

SEEN YOUR NEWS?



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



NOVEMBER 2016

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

Mae Cousineau, *Vice Chairman*
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 ...

We are saddened by the passing of our longtime volunteer and Board Member, Jean McDonald. Jean's daily outreach calls to 'check in and chat' brightened the days of many seniors. Jean's energy abounded and her positive outlook was simply contagious.

*We will miss Jean's giving spirit and warmth, but know that she will live on in all of us who were fortunate enough to know her.
We thank you, Jean.*



*Fondly,
Barbara*

SONGBIRDS OF THE NORTHEAST

with naturalist John Root
10:30 A.M. Wednesday, November 9th
At the Senior Center



This presentation will feature both photographs and recordings of our region's songbirds. Learn how to recognize the songbirds by their songs and calls and discover intriguing information about their behavior.

This program is free thanks to a generous grant from the Whitman Cultural Council, which is supported by the Massachusetts Cultural Council.

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

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 15th to December 7th)**, 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



DAYLIGHT SAVINGS TIME

Daylight Savings Time comes to an end on the morning of Sunday, November 6th. Remember to turn your clocks back one hour before going to bed on Saturday night.

This is also a good time to change the batteries in your smoke detectors and carbon monoxide detectors.

TIME CHANGE = BATTERY CHECK

Whitman Fire Rescue is available to inspect, install and if necessary supply free of charge smoke detectors for seniors in our community. If interested, please call Deputy Fire Chief, Joe Feeney at 781-447-7626 for more information and to schedule an appointment.

REMINDER: ELECTION DAY TUESDAY, NOVEMBER 8th

The Council on Aging bus is available for transportation to the voting polls at the Town Hall. The bus will begin pickups at 12:30 P.M.
Call extension 2 if you need a ride.

FRIENDS OF THE WHITMAN SENIORS

There will be no November meeting of the Friends due to illness

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

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 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.

ANNUAL THANKSGIVING DINNER Saturday, November 19th at Noon



The Knights of Columbus will again this year be hosting a wonderful Thanksgiving dinner for the Seniors of Whitman. This special day is an opportunity to meet up with old friends and make some new ones while enjoying a delicious turkey dinner generously provided by the Knights of Columbus. Tickets are expected to be available at the Senior Center and at the office at Harvard Court **beginning November 1st**. Although this event is free of charge, tickets are necessary in order to keep count of the numbers attending. Transportation to this dinner will be available; just let us know if you'll be needing a ride when you pick up your ticket.



Coffee Hour with the Fire Department Friday, November 18th 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.

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

COMPUTER WORKSHOPS

By Richard Stanton

at the Senior Center on Tuesdays

Appointments are available at 10:00, 11:00 or 12:00

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.

Crafts with Denise
Wednesday, November 16th
12:30 at the Senior Center

Cost is \$2.00 per class to help offset supplies expense.
 This month's craft project is a seasonal wreath.
 Stop by the Center to see a sample.
 Reservations are required.
 Please call **extension 2** if you will be participating.

FOOD SHOPPING REMINDER

For those who take our Tuesday Food Shopping bus, please be reminded of the 4 bag maximum.

Fun and Games

BANANAGRAMS
Thursday, November 3rd at 1:00

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**LEFT, CENTER, RIGHT**  
**Thursday, November 10th at 1:00 P.M.**  
 and  
**Tuesday, November 29th at 1:00 P.M.**

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NEW ... NEW ... NEW ...
Wednesday, November 9th
1:00 CRIBBAGE
2:00 WHIST

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

Terry Seer's Monthly Social Luncheon...
Holiday Luncheon
12:00 P.M. on Tuesday, December 13th
At Meadowbrook Restaurant
Rt. 27 Hanson
\$20.00 per person

Lunch will be a Pot Roast Dinner with Entertainment.
 Reservations and payment must be made by November 30th.
 Space is limited so don't wait.

See Linda at the Center to reserve your seat and make your payment. Checks should be made out to Terry Seer.

Movie of the Month
 At the Senior Center
"The Jungle Book"
Friday, November 18th

Starring: Neel Sethi, Bill Murray, Ben Kingsley
 Run Time: 1 hour , 46 minutes
 Rated PG

A modern retelling of the Disney classic. Enjoyable for all ages.

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

COA BUS TRIPS



Old Country Store and Emporium – Mansfield
Wrights Chicken Farm Restaurant – Harrisville, R.I.

Thursday, November 3rd
 Leaves the Center at 1:30
 \$10.00 covers transportation only

Start with a visit to the Old Country Store and Emporium. Prepare to be amazed at what you may find there. Continue on to Wrights Chicken Farm to enjoy a family style chicken dinner. For \$12.75 you get rolls, salad, pasta with marinara sauce, their Signature French fries and of course mouth watering chicken.

Call **Linda at extension 1** to sign up.
 Sign up date is October 26th

NOVEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>TRIP SIGN UPS BEGIN ON WEDNESDAY, OCTOBER 26TH AT 8:00 AM</p>	<p>1</p> <p>9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch—Egg Salad 10:00 Computer Workshops 1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING at STOP & SHOP Reserve by 4:00 on Friday – ext. 2</p>	<p>2</p> <p>11:30 Lunch— Meatballs w/ Tomato Sauce on a Sub Roll 1:00 Mah Jongg 6:00 Scrapbooking</p> <p>9:00 WALMART in RAYNHAM & IHOP, CHINESE BUFFET or PANERA Sign up at ext. 1</p>	<p>3</p> <p>9:00 Hairdresser by Appt 11:30 Lunch— Beef Tips w/ Mushroom Gravy</p> <p>1:00 BANANAGRAMS Sign up at ext. 2</p> <p>1:30 OLD COUNTRY STORE- Mansfield/ WRIGHTS CHICKEN FARM RESTAURANT-Harrisville R.I. Sign up at ext. 1</p>	<p>4</p> <p>11:30 Lunch— Chicken Teriyaki 1:00 Bingo</p>
<p>7</p> <p>8:00 Wii Bowling 11:30 Lunch-Unstuffed Beef, Rice and Pepper Casserole 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>8</p> <p>9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch— Chicken Broccoli & Ziti Alfredo 10:00 Computer Workshops 1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:00 Transportation to and from Senior Center 12:30 TRANSPORTATION TO VOTING POLLS Reserve by 4:00 on Friday – ext. 2</p>	<p>9</p> <p>8:20 Podiatrist by Appt 11:30 Lunch— Turkey Salad w/ Lettuce 12:30-1:30 Wellness Clinic 1:00 Mah Jongg</p> <p>10:30 SONGBIRDS OF THE NORTHEAST</p> <p>1:00 CRIBBAGE 2:00 WHIST Sign up at ext. 2</p> <p>9:00 DERBY STREET SHOPS in Hingham Sign up at ext. 1</p>	<p>10</p> <p>9:00 Hairdresser by Appt 11:30 Lunch—Roast Pork w/ Cranberry Glaze</p> <p>1:00 LEFT, CENTER, RIGHT Sign up at ext. 2</p> <p>9:30 NATIONAL CEMETERY in Bourne and Mama Mia's Restaurant in Carver Sign up at ext. 1</p>	<p>11</p> <p>VETERANS DAY SENIOR CENTER CLOSED</p>
<p>14</p> <p>8:00 Wii Bowling 11:30 Lunch— Swiss Cheese Omelette 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>15</p> <p>9:00 Art Group 9:00 Hairdresser by Appt 9:00 State Rep. Geoff Diehl 11:30 Lunch— Chicken Scallopini 10:00 Computer Workshops 1:00 Knitting/Crocheting/Loom 1:00 Hearing Check by Appt.</p> <p>8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING at SHAWS Reserve by 4:00 on Friday – ext. 2</p>	<p>16</p> <p>11:30 Lunch—Potato Crunch Fish 1:00 Mah Jongg</p> <p>12:30 CRAFTS WITH DENISE Sign up at ext. 2</p> <p>9:30 SOUTH SHORE PLAZA, Cheesecake Factory in Braintree Sign up at ext. 1</p>	<p>17</p> <p>11:30 Lunch—Italian Pot Roast 12:30-1:30 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>9:00 CHRISTMAS TREE SHOP and KOHL'S with "99" or LONGHORN RESTAURANT in Pembroke Sign up at ext. 1</p>	<p>18</p> <p>11:30 Lunch—Whole Grain Mini Ravioli w/ Butternut Squash Pesto</p> <p>9:30 COFFEE HOUR WITH THE FIRE DEPARTMENT Sign up at ext. 2</p> <p>1:00 MOVIE at the SENIOR CENTER (see pg. 2) Sign up at ext. 2</p>
<p>21</p> <p>8:00 Wii Bowling 11:30 Lunch— Greek Chicken Orzo w/Brown Rice 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>22</p> <p>9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch-Macaroni & Cheese 10:00 Computer Workshops 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING at STOP & SHOP Reserve by 4:00 on Friday – ext. 2</p>	<p>23</p> <p>11:30 Lunch—Turkey w/ Gravy</p> <p>9:00 GOOD DAYS RESTAURANT and MARKET BASKET in West Bridgewater Sign up at ext. 1</p>	<p>24</p> <p>THANKSGIVING DAY SENIOR CENTER CLOSED</p>	<p>25</p> <p>SENIOR CENTER CLOSED</p>
<p>28</p> <p>8:00 Wii Bowling 11:30 Lunch— Shepherd's Pie 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>29</p> <p>9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch— Catch of the Day 10:00 Computer Workshops 1:00 Knitting/Crocheting/Loom</p> <p>1:00 LEFT, CENTER, RIGHT Sign up at ext. 2</p> <p>8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING at SHAWS Reserve by 4:00 on Friday – ext. 2</p>	<p>30</p> <p>11:30 Lunch—Whole Grain Stuffed Shells w/Meat Sauce 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>December 1</p> <p>9:00 Hairdresser by Appt 11:30 Lunch</p>	<p>December 2</p> <p>11:30 Lunch 1:00 Bingo</p>



#GIVINGTUESDAY™

This year, on Tuesday, November 29, 2016, OCES (Old Colony Elder Services) is participating in #Giving Tuesday, a global day dedicated to giving. Following right after Black Friday and Cyber Monday — days dedicated to spending — Giving Tuesday is dedicated to sharing.

Last year, more than 45,000 organizations in 71 countries came together to celebrate #GivingTuesday. Since its founding in 2012, #GivingTuesday has inspired giving around the world, resulting in greater donations, volunteer hours, and activities that bring about real change in communities.

OCES has joined the #GivingTuesday movement to raise money for their Emergency Funds program. This program **helps meet the needs of at-risk low income older adults and individuals with disabilities who are in a crisis or emergency circumstance that threatens either their health and/or living situation.** All too frequently, these individuals encounter problems that can jeopardize their ability to maintain independence, dignity and well-being.

- Like Frank, who turned to OCES for help when he was down to 5 gallons of propane - in January.
- Or Michelle, always careful about her money as she usually can manage on a fixed income, but turned to OCES for help when she was hit with an unexpected furnace repair bill - in February.
- And John, who tried to get by until his next Social Security payment, but when he ran out of oil needed a delivery for his tank, and a prime for his furnace - in December.

Your generosity will help OCES provide emergency support for these types of situations — heat, food, and life sustaining medications to older adults and people with disabilities.

OCES is also participating in the Amazon SMILE program. If online shoppers access that site via www.amazon.smile.com, they can choose OCES from the drop-down list of participating nonprofits and a percentage of the purchase price of each item is automatically donated to us.

To learn more about how you can donate to help those in need, visit OCES' website at www.ocesma.org or call Lynn Smith, Development Manager, at 508-584-1561 x 208. Thanks for giving.

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**, pickups begin at **12:30**. 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.

Humor Corner For Lexophiles

How does Moses make tea? Hebrews it.
 Venison for dinner again? Oh deer!
 Jokes about German sausage are the wurst.
 Why were the Indians here first? They had reservations.
 Broken pencils are pointless.
 I got a job at a bakery because I kneaded dough.
 Velcro- what a rip off!
 I didn't like my beard at first. Then it grew on me.

Visit with Abner

Monday, November 14th
 10:30 a.m. at the Senior Center



Need a little love? Come meet Abner, a pet therapy dog, who has a lot of love to give. Abner and his owner Sylvia will be here for a visit once a month on a Monday at 10:30 am. Abner is guaranteed to put a smile on your face!

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, January 17

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, November 22nd from 12:00 to 2:30. Please call **extension 2** for an appointment.

HEARING SCREENING

Free hearing screenings and free minor repairs to hearing aids are provided by Board Certified Hearing and Instrument Specialist, John Klefeker on Tuesday, November 15th by appointment. Contact **extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST

Dr. William Chan. Wednesday, November 9th by appointment only. Contact **extension 2** to make an appointment. Upcoming dates: December 14, January 11, February 8

WELLNESS CLINIC

Free Wellness Clinics for Whitman residents are provided by NVNA (Norwell Visiting Nurse Association and Hospice). Health Screening includes blood pressure and blood sugar testing, vital signs assessment, nutritional counseling, weight assessment and medication review and instruction.

Wednesday:

November 9 Senior Center 12:30—1:30

Thursday:

November 17 Harvard Court 12:30—1:30

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

November 1, 8, 15, 22, 29 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, November 17th, **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 Directors

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our SENIOR CENTER

The Online Directory of Senior Centers

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HOME SECURITY TEAM

Old Colony Elder Services
Providing services to the community since 1974

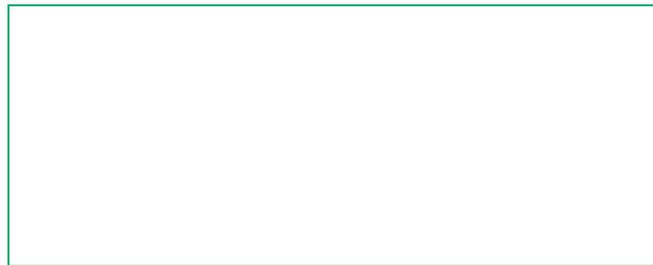
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RETURN SERVICE REQUESTED



DAILY LUNCH



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

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

Transportation is available on Mondays and Tuesdays.

ABOUT OUR TRIPS AND ACTIVITIES ...

Participation in the activities and trips we offer is not limited to seniors over age 60. Based on availability, Pre-Seniors, Baby Boomers and folks from surrounding towns are always welcome.

Just give the Center a call at 781-447-7619.

Help us go GREEN and save MONEY



Our newsletter is now available online at:
www.OurSeniorCenter.com
and on the Town of Whitman website
www.whitman-ma.gov

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

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