

SEEN YOUR NEWS?



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

SENIOR CENTER HOURS

Monday 8-4
Tuesday 8-7
Wednesday 8-4
Thursday 8-4
Friday 8-1

Patricia Goldmann, *Chairman*
Jill A. Getchell
Barbara J. Garvey, *Director*

JUNE
2017

Mae Cousineau, *Vice Chairman*
Thomas G. Ford
Denise K. Bagley

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 ...

Radio/TV Classics Live!
Sunday, June 11, 2017 at 5:00 pm
Anna P. Buckley Performing Arts Center at
Massasoit Community College in Brockton

Step back in time to June 11, 1945 as **Radio/TV Classics Live!** commemorates the work of our women and men of all services who made our country safe during World War II and who steadfastly put themselves on the line every day for our freedom and safety. The Brockton USO will be re-created with students and veterans portraying defense workers, service people, and entertainers. Take your seat in the theater to see full cast/music/sound effects performances of such classic shows as "Burns and Allen," "Duffy's Tavern," "The Jimmy Durante Show" and "Command Performance," a show transmitted overseas in World War II.

Special guests include John Astin, star of stage, TV and screen (The Addams Family), Will Hutchins (Sugarfoot); and Boston area celebrities Barry Nolan, WBZ's Jordan Rich, Laurie Kirby, Ben Parker, Rod Fritz, and more.

We have 15 senior tickets available at \$14 each on a first-come first-served basis and transportation may be available. Contact Linda Kelly at 781-447-7619 ext. 2 to purchase tickets and sign up for this unique evening of fun entertainment.

Barbara

'Welcome Summer' Tea Party
At the Senior Center
Wednesday, June 21st
12:30 P.M.



Join us for an old fashioned tea party. Enjoy a wonderful spread of Tea Sandwiches, Scones, Desserts and assorted Teas.

Tickets are \$5.00

Space is limited to 30, so do not wait to get your tickets. Tickets will be available for Whitman residents beginning on June 1st. Out of Town residents may purchase tickets beginning on June 6th. Deadline for purchasing tickets is June 9th. See Patty or Elaine for your tickets.

Transportation will be available, so let us know when you sign up if you will be needing a ride.

This Tea is partially funded by the Whitman Council on Aging.



'Summer Celebration' Supper
At the Senior Center
Tuesday, June 27th at 5:00 P.M.

Tired of cooking? Need an easy night out? Join us for an evening of socialization and a light summer meal of assorted Sandwich wraps and topped off with strawberry shortcake for dessert.

Cost is \$5.00. Stop by the Center and see **Patty or Elaine** to buy your ticket **beginning Monday, June 5th**. Tickets are limited, so get yours early.

REMINDER.....

Applications for the Senior Tax Program are available to be picked up after June 1st and must be completed and returned by June 30th.

Money Management Program

Presented by Old Colony Elder Services
At the Senior Center
Friday, June 23rd at 11:00 A.M.

- Do you feel overwhelmed when paying your bills?
- Could you use a little help with writing out checks?
- Looking for assistance in balancing your checkbook?

This free Money Management Program provides trained volunteers to guide and assist low income older adults or the disabled with their monthly bill paying and statement balancing.

Anyone interested in becoming a volunteer should also attend.

Call extension 2 to reserve your seat.

**American Red Cross
Life Skills Safety Training**

Tuesday, June 20, 2017
4:00—6:30 P.M. at the Senior Center

**Cost: \$20.00 for Adults
\$5.00 for Seniors age 60 and over**

This course will cover an overview of knowledge and skills necessary to recognize and provide basic care (including choking) and sudden illness until more advanced medical help arrives.

**Registration is required by calling the Senior Center at
781-447-7619 (ext 2). Deadline to register is June 13.
A minimum of 8 participants is required.**

This Life Skills Safety Training is partially funded by the Whitman Council on Aging.

Prescription Advantage Enrollment Event

**Monday, June 26th at 2:00 P.M. to 3:30 P.M.
At the East Bridgewater Senior Center
355 Plymouth Street, East Bridgewater**

Learn about the benefits of this program.
2:00– Presentation: How Prescription Advantage Works with a Medicare Part D or Creditable Coverage Plan

2:30– Meet individually with a representative who can answer your questions and/or help you enroll.

**Call today to reserve your seat!
East Bridgewater Senior Center: 508-378-1610**

Movie of the Month

At the Senior Center

“LION ”

**Thursday, June 22nd
12:30 P.M.**

Five year old Saroo gets lost on a train which takes him thousands of miles across India, away from home and family. Saroo must learn to survive alone in Kollata, before ultimately being adopted by an Australian couple. Twenty five years later, armed with only a handful of memories and his unwavering determination, he sets out to find his lost family.

Starring: Dev Patel, Rooney Mara, Nicole Kidman
Run Time: 2hours Rated PG-13 for some sensuality

Call extension 2 to reserve your seat.

Space is limited to 12 attendees.

Sign ups begin on June 1st.

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.

Internet Basics: Get started with a Browser, Choose and register with on-line service provider, Create and Send E-Mail.

Basics of Budgeting with Excel / Calc: Start excel or Calc; Open and Edit an existing workbook, save changes.

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.

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.

Manage Digital Photos: Find, Select, and Print, Copy or Delete.

Send and Receive Photos over the Internet: Upload, Download, and Email.

Backup your personal Data: Choose what to backup. Use acceptable devices.

Organize your photos using picassa 3: Edit photos for red eye etc.

Will you be the next Jeopardy Champion?
Jeopardy
At the Senior Center
Wednesday, June 7th at 1:00 p.m.

Exercise your brain a little and have some fun in the process. Join us for a game of Jeopardy sponsored by Sachem Center for Health and Rehabilitation.

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

Crafts with Denise
Wednesday, June 14th
12:30 at the Senior Center

This month's project will be a Patriotic craft.

Cost is \$2.00 per class to help offset supplies expense. Reservations are required.

Please call extension 2 if you will be participating.

Fun and Games

LEFT, CENTER, RIGHT
 Tuesday, June 13th at 12:30 P.M.
 and
 Wednesday, June 28th at 12:30 P.M.
 ~~~~

**NEW ~ ~ ~ NEW ~ ~ ~ NEW ~ ~ ~ NEW**  
**CRIBBAGE**  
 Friday, June 2nd at 9:30 A.M.

Sign up at extension 2.

**Weekly Activities**

- ART GROUP**— Tuesdays at 9:00
- BINGO**—Mondays at 1:00 pm
- BINGO at Harvard Court**— Wednesdays at 12:30
- CHESS**- Wednesdays at 2:00
- KNITTING GROUP**— Tuesdays at 1:00
- MAH JONGG**—Wednesdays at 1:00 pm
- Wii BOWLING**—Mondays at 8:00 am



**Visit with Abner**  
**The Pet Therapy Dog**  
**Monday, June 12th**  
 10:30 a.m. at the Senior Center  
 Abner is guaranteed to put a smile on your face!

**COA Bus Trip**



**Newport, Rhode Island**  
 Thursday, June 8th  
 Leaves the Center at 9:00  
 \$12.00 for transportation

Wear your comfortable shoes and spend the day on your own in Newport. Shop, eat or just take in the scenery.

Call Linda at extension 1 to sign up.

**The Travelers Present:**

**Newburyport Harbor Cruise**  
 Thursday, June 15th  
 \$116.00  
 Leaves the V.F.W. at 7:45 A.M.

Enjoy a 90 minute tour of Newburyport Harbor aboard the "Yankee Clipper". Afterwards enjoy a delicious lunch at Danversport Yacht Club. There will be time to visit the shops in downtown Newburyport before returning home.

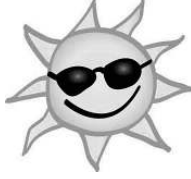
**Gloucester Luncheon Cruise**  
 Thursday, July 13th  
 \$97.00  
 Leaves the V.F.W. at 9:00 A.M.

Set sail on the Beauport Princess for a cruise of historic Gloucester harbor. While on board, you will enjoy a fabulous lunch buffet. Following this lunch cruise, you will stop in beautiful Rockport to enjoy some free time before departing for home.

**Pickity Place, New Hampshire**  
 Thursday, August 17  
 \$76.00  
 Leaves the V.F.W. at 8:45  
 Details to come

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

# JUNE 2017

| Monday                                                                                                                                                                                                                                      | Tuesday                                                                                                                                                                                                                                                                                                                                                  | Wednesday                                                                                                                                                                                                                                                                     | Thursday                                                                                                                                                                                                                                                                                           | Friday                                                                                                                                                                           |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                             | <b>TRIP SIGN UPS BEGIN<br/>on Wednesday,<br/>May 31st<br/>at 8:00 AM</b>                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                              | 1<br>11:30 Lunch— Roast Pork<br><br>9:00 <b>BOSTON NORTH END</b><br>Sign up at ext. 1                                                                                                                                                                                                              | 2<br>11:30 Lunch—Catch of the Day w/Florentine Sauce<br>1:00 <b>Bingo</b><br><br>9:30 <b>CRIBBAGE</b><br>Sign up at ext. 2                                                       |
| 5<br>8:00 Wii Bowling<br>11:30 Lunch-Whole Grain Ravioli w/Butternut Squash Pesto<br>1:00 Bingo<br><br>9:00 <b>AROUND TOWN</b><br>Reserve by 4:00 Thursday at ext. 2                                                                        | 6<br>9:00 Art Group<br>10:00 Computer Workshops<br>11:30 Lunch— California Chicken Salad<br>1:00 Knitting/Crocheting<br><br>8:30 –12:00 Transportation to and from Senior Center<br>12:30 <b>FOOD SHOPPING</b> –ext. 2                                                                                                                                   | 7<br>11:30 Lunch—Salmon with Dill Sauce<br>1:00 Mah Jongg<br>2:00 <b>Chess</b><br>6:00 Scrapbooking<br><br>1:00 <b>JEOPARDY</b><br>Sign up at ext. 2<br><br>9:00 <b>WALMART in Plymouth, Woods Restaurant</b><br>Sign up at ext. 1                                            | 8<br>11:30 Lunch— Turkey Chili<br><br>9:00 <b>NEWPORT</b><br>Sign up at ext. 1                                                                                                                                                                                                                     | 9<br>11:30 Lunch—Hawaiian Chicken<br><br>10:00 <b>BOOK BUZZ</b><br>Sign up at ext. 2<br><br>~~~~~<br><b>Sunday, June 11</b><br>5:00 <b>Radio/TV Classics Live</b><br>(see pg. 1) |
| 12<br>8:00 Wii Bowling<br>11:30 Lunch-Sloppy Joe<br>1:00 Bingo<br><br>10:30 <b>VISIT WITH ABNER</b><br><br>9:00 <b>AROUND TOWN</b><br>Reserve by 4:00 Thursday at ext. 2                                                                    | 13<br>9:00 Art Group<br>10:00 Computer Workshops<br>11:30 Lunch-Chicken Scallopini<br>1:00 Knitting/Crocheting<br><br>12:30 <b>LEFT, CENTER, RIGHT</b><br>Sign up at ext. 2<br><br>8:30 –12:00 Transportation to and from Senior Center<br>12:30 <b>FOOD SHOPPING</b> –ext. 2                                                                            | 14<br>8:20 <b>Podiatrist by Appt</b><br>11:30 Lunch— Pasta w/Meatballs<br>12:30-1:30 Wellness Clinic<br>1:00 Mah Jongg<br>2:00 <b>Chess</b><br><br>12:30 <b>CRAFTS WITH DENISE</b><br>Sign up at ext. 2<br><br>9:00 <b>DERBY STREET SHOPS in Hingham</b><br>Sign up at ext. 1 | 15<br>11:30 Lunch—Tuna Fish w/ Lettuce<br><br>12:30-1:30 Wellness Clinic at Harvard Ct<br><br><b>BROWN BAG PICKUP</b><br>Pickup at the Senior Center <u>between 11:00 and 2:00 only</u><br><br><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 | 16<br>11:30 Lunch—Roasted Turkey w/ Gravy<br><br><b>HAPPY JUNE BIRTHDAYS</b><br>(see page 6)                                                                                     |
| 19<br>8:00 Wii Bowling<br>11:30 Lunch-Chicken, Broccoli, Penne Alfredo<br>1:00 Bingo<br><br>9:00 <b>AROUND TOWN</b><br>Reserve by 4:00 Thursday at ext. 2                                                                                   | 20<br>9:00 Art Group<br>10:00 Computer Workshops<br>11:30 Lunch— Stuffed Shells w/ Meat Sauce<br>1:00 Knitting/Crocheting<br>1:00 <b>Hearing Check by Appt.</b><br><br>8:30 –12:00 Transportation to and from Senior Center<br>12:30 <b>FOOD SHOPPING</b> –ext. 2<br><br>4:00 <b>AMERICAN RED CROSS LIFE SKILLS SAFETY TRAINING</b><br>Sign up at ext. 2 | 21<br>11:30 Lunch—Whole Grain Fish Sticks<br>1:00 Mah Jongg<br>2:00 <b>Chess</b><br><br>12:30 <b>'WELCOME SUMMER' TEA PARTY</b><br>(See Pg.1)<br><br>8:30 <b>MIKO'S/ DOLLAR TREE- Brockton</b><br>Sign up at ext. 1                                                           | 22<br>11:30 Lunch— Corned Beef<br><br>12:30 <b>MOVIE at the SENIOR CENTER</b> (See Page 2)<br>Sign ups begin June 1—ext. 2<br><br>9:30 <b>CASTLE ISLAND</b><br>Sign up at ext. 1                                                                                                                   | 23<br>11:30 Lunch— Meatloaf w/ Gravy<br><br>11:00 <b>MONEY MANAGEMENT PROGRAM</b><br>Sign up at ext. 2<br>(see pg. 2)                                                            |
| 26<br>8:00 Wii Bowling<br>11:30 Lunch-Swiss Cheese Omelette<br>1:00 Bingo<br><br>2:00 <b>PRESCRIPTION ADVANTAGE PRESENTATION at East Bridgewater COA</b><br>(see pg 2)<br><br>9:00 <b>AROUND TOWN</b><br>Reserve by 4:00 Thursday at ext. 2 | 27<br>9:00 Art Group<br>10:00 Computer Workshops<br>11:30 Lunch— Unstuffed Pepper<br>12:00 <b>Atty Whitney by Appt</b><br>1:00 Knitting/Crocheting<br><br>8:30 –12:00 Transportation to and from Senior Center<br>12:30 <b>FOOD SHOPPING</b> –ext. 2<br><br>5:00 <b>'SUMMER CELEBRATION' SUPPER</b><br>(see pg.1)                                        | 28<br>11:30 Lunch— Chicken Parmesan<br>1:00 Mah Jongg<br>2:00 <b>Chess</b><br><br>12:30 <b>LEFT, CENTER, RIGHT</b><br>Sign up at ext. 2<br><br>9:30 <b>WESTGATE MALL and Market Basket in Brockton</b><br>Sign up at ext. 1                                                   | 29<br>11:30 Lunch— Turkey Salad on Lettuce Bed<br><br>9:00 <b>WAREHAM CROSSING/ STASH'S RESTAURANT in Onset</b><br>Sign up at ext. 1                                                                                                                                                               | 30<br>11:30 Lunch— Pot Roast w/ Gravy                                                                                                                                            |

## Eldercare Q &amp; A from OLD COLONY ELDER SERVICES

**Q. Are Dietary Supplements Worth Buying?**

Unfortunately, the answer is often "No." Advertisements for "dietary supplements" frequently claim they will keep you from getting sick, or help you live longer. But according to the National Institute On Aging, "Often there is little, if any, scientific support for these claims...Some supplements can hurt you. Others are just a waste of money because they don't give you any health benefits."

There are many "dietary supplements" on the market today that are sold over the counter, including vitamins, minerals, fiber, amino acids, herbs, and hormones. Some products, like drinks or energy bars, have supplements added to them. The Food & Drug Administration (FDA) does not review these supplements before they reach the market, only if they believe a product is considered unsafe.

The best way to get vitamins or minerals is through the food you eat, not added supplements. If you feel you can't eat enough, ask your doctor if you need a multi-vitamin and/or mineral supplement. It does not have to be labeled for "seniors," and it does not have to be a large, or "mega dose" vitamin. The theory, "if a little is good, a lot must be better," does not hold for supplements. Taking more than 100% of the daily value of a vitamin or mineral could be harmful, and your body may not be able to use the entire supplement, so you are wasting your money. People over the age of 50 may need supplements for certain purposes, such as vitamin B12, Calcium, vitamin D, extra Iron for women, and vitamin B6.

Antioxidants are natural substances found in food. There is no proof that large doses of antioxidants will prevent chronic diseases like diabetes, cataracts or heart disease. Rather than taking a supplement, try eating at least 5 servings per day of fruits and vegetables, or using vegetable oil and eat nuts (in moderation). These foods can give you the antioxidants you need.

There are also herbal supplements, like ginseng, Echinacea, or ginkgo biloba, which come from certain plants. When you use any herbal supplements, you are using them as a drug, and they can interfere with other medications you may already be taking. Some herbal supplements can cause high blood pressure, nausea, diarrhea, constipation, headaches, seizures, heart attacks, or stroke. Some supplements can increase the risk of bleeding or, if a person takes them before or after surgery, they can affect the person's response to anesthesia. Dietary supplements can also interact with certain prescription drugs in ways that might cause problems.

Vitamin K, for example, can reduce the ability of certain blood thinners to prevent blood from clotting. Antioxidant supplements, like vitamins C and E, can reduce the effectiveness of some types of cancer chemotherapy.

Before you start taking a dietary supplement, talk with your doctor or a registered dietician. Do not go on the recommendation of a friend or an internet site. Consider the source of any information you read: is it from a group that stands to make money from the sale of this product? If something worked for your neighbor, it does not mean that it will work for you. Don't take supplements in place of, or in combination with prescribed medications without your health care provider's approval.

All products labeled as a dietary supplement carry a Supplement Facts panel that lists the contents, amount of active ingredients per serving, and other added ingredients (like fillers, binders, and flavorings). The manufacturer suggests the serving size, but you or your health care provider might decide that a different amount is more appropriate for you.

There is a federal Office of Dietary Supplements (ODS), part of the National Institutes of Health, which publishes fact sheets that give consumers an overview of individual vitamins, minerals and other dietary supplements. ODS says if you don't eat a nutritious variety of foods, some supplements might help you get adequate amounts of essential nutrients. However, supplements can't take the place of the variety of foods that are important to a healthy diet.

You can contact ODS at (301)435-2920, or visit their website at [https://ods.od.nih.gov/HealthInformation/DS\\_WhatYouNeedToKnow.aspx](https://ods.od.nih.gov/HealthInformation/DS_WhatYouNeedToKnow.aspx)

**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 1:00 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. There is a 4 bag limit.

**DIAL-A-BAT**— Transportation to medical appointments in Abington, Brockton, Bridgewater, East Bridgewater, West Bridgewater, 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 for additional details.

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



**HAPPY BIRTHDAY**

If you were born in June we'd like to help you celebrate by treating you to a free lunch and a small gift at the Senior Center on Friday, June 16th.

Lunch will be Roasted Turkey with Gravy.

Please call **Fran at extension 4** to reserve no later than Wednesday, June 7th.

Lunch is served at 11:30 and you are welcome to bring a guest.

The lunch cost for a guest is \$2.50

**FOOD SHOPPING—Tuesdays at 12:30**  
(see page 5 for more details)

- 6/6– STOP AND SHOP in WHITMAN
- 6/13– SHAWS in BROCKTON
- 6/20– STOP AND SHOP in WHITMAN
- 6/27– SHAWS in BROCKTON



Reminder: 4 bag limit please  
Reserve your seat by 1:00 on the previous Friday

**FRIENDS OF THE WHITMAN SENIORS  
MONTHLY MEETING OF THE FRIENDS  
Friday, June 9th at 1:00 PM at Harvard Court**

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

**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 27th 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, June 20th by appointment. Contact **extension 2** to make an appointment. *You should hear what you're missing.*

**PODIATRIST**



Dr. William Chan. Wednesday, June 14th by appointment only. Contact **extension 2** to make an appointment.

Upcoming dates: July 12, August 9, September 13

**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:**

June 14 Senior Center 12:30—1:30

**Thursday:**

June 15 Harvard Court 12:30—1:30

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

June 6, 13, 20, 27 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, June 15th, **11:00 to 2:00 only**. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

**HAIR appointments  
are not being taken at this time**

|                           |         |
|---------------------------|---------|
| 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!*

## Blanchard Funeral Chapel

Robert A. Tonello,  
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Funeral Directors

**781-447-0170**

666 Plymouth Street, Whitman

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## Old Colony Elder Services

Providing services to the community since 1974

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MA License #127

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CONTACT

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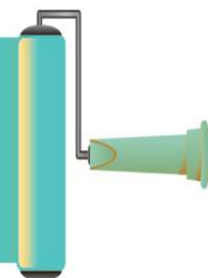


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MA 02382

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

**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.



Here is what some are saying:

*65 year old Adrian says "If you don't like to do extra kitchen duties, lunch at the Senior Center is your answer. Lunch is always tasty, served piping hot and always well balanced. Personally I don't understand why more seniors don't take advantage of this program."*

**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.

