

*our*  
**SENIOR CENTER**

The Online Directory of Senior Centers

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ATTORNEY AT LAW

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WHITMAN, MA 02382

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**THIS SPACE IS  
AVAILABLE**

Call LPI at  
**1.800.477.4574**  
for more  
information.

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[www.southshorehospital.org/vna](http://www.southshorehospital.org/vna)

**CONTACT**

**Lisa Templeton to place an ad today!**  
**LTempleton@4LPi.com or (800) 477-4574 x6377**

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**508-279-0700**

John Klefeker, BC-HIS MA License #127



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Providing services to the community since 1974

144 Main Street • Brockton, MA 02301 • 508-584-1561  
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For ad info. call 1-800-477-4574 • [www.4lpi.com](http://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.

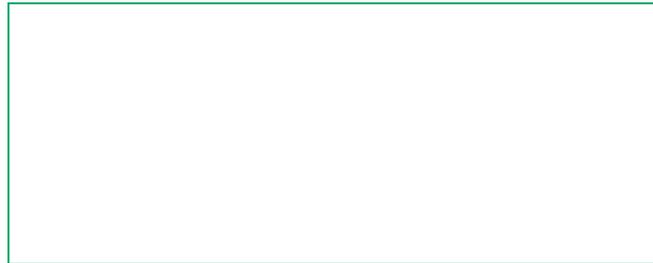
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**Whitman Council On Aging**  
**16 Hayden Avenue**  
**Whitman, MA 02382**

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## 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](http://www.OurSeniorCenter.com)**

and on the Town of Whitman website

**[www.whitman-ma.gov](http://www.whitman-ma.gov)**

If you read your newsletter online or choose not to receive a newsletter at this time, please **call Linda at extension 1** to have your name taken off of the mailing list.

For those who continue to get the newsletter by mail, remember to keep us informed if you move or go away for the winter.