

# 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*  
Mary Ann Curby  
Robert Titterington

### JUNE 2012

Mae Cousineau, *Vice Chairman*  
Jean McDonald  
Barbara J. Garvey, *Director*

#### 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 now offer COA bus transportation to the Senior Center on Tuesdays. If you have an appointment here or wish to participate in any of the Tuesday activities we offer, we'd be happy to get you here and back home. Reservations must be made no later than Thursday at 4:00 by calling Joanne at extension 2.

Check our calendar and if you need transportation to participate in any of our Tuesday activities, just give us a call.

*Barbara*

#### Friday Book Talk June 22nd at 10:00 am

Have you ever gone to the library (or to a book store) only to leave feeling overwhelmed by all the options? Come to a Friday Book Talk at the Senior Center for a discussion of new and old titles that will pique your interest. Led by Reference Librarian, Samantha Soucy, this is a fun and relaxed group where you can talk about books you've enjoyed, and learn about all that the library has to offer in books, dvd's, magazines, music and MORE. Come and enjoy the company of others who share your love of reading!  
Call Linda at extension 1 to reserve a space.

#### Father's Day Celebration at the Senior Center Thursday, June 14th at 12:30

Come and join us at the Center to celebrate Father's Day. All men are welcome ... Dads and 'non-Dads'. Enjoy some socialization and a relaxing lunch of sandwiches, potato salad, chips and dessert. Reservations are



required by calling Linda at extension 1 no later than June 8th. Space is limited. Cribbage boards and playing cards will be on hand for those who want to play.

#### Whitman Public Library Book, Bake and Yard Sale

Thursday June 14th 1-5 PM

Friday June 15th 1-5 PM

Saturday June 16th 9-1 PM

#### CRIBBAGE ANYONE?

Our cribbage group will be starting up again at the Senior Center on Tuesdays at 12:30. Whether you are a beginner or a seasoned player, come by for some socialization and friendly competition. Please call Joanne at extension 2 to let us know you'll be attending. Our COA bus is available for transportation.

*For quicker access to our Newsletter, go online to:  
[www.seekandfind.com](http://www.seekandfind.com)*

## Tips for Seniors: Stay Cool During Hot, Humid Weather

The Executive Office of Elder Affairs advises elders to enjoy the summer weather but take careful precautions during extremely hot weather. High temperatures can take a toll on health. Seniors especially should take extra care to keep cool and hydrated during hot, humid days. Here are a few tips for enjoying the summer weather while keeping comfortable and safe:

### Keeping Cool

#### **A. Clothes**

- Wear loose fitting clothing in light colors and light materials such as linen and cotton. Materials such as rayon and polyester tend to trap heat close to the skin.
- Wear a hat with a wide brim to protect the face.

#### **B. Home**

- Stay indoors during extremely hot weather.
- Lower shades, blinds, or close drapes on the east side of your home during the morning hours and the west side during the afternoon in order to keep your home as cool as possible. Use a fan in the rooms where the windows are covered.
- If you do not have air conditioning in your home, go to your local Council on Aging/Senior Center, a mall, movie theater or library in order to stay cool.

#### **C. Outdoors**

- Wear sunscreen SPF (Sun Protection Factor) of 30 or higher.
- Wear a wide brimmed hat or take an umbrella to block the sun.
- Schedule outdoor activities before 10 am or after 6 pm when the temperature is lower.
- Avoid strenuous activity.
- If you are outside, take frequent breaks in shaded areas.

### Keeping Hydrated

#### **A. Fluids**

- The best liquid to drink during hot, humid days is water. Drink plenty of water, even if you are not thirsty, in order to stay Hydrated.
- Avoid drinks with caffeine and alcoholic beverages which will dehydrate your body.
- Drink sports drinks that have the added minerals that your body loses when it sweats.

#### **B. Food**

- Keep frozen treats such as ice cream and popsicles in the freezer that can help you keep cool during hot weather.
- Eat cold foods such as sandwiches and salads.
- Fresh fruits and vegetables are also another way to keep hydrated.

### Keeping Safe

#### **A. Buddy System**

- Make sure that you have someone to check on you to make sure that you are well.

#### **B. Using Common Sense**

- Avoid long walks, particularly during noon to 3 pm, when sun is at its peak.
- Slow down, avoid strenuous activity. Do not try to do too much on a hot day.
- Pay attention to weather reports.
- Contact your doctor if you are taking several drugs for a number of health problems because these may make it harder for your body to keep cool through perspiration. A few examples would be diuretics, sedatives, tranquilizers, and also some heart and blood pressure medicines.

Further tips on staying cool can be found at the Massachusetts Emergency Management Agency's website at: [www.mass.gov/mema](http://www.mass.gov/mema).

**ADULT DICTIONARY**

Submitted by Bev Zakrzewski

**ADULT:** a person who has stopped growing at both ends and is now growing in the middle

**BEAUTY PARLOR:** A place where women curl up and dye

**CHICKENS:** The only animals you eat before they are born and after they are dead

**COMMITTEE:** A body that keeps minutes and wastes hours

**DUST:** Mud with the juice squeezed out

**EGOTIST:** Someone who is usually me-deep in conversation

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

**PODIATRIST** - Dr. William Chan. Wednesday, June 13th by appointment only. Contact **Joanne** at extension 2 to make an appointment.  
Upcoming dates: July 11, August 8, September 12

**~ Save the date ~**  
**Thursday, July 26th—The Kitchen Witches,  
Newport Playhouse**  
**More details to follow in the July Newsletter.**

**FITNESS AND EXERCISE**

**WALKING GROUP** – Meets at the Senior Center every Tuesday and Thursday morning at 8:00 to walk the beautiful Whitman Town Park.

**LINE DANCING WITH CRIS KINDELAN** – Tuesdays at 10:00 am at the Knights of Columbus Hall, 1195 Bedford Street (Route 18 near Abington town line). Cost is \$3 per class.

**CRISFIT WITH CRIS KINDELAN**– Thursdays at 10:00 am at the Knights of Columbus Hall, 1195 Bedford Street (Route 18 near Abington town line). Cost is \$4 per class.

**GENTLE CHAIR YOGA WITH JOANNE** at the Senior Center on Wednesdays at **9:15** am. Cost is \$3 per class.

**FRIENDS OF THE WHITMAN SENIORS**  
**MONTHLY MEETING OF THE FRIENDS**  
at the Senior Center on  
**Friday, June 8th at 1:00**  
All are welcome to attend.  
An Ice Cream Social is planned.

Stop in to the Senior Center to buy tickets for a Father's Day Dunkin' Donuts basket being raffled on Friday June 15th.

The Friends are selling Whitman throw blankets as a fund raiser. The cost is still \$35.00. Throws are available in green and cranberry. Stop by the Senior Center, Duval's Pharmacy, or contact any officer of the Whitman Friends group to purchase a blanket.



**HAPPY BIRTHDAY**

Happy Birthday wishes to Barbara Lemieux and Katherine Guglietti who had a birthday in May.

If you were born in **JUNE** we'd like to help you celebrate by treating you to a free lunch and birthday gift at the Senior Center on Wednesday, June 20th. Please call Linda at extension 1 to reserve no later than Monday, June 11th.  
Lunch is served at 11:30 and you are welcome to bring a guest. The lunch cost for a guest over 60 is \$2.50; under 60, \$3.00.

**Social Lunch**

~ ~ ~  
Tuesday, June 5th at 1:00  
Isaac's Restaurant  
114 Water Street  
Plymouth  
Lunch is \$15.00

Special menu will be provided.  
Attendees will meet at the restaurant.

If you plan to attend, please call **Linda** at extension 1 to reserve.

**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,  
June 26th from 12:00 to 3:00.  
Please call **Joanne** at extension 2 for an appointment.

## JUNE 2012

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch menu is subject to change without notice  Milk and margarine is served at every meal				1 8:30 Food Shopping 11:30 Lunch-Beef Marsala 1:00 Bingo
4 8-9:30 Wii Bowling 9:30-11 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Lasagna 1:00 Bingo  9:00 AROUND TOWN (Reserve by Thursday)	5 8:00 Walk the Park 8:30 Food Shopping / Sr. Center 9:00 Hairdresser by Appt 9:00 Art Class 10:00 Line Dance at K of C 11:30 Lunch-Chicken Salad 12:00 Computer Workshops 12:30 Cribbage 1:00 Knitting/Crocheting 7:00 TOPS	6 9:15 Chair Yoga 11:30 Lunch-Beef Chili 1:00 Mah-Jongg 1:15 Blood Pressure at Stetson Terrace 6:00 Scrapbooking  9:00 WALMART PLYMOUTH and Woods Restaurant	7 8:00 Walk the Park 10:00 CrisFit at K of C 11:30 Lunch-Roast Pork  9:00 CAPE COD THRIFT SHOPS	8 11:30 Lunch-Fish Sticks 1:00 Friends Meeting  9:30 CASTLE ISLAND
11 8-9:30 Wii Bowling 9:30-11 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-Orange Ginger Beef 1:00 Bingo  8:15 Motorcoach to Casco Bay  9:00 AROUND TOWN (Reserve by Thursday)	12 8:00 Walk the Park 8:30 Food Shopping / Sr. Center 9:00 Hairdresser by Appt 9:00 Art Class 10:00 Line Dance at K of C 11:30 Lunch-Veal Parmesan 12:00 Computer Workshops 12:30 Cribbage 1:00 Knitting/Crocheting 7:00 TOPS	13 9:15 Chair Yoga 9:00 Podiatrist by Appt 11:30 Lunch - Lemon Pepper Fish 12:15 Blood Pressure Senior Center 1:00 Mah-Jongg  9:00 HANOVER MALL	14 8:00 Walk the Park 10:00 CrisFit at K of C 11:30 Lunch-Creamy Italian Chicken  12:30 Father's Day Lunch-space limited, reserve by 6/8  9:00 HERITAGE PLANTATION- Norman Rockwell Exhibit, SANDWICH	15 11:30 Lunch-Meatloaf 1:00 Bingo  9:00 Regional Walk
18 8-9:30 Wii Bowling 9:30-11 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-Chilled Tuna Plate 1:00 Bingo  9:00 AROUND TOWN (Reserve by Thursday)	19 8:00 Walk the Park 8:30 Food Shopping / Center 9:00 Hairdresser by Appt 9:00 Art Class 10:00 Line Dance at K of C 11:30 Lunch-Sweet & Sour Pork 12:00 Computer Workshops 12:30 Cribbage 1:00 Knitting/Crocheting 1:00 Hearing Screenings by Appt 7:00 TOPS	20 9:15 Chair Yoga 11:30 Lunch-Chicken Picatta ~Happy JUNE Birthdays 1:00 Mah-Jongg 1:00 Blood Pressure at Harvard Court  9:00 PATRIOT PLACE/ CHRISTMAS TREE SHOPS-Foxborough	21 8:00 Walk the Park 10:00 CrisFit at K of C 11:30 Lunch-Swedish Meatballs  BROWN BAG PICKUP Please Note: Bags will not be available for pickup before 12:30 or after 3:30  TWIN RIVER CASINO 8:00 Center; 8:15 Home pickups	22 9:30 Manicurist 11:30 Lunch-Eggplant Rollatini 1:00 Bingo  10:00 BOOK TALK at the Center
25 8-9:30 Wii Bowling 9:30-11 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-Spanish Chicken 1:00 Bingo  9:00 AROUND TOWN (Reserve by Thursday)	26 8:00 Walk the Park 8:30 Food Shopping / Sr Center 9:00 Hairdresser by Appt 9:00 Art Class 10:00 Line Dance at K of C 11:30 Lunch-Stuffed Shells 12:00 Computer Workshops 12:30 Cribbage 12:00 Atty. Whitney by Appt 1:00 Knitting/Crocheting 7:00 TOPS	27 9:15 Chair Yoga 11:30 Lunch-Egg Salad Sandwich 1:00 Mah-Jongg  FOXWOODS CASINO 7:30 Center, 7:45 Home	28 8:00 Walk the Park 10:00 CrisFit at K of C 11:30 Lunch-Roast Pork w/ BBQ Sauce  9:30 OCEAN STATE JOB LOT, Butterfields-Rockland	29 11:30 Lunch-Cheeseburger 1:00 Bingo

# Q: Are you at risk for falls?

## A. How can I tell if I am at risk for falls?

Falls among people age 65 and over are common, predictable, and largely preventable. Falls are the leading cause of unintentional death among elders—accounting for nearly 20,000 deaths, or half of the total as of 2008. 64% of non-fatal injuries among the elderly are due to falls. More than \$28 billion annually in direct health care costs in America are caused by falls.

One of the first steps to take to prevent falls is to understand if you are at risk for falls. There are a number of risk assessment tests you can take, and here is one of them. Each YES answer is worth the number of points indicated:

- 1. I have fallen in the last 6 months.  
.....2 points
- 2. I use or have been advised to use a cane or walker to get around safely .....2 points
- 3. Sometimes I feel unsteady when I am walking.  
.....1 point
- 4. I steady myself by holding onto furniture when walking .....1 point
- 5. I am worried about falling.  
.....1point
- 6. I need to push with my hands to stand up from a chair .....1 point
- 7. I have some trouble stepping up onto a curb  
.....1 point
- 8. I often have to rush to the toilet.  
.....1 point

- 9. I have lost some feeling in my feet  
.....1 point
- 10. I take medicine that sometimes makes me feel light-headed or more tired than usual .....1 point
- 11. I take medicine to help me sleep or improve my mood .....1 point

There are a total of 13 points in this risk assessment test. If you scored 4 or more points, you may be at risk for falling. Take this test with you to your doctor’s office and discuss the results with your M.D.

In addition to assessing your own risk for falls, you should also have your home assessed for risk. Your home - where you spend most of your time - can be a fall hazard due to poor lighting, scatter rugs, electrical wires across the floor, and cluttered furniture. Put away your house slippers and wear shoes with nonskid soles. Avoid using stools or stepladders. When you get up from bed, sit on the side of the bed before you stand up to give your blood pressure time to adjust. Put a commode by your bed to avoid a trip to the bathroom at night.

Don’t put off dealing with the risk of falls. Each week, another 30,000 people over the age of 65 are seriously injured in a fall. You don’t have to be one of them. Falls can be dangerous to your health, but they are not an inevitable part of aging.

If you live in Massachusetts and would like to locate a program that is working to help reduce falls, call 1-800-AGE-INFO and select option 1 to be connected to your local ASAP (Aging Services Access Point).

### 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 **Linda** at extension 1 to sign up no later than 4:00 Thursday.

*Due to the volume of passengers and number of stops, we can no longer accept sign-ups for the Around Town bus after Thursday. Please plan accordingly.*

**FOOD SHOPPING**– Our COA bus travels to Johnnie’s Foodmaster and Stop & Shop on **Tuesdays** at 8:30. Sign-up is required by calling **Joanne** at extension 2 no later than 4:00 Monday.

**DIAL-A-BAT**– Transportation to medical appointments in Abington, Brockton, Bridgewater, East Bridgewater, West Bridgewater, North Easton, Stoughton, Whitman and Boston. Call **Joanne** at extension 2 at least 2 days prior to your appointment to book.

**BITS AND PIECES by ELEANOR NADELL**

Happy Father's Day to all the Dads. Hope you enjoy your day to do that which makes you happy. Boy the time goes by so fast. I hope all the Moms had a good day last month and a great Memorial Day. I always make sure my flag is flying high that day, do you? I try to celebrate all the holidays. Were you at the Mother's Day Tea at the Senior Center? An excellent time was sponsored by the Council on Aging. The food was excellent and the waitresses did themselves proud. The entertainment was extra good with a couple of our ladies doing impromptu dancing. A real fun time. Don't miss it next year if you can help it. We've had lots of rain so far but at last the sun is shining. I hope it will be there to celebrate Father's Day. My best wishes for good health, good cheer, and good luck.

*Eleanor*

**HEALTH AND WELLNESS**

**BLOOD PRESSURE AND HEALTH CARE SCREENINGS**

Free health screening clinics for Whitman residents are provided by Partners Home Care VNA. Screening includes blood pressure and blood sugar testing, vital signs assessment, nutritional counseling, weight assessment and medication review and instruction.

**Wednesdays:**

June 6	Stetson Terrace	1:15 – 2:30
June 13	Senior Center	12:15 – 1:30
June 20	Harvard Court	1:00 – 2:30

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

June 5, 12, 19, 26,	2:00—4:00
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**Thursdays at Town Hall (VNA Office, Lower Level)**

June 7, 14, 21	2:00—4:00
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**MANICURES BY JANE**

Jane, a licensed manicurist, volunteers her time here at the Senior Center one Friday morning a month. There is no charge for her manicure services which include nail cutting, filing, cleaning, hand massage and polishing (please bring your own polish). Both women and men are welcome. Jane will be here on Friday, June 22nd.

Contact **Joanne** at extension 2 for an appointment.

**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, June 21st 12:30 to 3:30 only. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

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!*

**HAIR BY MEREDITH**

Tuesdays by Appointment

Contact **Joanne** at 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)

**FUN and GAMES**

**BINGO** – Mondays at 1:00 and Fridays at 1:00 (except on the 2<sup>nd</sup> Friday of each month). Come for fun and socialization. Refreshments are served and new players always welcome. All dollars that come in go back the same day. Try your luck!

**Wii BOWLING** – Mondays at 8 or 9:30 AM. (now two sessions)

**BOWLING** – Tuesdays at 1:00 at Timber Lanes in Abington. Contact Bettie Geary at 781-447-4124.

**MAH JONGG** – Wednesdays at 1:00 PM

**Please be reminded ...**

If you have signed up for lunch or have an appointment here at the Senior Center (hairdresser, podiatrist, tax return help, fuel assistance, computer class, etc.) and are unable to keep the appointment, **please** call as soon as possible to let us know that you won't be coming in. Most of our programs have waiting lists and we would like to offer your appointment to someone else if you can't attend. Thanks!

**COMPUTER WORKSHOPS**

By Richard Stanton  
at the Senior Center on Tuesdays

Workshops are 45 minutes long and will have no more than three participants in a session. Please contact **Linda** at extension 1 to sign up for course of your choice.

**PC (Personal Computer) Fundamentals:** Become familiar with 'Windows' on a personal computer. Start the PC, start an application, practice with mouse, then shut down PC.

**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.

**Basics of Digital Photos on the PC:** Learn to retrieve, organize, edit and Print Digital Photos.

**Advanced Digital Photo Management:** Editing Photos—retrieve photos using Pict 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.

<p><b>Blanchard Funeral Chapel</b></p> <p>Robert A. Tonello, Steven J Leonard Funeral Directors</p> <p><b>781-447-0170</b></p> <p>666 Plymouth Street Whitman</p>	<p>WILLS • TRUSTS • ESTATES PERSONAL INJURY LAW</p>  <p><b>RONALD N. WHITNEY</b> ATTORNEY AT LAW</p> <p>549 BEDFORD STREET WHITMAN, MA 02382</p> <p><b>781-447-3899</b></p>	<p><b>J. SACCONI &amp; SONS, INC.</b></p> <p>Backhoe • Drains Septic Tanks • Cesspools</p>  <p>15 Commercial Street Whitman</p> <p><b>447-5670</b></p>	 <p><b>FAMILY HEARING CARE CENTER</b></p> <p><i>...listen to the sounds of life<sup>SM</sup></i></p> <p>~ Hearing Evaluations ~ Video Ear Inspections ~ Hearing Aids ~ Repairs ~ Ear Wax Removal</p> <p>534 Main Street, Suite 2, Route 18 Weymouth, MA 02190 <b>781-337-1144</b></p> <p>80 North Ave., Route 139 Abington, MA 02351 <b>781-878-9723</b></p> <p>John Klefeker, BC-HIS MA License #127</p>
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**Whitman Council On Aging**  
**PO Box 426**  
**16 Hayden Avenue**  
**Whitman, MA 02382**

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**RETURN SERVICE REQUESTED**



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**MOTORCOACH TOURS**

**JUNE 11, MONDAY— CASCO BAY, Portland Maine— \$66.00-SOLD OUT**

Motorcoach departs Hanson COA at 8:00 AM-return approximately 7:00 PM

Let the Bay View Lady take you through scenic back channels and quiet coves, past inlet cottages, quaint fishing villages and beautiful lighthouses. Hopefully even catch a glimpse of some seals and seabirds. Then enjoy Maine's finest buffet at the nostalgic Dunstan School Restaurant.

**JULY 6, FRIDAY — TALL SHIPS — \$99.00**

Motorcoach departs Hanson COA at 10:15 AM-return approximately 6:30 PM

Tall Ships & Luncheon Cruise aboard the Newport Majestic. All this set against the backdrop of the picturesque shores of Newport, RI. Before departing, we will take a drive along Ocean Drive and then have some free time in Newport.

**SEPTEMBER 18, TUESDAY — HU KE LAU — \$69.00**

Motorcoach departs Hanson COA at 8:45 AM - return approximately 5:30 PM

A fun day out that includes a great Polynesian show and dining.

**For Reservations, contact Linda Kelly at the Senior Center 781-447-7619 ext. 1.**

**Please make checks payable to Terry Seer.**

Minimum of 30 needed for the trips to go.

***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.*