

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

APRIL 2015

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:

After what seemed to be the worst winter on record, we are all looking forward to getting out and enjoying the warmer weather. We have plenty of programs, activities and trips planned in the coming months and hope that you'll join in. The Senior Center is open Monday through Friday from 8 am to 4 pm and we'd love to have you stop in for a visit. Happy Spring!

Barbara

Can you help?

It is a large undertaking to get the Newsletters ready to be mailed. We could use some additional volunteers to help with labelling, folding and taping the Newsletters. If you can spare an hour or two once a month, we would appreciate it. You may meet some new people and make a friend or two while you are doing a good deed.



www.shutterstock.com - 123653908

Remember that you can miss a lot of good things in life by having the wrong attitude.

From 'Life's Little Instruction Book'

R.A.D. FOR SENIORS

Presented by the Whitman Police Department

At the Senior Center

This 10 week program begins on
Friday, April 3rd at 9:00

RAD for Seniors is an empowering program that affords senior adults an opportunity to enhance personal defense. The goal of the program is to improve the personal safety of seniors through proactive strategies and physical techniques which address issues unique to their age group. Each session will run approximately 45 minutes.

Call **Joanne at extension 2** to sign up and register.

'Cold Case to Case Closed

Lizbeth Borden ~ My Story'

Tuesday, April 14th—

1:00 At the Senior Center

Local Author Rich Little will be here to present his historical novel about the Lizzie Borden case. This has been a fascinating and much talked about case, but now it is time to let Lizbeth tell her side of the proceedings as the truth is revealed and the actual killer is discovered.'

Call **Joanne at extension 2** to reserve your seat.



Sing - A - Long Hour with Barbara Stanton

Thursday, April 23rd
1:00 P.M.

At the Senior Center

Spirited ~~~ Exhilarating ~~~ Uplifting

Barbara Stanton will lead the group in an uplifting,
old fashioned Sing A Long, or Hum A Long.

Don't miss it.

Contact **Joanne at extension 2** to make your reservation

'What can Navicare HMO SNP or Navicare SCO do for me?'

Presented by Loyde Lucena, Fallon Health

Thursday, April 9th
1:00 P.M. at the Senior Center

Does a one package insurance plan seem too good to be true?
Medical coverage, prescription coverage and social services combined into one—with no plan premium and no copayments? Well, it does exist—NaviCare provides it all!!

If you are 65 or older, live in the plan's service area and have MassHealth Standard and Medicare or just MassHealth Standard, join us and learn how you can benefit from this program.

Contact **Joanne at extension 2** to make your reservation.

RABIES CLINIC for DOGS AND CATS

on
Saturday, April 11, 2015
10:00 am to 12:00 noon

At the WHITMAN ANIMAL SHELTER
100 ESSEX ST.
(BEHIND THE DPW)

\$10.00 PER ANIMAL—CASH ONLY

PROOF OF PRIOR RABIES VACCINE IS REQUIRED TO
CONFIRM YOUR PET IS ELIGIBLE
FOR THE 3 YEAR VACCINE.

Please contact the Whitman Board of Health office with any
Questions at 781-618-9755

WHITMAN READS 2015

"DARK TIDE"

The Great Boston Molasses Flood of 1919
By Stephen Puleo

Friday, April 10, 10:00 at the Senior Center

Book Buzz: "Dark Tide" Discussion. This Book Buzz will focus on "Dark Tide". Join the discussion and enjoy molasses treats! Call Joanne at the Senior Center to sign up.

Friday April 24, 10:00

Field Trip to the North End- \$15.00 includes lunch and bus. Pickup at the Knights of Columbus at 10:00 a.m. Walking tour of the North End, led by Ronald Mayville, a Molasses Flood expert. Lunch at noon at La Familia Giorgio's. All are welcome but registration and prepayment required.

To reserve your spot, you must register at the Library by calling 781-447-7613.

Flyers detailing all 'Whitman Reads' events are available at the Library, Senior Center and Town Hall.

'Whitman Reads' 2015 is generously sponsored by the Friends of the Whitman Public Library in conjunction with the Whitman Council on Aging and the WHRSD.



MOVIE of the Month

"Fever Pitch"

AT THE SENIOR CENTER

Friday, April 17th
1:00 p.m.

When Ben Wrightman (Jimmy Fallon), a young teacher, begins dating pretty business woman Lindsay Meeks (Drew Barrymore), the two don't seem to have a lot of the same interests, but they fall in love, regardless. Their romance goes well until baseball season begins and Lindsay soon realizes that Ben is completely obsessed with the Red Sox.

Starring: Drew Barrymore and Jimmy Fallon
Rating-PG -13 (Run time - 1 hour, 44 minutes)

Enjoy some peanuts, popcorn and beer (the root variety of course)

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

**FRIENDS OF THE WHITMAN SENIORS
MONTHLY MEETING OF THE FRIENDS**

At the Senior Center on
Friday, April 10th at 1:00 P.M.

Meeting with Penny Sale to follow.
Donations to the Penny Sale are welcome that day.
Anyone with questions may call Melinda Field at
781-447-8132.



**Crafts
12:30 at the Senior Center**

Wednesday, April 8th with Denise

**Wednesday, April 22nd with Erica from Sachus
Center for Health and Rehabilitation**

Materials are provided. Just bring your creativity.

Sign up is required so the instructors can plan for
supplies needed.

Please call **Joanne at extension 2** to sign up.

COA BUS TRIP

**National Wholesale Liquidators, Dollar Tree and
Hearth and Kettle Restaurant
Weymouth**

Thursday, April 9th
Leaves the Center at 9:30
\$6.00 covers transportation only

Check out the savings at the new National Wholesale
Liquidators. They offer a broad selection of merchandise
from apparel, to food, housewares, furniture, pet needs as
well as seasonal merchandise. Afterwards, enjoy some
home style cooking at Hearth and Kettle.

Call **Linda at extension 1** to sign up.

Motorcoach Tours present:

Trip to Newport Playhouse

"While the Cat's Away"

Sunday, May 3rd — \$82.00

Leaves Whitman VFW at 9:00 a.m.

When Mildred and Ethel go off on a trip to Paris, the "mice will
play". Egged on by Ethel's philandering husband Humphrey
Pomfrey, George agrees to invite two charming little sex kittens
over. Well, you already know what happens, don't you? The
wives come home prematurely!

Call Linda at extension 1 for a reservation.

Checks should be made payable to Terry Seer.

FUN, GAMES AND FITNESS

TAI CHI – Thursdays at 2:45. NOTE ... Cost is \$5.00 per
class. New Participants please call Linda at ext.1 to register.

WALKING GROUP—Meet at the Senior Center on **Tuesdays
and Thursdays at 8:00 am** to walk the beautiful Town Park at
your own pace and arrive back at the Center for coffee and
socialization.

Wii BOWLING—Mondays at 8:00 am

MAH JONGG—Wednesdays at 1:00 pm.

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

BINGO at Harvard Court– Wednesdays at 1:00

HUMOR CORNER

You can tell you're getting old when...

You get winded playing games on the computer.

You sink your teeth into a steak and they stay there.

A dripping faucet causes an uncontrollable bladder urge.

You can't stand all those damn stupid people who are intolerant.

That sweet young thing you were just gonna' hit on calls you sir.

You turn out the light for economic reasons rather than romantic
ones.

Your pacemaker opens the garage door as you watch a girl walk
by.

Your "little black book" contains way too many names ending in
M.D.

You know all of the answers, but nobody asks you the questions
anymore.

APRIL 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please Note:</p> <p>TRIP SIGN UPS BEGIN ON FRIDAY, MARCH 27TH</p> <p>~~~~~</p>	<p>Phone extensions for sign-ups: Linda—ext 1 Joanne—ext 2 Fran (meals) - ext 4</p>	<p>1:30 Lunch—Mini Cheese Ravioli with Tomato Sauce 1:00 Mah Jongg 1:00 Cards 6:00 Scrapbooking</p> <p>9:00 WALMART in Plymouth, Woods Restaurant Sign up at ext. 1</p>	<p>9:30 Hairdresser by Appt 11:30 Lunch—Mediterranean Chicken 2:45 Tai Chi</p> <p>9:30 OCEAN STATE JOB JOT and Butterfield's Restaurant in Rockland Sign up at ext. 1</p>	<p>9:00 R.A. D. for Seniors 11:30 Lunch—Salmon Stir Fry w/ Soy Ginger Glaze 1:00 Bingo</p>
<p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Turkey Tetrazzini 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>8:30 Tax assistance by appt 9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch—Lower Sodium Hot Dog, Baked Beans 11:00 Computer Workshops 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 noon Monday – ext. 2</p>	<p>8:30 Podiatrist by Appt. 1:30 Lunch—Chicken Parmesan with Penne Pasta 12:30 Crafts with Denise 12:30-2:00 Wellness Clinic at Senior Center 1:00 Mah Jongg 1:00 Cards</p> <p>9:00 HANOVER MALL Sign up at ext. 1</p>	<p>9:30 Hairdresser by Appt 11:30 Lunch—Italian Pot Roast 2:45 Tai Chi</p> <p>1:00 Navicare by Fallon Health presentation at the Senior Center</p> <p>9:30 NATIONAL WHOLESALE LIQUIDATORS, DOLLAR TREE/Heath and Kettle-Weymouth Sign up at ext. 1</p>	<p>9:00 R.A.D. for Seniors 11:30 Lunch—Chicken Divan 1:00 Friends Meeting</p> <p>10:00 "Book Buzz" at the Senior Center with Molly from the Whitman Library</p> <p>Sign up at ext. 2</p>
<p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Beef Bourguignon 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch—Stuffed Shells 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at STOP & SHOP</p> <p>1:00 Lizzie Borden novel presentation by the Author Sign up at ext. 2 Reserve by noon Monday – ext. 2</p>	<p>11:30 Lunch—Swiss Cheese Omelet 1:00 Mah Jongg 1:00 Cards</p> <p>9:30 DERBY STREET SHOPS and BERTUCCI'S in Hingham Sign up at ext. 1</p>	<p>11:30 Lunch—Hawaiian Chicken 12:15-1:45 Wellness Clinic at Harvard Court 2:45 Tai Chi</p> <p>BROWN BAG PICKUP Please Note: Bags available for pickup at the Senior Center between 12:00 and 3:00 only</p> <p>:00 Good Days Restaurant and MARKET BASKET or TRUCCHI'S in West Bridgewater Sign up at ext. 1</p>	<p>9:00 R.A.D. for Seniors 11:30 Lunch—Roast Pork with Pineapple Raisin Sauce</p> <p>1:00 MOVIE at the SENIOR CENTER (see Page 2) Sign up at ext. 2</p>
<p>PATRIOTS DAY HOLIDAY</p> <p>SENIOR CENTER CLOSED</p>	<p>9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch—Rotini w/Meatballs 11:00 Computer Workshops 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 noon Monday – ext. 2</p>	<p>11:30 Lunch—Salmon Boat 12:30 Crafts with Erica from Sachem 1:00 Mah Jongg 1:00 Cards</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>9:30 Hairdresser by Appt 11:30 Lunch—Birthday Lunch – Chicken Cordon Bleu congregate only 2:45 Tai Chi</p> <p>1:00 Sing-A-Long Hour with Barbara Stanton</p> <p>FOXWOODS CASINO Pickup 7:30 Center; 7:45 Home Return Home 7:00 pm Sign up at ext. 1</p>	<p>9:00 R.A.D. for Seniors 11:30 Lunch—Roast Turkey with Apple Cider Gravy</p>
<p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Eggplant Parmesan w/ Meat sauce 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch—Chicken Tarragon 11:00 Computer Workshops 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at STOP & SHOP</p>	<p>11:30 Lunch—Egg Salad on Lettuce 1:00 Mah Jongg 1:00 Cards</p> <p>10:00 CASTLE ISLAND Sign up at ext. 1 (Rain date May 1)</p>	<p>9:30 Hairdresser by Appt 11:30 Lunch—Meatloaf with Mushroom gravy 2:45 Tai Chi</p> <p>9:00 PATRIOT PLACE/ Christmas Tree-Foxboro, Olive Garden Restaurant Sign up at ext. 1</p>	<p>9:00 R.A.D. for Seniors 11:30 Lunch- 1:00 Bingo</p>

Eldercare Q & A from OLD COLONY ELDER SERVICES

Understanding the Basics of Bone Health**Q. Is osteoporosis just an old people's disease ?**

A. No. Today we know that steps to improve bone health should start at an early age. Weak bones can affect individuals of all ages. Whether you're in your 20s, 40s or 70s, it's not too early or too late to make changes in your diet, exercise program and lifestyle to strengthen your bones. It's true that weaker bones are more common in older people, but certain factors that lead to weaker bones are important at all ages, and even younger people can suffer from broken bones related to osteoporosis.

Most people have never asked their health care provider about their bone mineral density (BMD) level. Something called your T-score reveals whether your bones are weak or strong, and what the chances are for breaking one of them. Brittle bones are not a natural part of aging. According to the U.S. Bone and Joints Initiative, if Americans don't take action, by the year 2020, half of all persons older than age 50 will be at risk for fractures related to osteoporosis and low-bone mass. Osteoporosis affects men and women of all races and ages.

Here are some warning signs of osteoporosis:

- **A Broken Bone** — A broken bone (fracture) as an adult does not always mean you have osteoporosis, but it could be a warning sign that your bones are weak, especially if the break is from normal activities or during a minor fall.
- **Back Pain or Spinal Deformities** — Back pain that will not quit could be a sign that you have a spinal fracture. This occurs when bones in your back become so weak that they fracture and collapse.
- **Loss of Height** — A fractured bone in your spine could collapse onto itself causing you to shrink. Multiple fractures can cause the spine to form a curve causing the disfigurement known as a dowager's hump.

There are two things that you can do to improve your bone health and make your bones stronger —

1. Get enough physical daily activity / Exercise

Build into your daily schedule exercise of at least 30 minutes for adults.

The best types of exercises for healthy bones are weight-bearing and

strength-building activities, like jogging, tennis and walking. These activities force muscles and bones to work against gravity and they put stress on the limbs. Weight-lifting or calisthenics are strength-building exercises which lead to stronger muscles and bones. Tai Chi exercises are good because they can help improve your balance, and decrease your risk of falling. But before starting an exercise program, or if you already have osteoporosis, show your doctor a description of the program. If you have low bone mass, you may need to skip certain exercises to avoid problems, like breaking a bone.

2. Take in enough calcium and vitamin D

Calcium is a building block of bone. Men and women over age 50 and postmenopausal women also need a higher intake of calcium. They need about 1,200 to 1,500 mg of calcium daily. Milk and dairy products are high in calcium; as are leafy green vegetables, soybeans and salmon. If you have problems digesting lactose, you can talk to your doctor about taking a calcium supplement.

Vitamin D: helps your body absorb calcium from your gastrointestinal tract. It can be synthesized in skin from exposure to the sun, and is found in fortified dairy products, egg yolks, fish (such as salmon, mackerel and tuna), liver or in supplements. Your doctor can recommend an appropriate dosage for you.

A simple, painless BMD test - which takes less than 20 minutes – is a good place to start. If you have low bone mass but no fractures, you and your physician can put together a treatment plan to stop further bone loss and prevent fractures. If you have had one or more fractures due to osteoporosis, your physician or healthcare professional will work with you to prevent further breaks, reduce pain, improve your bone health, keep you active and enhance your quality of life. For more background, go to the U.S. Bone and Joints Initiative, <http://www.usbj.org/programs/public-education-programs/fit-to-t/what-you-need-to-know-about-your-bone-health>

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 **Joanne at extension 2** to sign up no later than 4:00 Thursday.

SENIOR CENTER BUS/ FOOD SHOPPING— The Bus is available for pickup to the COA in the **morning** for Tuesday activities and appointments at the Center. Food Shopping pickups begin at 1:00. Sign-up is required by calling **Joanne at extension 2** no later than noon on Monday.

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

HAPPY BIRTHDAY

If you were born in **APRIL** we'd like to help you celebrate by treating you to a free lunch at the Senior Center on Thursday, April 23rd. Lunch will be Chicken Cordon Bleu.

Please call **Fran at extension 4** to reserve no later than Wednesday, April 15th. Lunch is served at 11:30 and you are welcome to bring a guest.



The lunch cost for a guest is \$2.50

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:

April 8 Senior Center 12:30 --2:00

Thursday:

April 16 Harvard Court 12:15 –1:45

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

April 7, 14, 21, 28 3:00—6:00

BLOOD PRESSURE CHECK

We offer a free blood pressure check by a Registered Nurse at the Senior Center every Monday from 11:00 am to 1:00 pm.

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, April 16th **12:00 to 3:00 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!

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, April 28th from 12:00 to 2:30.

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, April 21st by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST

Dr. William Chan. Wednesday, April 8th by appointment only. Contact **Joanne at extension 2** to make an appointment.

Upcoming dates: May 13, June 10, July 8

HAIR BY MEREDITH

Tuesdays and most Thursdays 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)	

MANICURES BY JANE

Jane is taking some time off and hopes to be back with us in May.

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 **Linda at extension 1** to sign up for 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.

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 Pact Bridge.

iTunes for Digital Music / Video: Use iTunes to retrieve and organize your music. Create your own Cd Or download play-lists to your MP3 player.

Editing MP3 Files: Download free editing software to edit MP3 music.

Add and Remove Software: Find, Download and Install Free software. Remove unwanted programs.

Ease of Access: Improve computer access for physically challenged.

Online Education: Find computer based Learning CourseWare and take a lesson.

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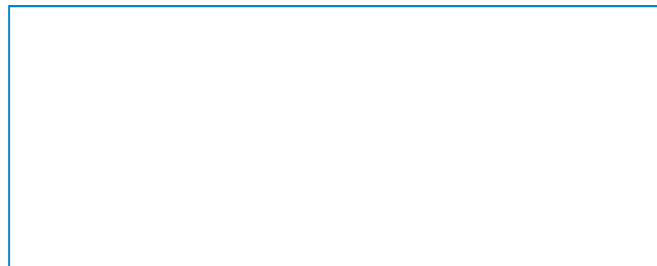
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RETURN SERVICE REQUESTED



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.
Call Joanne at extension 2 , if you need a ride.

ABOUT OUR TRIPS AND ACTIVITIES ...

Please know that 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.seekandfind.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.