

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*

JULY
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 ...

New Wednesday morning Programming to note ...

Need some help with your Smart Phone, iPad or tablet? Would you like to learn more about social media and how to use it? We are happy to welcome Maxwell Elfman to help you out. Max is a student at South Shore Vocational Technical High School in the Computer Information Tech program. He is proficient in technology and will be volunteering at the Senior Center on Wednesday mornings at 10:30 beginning July 5.

We also will offer Senior Chair Yoga by Rita Whooley on Wednesday mornings at 9:30 beginning July 12. See Page 2 for more details.

Contact Patty or Elaine at extension 2 to sign up for these new programs.

Barbara



SUMMER PIE SOCIAL
At the Senior Center
Wednesday, July 19th at 2:00

What says Summer more than Blueberry or Peach pie?
It gets even better with a scoop of vanilla ice cream!
Let us know which kind of pie you want when you stop in to get your ticket.

Tickets are available at the reception desk for \$3.00
Tickets are limited to 30 and will be sold starting on
Wednesday, July 5.



'Hot Dog BBQ' Supper
At the Senior Center
Tuesday, July 18th at 4:30 P.M.

Summer is here. Tired of cooking? Need an easy night out? Join us for an evening of socialization and a light summer meal of hot dogs, pasta salad, chips, soda and dessert. Baggio, (bean bag toss game) will be set up for anyone who wants to play.

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

EARRING PARTY
Sponsored by North River Home Care
At the Senior Center
Friday, July 21st at 10 A.M.

There will be hundreds of different beads to choose for you to creatively put together various bead combinations to make your own personal earrings. There is no skill required. Guaranteed everyone will make a few pairs of earrings by the end of the class. Make and wear your masterpieces or give them to friends or grandchildren as presents.

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

SUMMER BAND CONCERTS

At the Gazebo in the Town Park
Sponsored by the Whitman Cultural Council
Thursday Evenings from 6:30 to 8:00

June 29– Gina Mark
July 6– Defenders Drum and Bugle Corps
July 13– The Bridgewater Antiphonal Brass Band
July 20– The Corvairs
July 27—Howie Newman

All concerts are free so plan to bring a snack, or purchase food from Burts Ice Cream Truck or Mom on the Go Food Truck

NEW ~ ~ ~ ~ NEW ~ ~ ~ ~ NEW ~ ~ ~ ~ NEW
SENIOR CHAIR YOGA WITH RITA
AT THE SENIOR CENTER
BEGINNING WEDNESDAY, JULY 12TH AT 9:30

This first class will be free for anyone to try. Afterwards, the cost is \$4.00 to the instructor.

Yoga has been shown to improve overall health. Chair yoga provides the same benefits but is gentle and structured so anyone can participate. **NO** previous yoga experience is required. Just wear comfortable clothing and you are ready to go.

Due to space issues, please call extension 2 to reserve your seat.

EXTREME HEAT SAFETY TIPS

- Never leave children or pets alone in a closed vehicle. Even with the windows cracked open, interior temperatures can rise almost 20 degrees within 10 minutes.
- Check with your local authorities or Call 2-1-1 to find locations of cooling centers or shelters near you.
- Know the symptoms of and watch out for heat-related illnesses. Call 9-1-1 to report emergencies.
- Be a good neighbor. Check on family, friends and neighbors, especially the elderly, those who live alone, those with medical conditions, those who may need additional assistance, and those who may not have air conditioning.
- For more heat safety tips, visit: www.mass.gov/mema/heat

Movie of the Month

At the Senior Center
"SING"

Thursday, July 27th
12:30 P.M.

Buster Moon is a dapper Koala who presides over a once grand theater that has fallen on hard times. Buster's attempt to save his theater with a singing competition becomes grander than he anticipates even as it's finalists' find that their lives will never be the same.

Starring: Matthew McConaughey, Reese Witherspoon, Seth McFarlane
Run Time: 1 hour 48 min Rated PG

Call extension 2 to reserve your seat.

Space is limited to 12 attendees.

Sign ups begin on July 5th.

COMPUTER WORKSHOPS

By Richard Stanton

at the Senior Center on Tuesdays

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

There will be no classes on July 18, or 25th.

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.

Cardmaking with Denise
Tuesday, July 11th
at the Senior Center
6:00 P.M.



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

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

Crafts with Kerrin

From Sachus Center for Health and Rehabilitation
Thursday, July 13th
1:00 pm at the Senior Center

All supplies are provided. Just bring a willingness to have fun.
 Reservations are **required** for space and supply planning.
 Please call **extension 2** if you will be participating

Fun and Games

LEFT, CENTER, RIGHT
 Tuesday, July 11th at 12:30 P.M.
 and
 Wednesday, July 26th at 12:30 P.M.

Sign up at **extension 2**.

Weekly Activities

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

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

7/11– STOP AND SHOP in WHITMAN
7/18– SHAWS in BROCKTON
7/25– STOP AND SHOP in WHITMAN



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

COA Bus Trip

Christmas Tree-Pembroke/ Plymouth Lobster Crawl

Thursday, July 20th
 Leaves the Center at 9:00
 \$8.00 for transportation

Get your bargains at the Christmas Tree then head to Plymouth.
 The bus will take you around to see many of the unique lobster statues
 on display around the downtown area. All together there are 29 5ft.
 structures each custom designed and hand painted. Choose either
 Woods or the Water Street Café for lunch.

Buttonwood Park Zoo-New Bedford **Olive Garden –Dartmouth**

Wednesday, July 26th
 Leaves the Center at 8:30
 \$9.00 for transportation

Visit one of the finest small zoos in the U.S.
 Zoo admission is \$8.00 for Seniors

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

The Travelers Present:

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. Follow-
 ing this lunch cruise, you will stop in beautiful Rockport to enjoy some
 free time before departing for home.

Pickity Place- Mason, New Hampshire

Thursday, August 17
 \$76.00
 Leaves the V.F.W. at 8:45

A visit to Pickity Place will bring you back in time when life was simple.
 Visit the butterfly garden, the kitchen garden and the 200 year old
 cottage that was the inspiration for Elizabeth Orton Jones "Little Red
 Riding Hood".

While at Pickity Place, you will feast on a five course lunch that will
 include Beef Florentine or a Grilled Asparagus Farmer's Cheese
 Turnover for your entrée selection. There will be a stop at Bolton
 Orchards on your way home.

Save the Date– Wednesday, September 6th for North Conway, N.H.

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

JULY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> <p>8:00 Wii Bowling 11:30 Lunch-Hot Dog w/ Beef Chili 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p style="text-align: right;">4</p> <p>HAPPY 4TH OF JULY</p> <p>SENIOR CENTER CLOSED</p>	<p style="text-align: right;">5</p> <p>11:30 Lunch—Chicken a L' Orange 12:30 Mah Jongg 2:00 Chess 6:00 Scrapbooking</p> <p>9:00 WALMART in RAYNHAM & IHOP, CHINESE BUFFET or PANERA Sign up at ext. 1</p>	<p style="text-align: right;">6</p> <p>11:30 Lunch— Whole Grain Lasagna Rolls w/ Meat Sauce</p> <p>9:00 OCEAN STATE JOB LOT, MARSHALLS/ Mama Mia's- Marshfield Sign up at ext. 1</p>	<p style="text-align: right;">7</p> <p>11:30 Lunch—Salmon w/ Newburg Sauce 1:00 Bingo</p>
<p style="text-align: right;">10</p> <p>8:00 Wii Bowling 11:30 Lunch-Tangerine Chicken 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p style="text-align: right;">11</p> <p>9:00 Art Group 10:00 Computer Workshops 11:30 Lunch— Egg Salad 1:00 Knitting/Crocheting</p> <p>12:30 LEFT, CENTER , RIGHT Sign up at ext. 2</p> <p>8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2</p> <p>6:00 Cardmaking with Denise Sign up at ext. 2</p>	<p style="text-align: right;">12</p> <p>8:20 Podiatrist by Appt 11:30 Lunch—Potato Crunch Fish 12:30-1:30 Wellness Clinic 12:30 Mah Jongg 2:00 Chess</p> <p>9:30 CHAIR YOGA Sign up at ext. 2</p> <p>9:00 HANOVER MALL Sign up at ext. 1</p>	<p style="text-align: right;">13</p> <p>11:30 Lunch— Mediterranean Chicken</p> <p>1:00 CRAFTS WITH KERRIN Sign up at ext. 2</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 style="text-align: right;">14</p> <p>11:30 Lunch—Italian Pot Roast</p> <p>10:00 BOOK BUZZ Sign up at ext. 2</p> <p>~~~~~</p>
<p style="text-align: right;">17</p> <p>8:00 Wii Bowling 11:30 Lunch-Chicken Parmesan 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p style="text-align: right;">18</p> <p>9:00 Art Group 11:30 Lunch-Swedish Meatballs 12:00 Atty Whitney by Appt 1:00 Hearing Check by Appt. 1:00 Knitting/Crocheting</p> <p>8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2</p> <p>4:30 HOT DOG BBQ (see pg 1)</p>	<p style="text-align: right;">19</p> <p>9:30 CHAIR YOGA 11:30 Lunch— Chef's Salad w/ Turkey & Egg 12:30 Mah Jongg 2:00 Chess</p> <p>2:00 SUMMER PIE SOCIAL (See Page 1)</p> <p>9:00 GOOD DAYS RESTAURANT and MARKET BASKET in West Bridgewater Sign up at ext. 1</p>	<p style="text-align: right;">20</p> <p>11:30 Lunch—Catch of the Day w/ Mango Salsa</p> <p>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- PEMBROKE/ PLYMOUTH LOBSTER CRAWL Sign up at ext. 1</p>	<p style="text-align: right;">21</p> <p>11:30 Lunch—Chicken Scallopini</p> <p>10:00 EARRING PARTY (See page 1) Sign up at ext. 2</p>
<p style="text-align: right;">24</p> <p>8:00 Wii Bowling 11:30 Lunch-Meatloaf w/ Gravy 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p style="text-align: right;">25</p> <p>9:00 Art Group 11:30 Lunch— Omelette w/ Broccoli 1:00 Knitting/Crocheting</p> <p>8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2</p>	<p style="text-align: right;">26</p> <p>9:30 CHAIR YOGA 11:30 Lunch—Spanish Chicken 12:30 Mah Jongg 2:00 Chess</p> <p>12:30 LEFT, CENTER , RIGHT Sign up at ext. 2</p> <p>9:00 BUTTONWOOD PARK ZOO, New Bedford/ Olive Garden-Dartmouth Sign up at ext. 1</p>	<p style="text-align: right;">27</p> <p>11:30 Lunch— Pork Stir Fry w/ Sweet and Sour Sauce</p> <p>12:30 MOVIE at the SENIOR CENTER (See Page 2) Sign ups begin June 1—ext. 2</p> <p>9:30 CASTLE ISLAND Sign up at ext. 1</p>	<p style="text-align: right;">28</p> <p>11:30 Lunch— Italian Tuna Salad</p> <p>HAPPY JULY BIRTHDAYS (see page 6)</p>
<p style="text-align: right;">31</p> <p>8:00 Wii Bowling 11:30 Lunch-Stuffed Shells w/ Meat Sauce 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>		<p>TRIP SIGN UPS BEGIN on Wednesday, June 28th at 8:00 AM</p>		

Eldercare Q & A from OLD COLONY ELDER SERVICES

Q. Does Retirement have a positive or negative impact on health?

Retirement can have positive or negative impacts on health. One study by the National Bureau of Economic Research concluded that complete retirement leads to a 5-16% increase in difficulties associated with mobility and daily activities, a 5-6% increase in illness conditions, and a 6-9% decline in mental health. However, these negative health effects can be reduced if the retiree is married, has social supports, continues to engage in physical activity after retirement, or continues to work part-time after retiring. The negative health effects of retirement may be larger if a person is forced to retire.

The National Institute on Aging says that health problems have a big influence on the decision to retire early, but less research has been done on how retirement affects your health after you retire. According to the Harvard Health Blog, retirement for some people is a chance to relax away from the daily grind—but for others, retirement can be a period of declining health and increasing limitations. One study ranked retirement 10th on the list of life's most stressful events. Losing a spouse was number 1.

The U.S Health and Retirement Study data shows that retirees were 40% more likely to have had a heart attack or stroke than those still working. The increase was greater during the first year after retirement, and leveled off after that. Another study from England concluded that retirement significantly increased the risk of being diagnosed with a chronic condition. In particular, retirement raised the risk of a severe cardiovascular disease and cancer.

There are other studies which link retirement with an improvement or a neutral effect on health. One study found that retirement did not change the risk of major chronic diseases, and brought about a substantial reduction in mental and physical fatigue and depressive symptoms among people with chronic diseases.

So the impact of retirement on health may depend on the individual. The Harvard Health Blog suggests that “moving from work to no work comes with a boatload of other changes.” If you loved your work, retirement can bring some emptiness of purpose. If you had a stressful job, retirement brings relief. Either way, researchers offer these tips for a rewarding retirement:

- **Don't 'retire' from daily contact** with friends and colleagues
- **Maintain Activities** like sports or traveling, to keep a purposeful daily life
- **Be creative:** keep your brain healthy by painting, gardening, or volunteering
- **Keep learning:** explore new subjects you have always been interested in

Understanding what large group studies say about retirement is interesting, but studies can't predict how retirement will affect your life. People who retire because of health problems may not enjoy retirement as much as someone who retires feeling healthy. But, it makes sense to view retirement as a process. Often it is just the need to stay connected, and be a part of something bigger, that truly gives us that fulfillment in our later years, not the complete absence of work or responsibility.

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 July we'd like to help you celebrate by treating you to a free lunch and a small gift at the Senior Center on Friday, July 28th.

Please call **Fran at extension 4** to reserve no later than Wednesday, July 19th.

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

The lunch cost for a guest is \$2.50

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: July 18, September 19, November 21

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

or by email at: Geoff.Diehl@MAhouse.gov

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

There will be no July meeting of the Friends.

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, July 18th 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, July 18th by appointment. Contact **extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST



Dr. William Chan. Wednesday, July 12th by appointment only. Contact **extension 2** to make an appointment.

Upcoming dates: August 9, September 13, October 11

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:

July 12 Senior Center 12:30—1:30

Thursday:

July 20 Harvard Court 12:30—1:30

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

July 11, 18, 25 1:00—2:30

OUTREACH

TELEPHONE REASSURANCE – If you would like a phone call and conversation from our office on weekday mornings, please contact **Linda at extension 1**.

BROWN BAG DISTRIBUTION PROGRAM – Thursday, July 20th, **11:00 to 2:00 only**. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

HAIR by Sue

Tuesdays 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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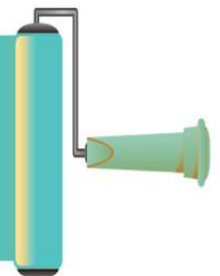


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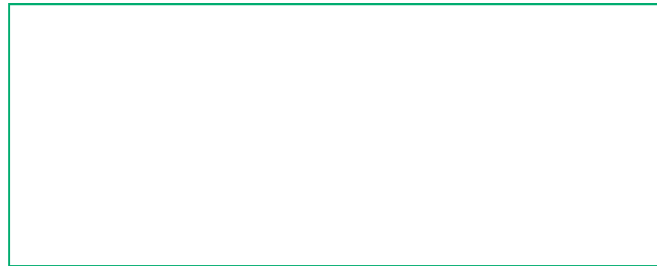


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RETURN SERVICE REQUESTED



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.



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.