

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*

SEPTEMBER

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.

Save the Date ...

COMMUNITY "SHRED EVENT"
At the Whitman Senior Center
Saturday, October 21, 2017
From 10:00 A.M. to 1:00 P.M.

Unfortunately, reports of scams and attempted scams seem to grow by the day. Now more than ever, the secure disposal of outdated documents is an important step in keeping your personal information out of the hands of scammers.

The Council on Aging will hold a Community "Shred Event" on Saturday, October 21 from 10:00 am to 1:00 pm at the Senior Center, 16 Hayden Avenue. The Council on Aging sponsored event is offered to Whitman residents at no charge.

Shredding is done on site and all shredded materials go directly to a recycling distribution center.

Here's a chance to start your fall cleaning early ... gather up all of your outdated documents and bring them to the Senior Center on October 21st.

Acceptable: Paper with staples
Paper with paper clips

Not Acceptable: Binder Clips
3 Ring Binders
Newspapers
Magazines
Plastics (ie: credit cards)

Acceptable: Residential
Not Acceptable: Commercial

'Fall Celebration' Supper
At the Senior Center
Tuesday, September 26th at 5:00 P.M.

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

Cost is \$5.00. Stop by the Center to buy your ticket **beginning Tuesday, September 5th.** Tickets are limited, so get yours early.

Pizza Party

At the Senior Center
Friday, September 29th at 11:30



Come and join us for a pizza party at the Center. Pizza choices are: cheese or pepper and onion.

Cost is \$5.00 which includes half a pizza, soda and an ice cream sandwich. Stop by the Center and see **Patty or Elaine** to place your order and buy your ticket **beginning Tuesday, September 5th.**

Tickets are limited to 30, so get yours early. We'll be playing Left, Center, Right at 10:30 so come early and get in on the fun!

MEDICARE OPEN ENROLLMENT

Do Not Ignore Medicare Mail !!!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. This information is important because it explains changes in your plan for 2018. During **Medicare Open Enrollment (October 15th to December 7th)**, you will have a chance to change your plan for next year.

If you would like help understanding your plan changes as well as other options you may have, Terry Altieri, trained SHINE counselor, is available at the Senior Center to offer free and confidential counseling on all Medicare and Medicare-related health insurance programs.

Contact Terry Altieri at the Senior Center to schedule an appointment at 781-447-7619 ext. 3

Movie of the Month

At the Senior Center

"LA LA LAND"

Thursday, September 28th

12:30 P.M.

Mia, an aspiring actress, and Sebastian, a dedicated jazz musician, are struggling to make ends meet in a city known for crushing hopes and breaking hearts. Set in modern day L.A., this original musical about everyday life explores the joy and pain of pursuing your dreams.

Starring: Ryan Gosling, Emma Stone, John Legend
Run Time: 2 hours 8 min Rated PG-13 for some language

Call extension 2 to reserve your seat.

Space is limited to 12 attendees.

Massachusetts Equipment Distribution Program Presentation

At the Senior Center

10:00 A.M. Friday, September 15

The Mass EDP provides free or reduced cost telephones to residents of Massachusetts who have difficulty using the phone due to a disability. Whether you have trouble with hearing, vision or mobility, the State 911 Department has options that can help you make and receive calls easily. To be a part of the program all you need is an application signed by your doctor or health care provider. Come in to learn more about what this program can do for you.

Computer Workshop on Internet Basics

Tuesday, September 26th at 10:00

Get started with a Browser App. Choose and register with on-line service provider, Create and Send E-Mail. Learn Safe Browsing, Navigation and management of E-Mail. Send and Receive an attachment. Learn ways to Search the Web. Find out what the WWW can do for you.

Everyone is welcome from Novice to Expert. No more than 12 people. Workshop takes about 90 minutes

Call extension 2 to reserve your seat.

COMPUTER WORKSHOPS

By Richard Stanton

at the Senior Center on Tuesdays

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

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.

**SENIOR CHAIR YOGA WITH RITA
AT THE SENIOR CENTER
WEDNESDAY MORNINGS AT 9:30**

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, bring a water bottle and light weights if you wish, and you are ready to go.

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

**Crafts with Denise
Wednesday, September 20th
at the Senior Center
12:30 P.M.**

The craft this month will be a decorative wooden plaque.
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, September 12th at 1:00 P.M.
and
Friday, September 29th at 10:30 A.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 12:30
Wii BOWLING—Mondays at 8:00

COA Bus Trip



CAPE COD CANAL CRUISE

Thursday, September 7th

Leaves the Senior Center at 10:30

Trip is \$20.00 includes 2 hour cruise and transportation

Start with lunch right at the dock in Onset at Stash's Restaurant with beautiful water views. After a relaxing lunch, head over to board the boat for a 2 hour cruise along the Cape Cod Canal.

We need a minimum of 12 for this trip to go.

MAIN STREET HYANNIS

Thursday, September 21st

Leaves the Senior Center at 9:00

Leaves Hyannis at 2:00

\$10.00 for Transportation

Spend a few hours shopping the unique shops of Main Street Hyannis or take the walkway to the sea to enjoy Hyannis Harbor.

Lunch is on your own.

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

FOOD SHOPPING—Tuesdays at 12:30

(see page 5 for more details)

9/5 – **STOP AND SHOP** in **WHITMAN**
9/12 – **SHAW'S** in **BROCKTON**
9/19- **STOP AND SHOP** in **WHITMAN**
9/26 - **SHAW'S** in **BROCKTON**



Reminder: 4 bag limit please Reserve your seat by 11:30 on the previous Friday

HUMOR CORNER

The church held a "Marriage Seminar" and the Priest asked Luigi, as his 50th wedding anniversary approached, to share some insight into how he managed to stay married to the same woman all these years. Luigi replied to his audience, "Well, I tried to treat her well and spend money on her. But the best thing I did was take her to Italy for our 20th anniversary."

The Priest said "Luigi, you are an inspiration to all husbands here today. Please tell the audience what you plan for your wife for your 50th anniversary." Luigi proudly replied "I'm gonna go and get her."

SEPTEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		TRIP and ACTIVITIES SIGN UPS BEGIN on Wednesday, August 30th at 8:00 AM		1 11:30 Lunch—Cheeseburger 1:00 Bingo
4 LABOR DAY SENIOR CENTER CLOSED	5 9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch—Omelette w/ Cheese 1:00 Knitting/Crocheting 8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2	6 9:30 CHAIR YOGA 11:30 Lunch—Chicken Salad 12:30 Mah Jongg 6:00 Scrapbooking 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	7 11:30 Lunch— Italian Pot Roast 10:30 STASH'S RESTAURANT and CAPE COD CANAL CRUISE Sign up at ext. 1	8 11:30 Lunch—Mediterranean Chicken 10:00 BOOK BUZZ Sign up at ext. 2 9:30 CASTLE ISLAND Sign up at ext. 1
11 8:00 Wii Bowling 11:30 Lunch-Meatballs w/ Marinara Sauce 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	12 9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch-Cajun Chicken 1:00 Knitting/Crocheting 1:00 LEFT, CENTER, RIGHT Sign up at ext. 2 8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2	13 8:20 Podiatrist by Appt 9:30 CHAIR YOGA 11:30 Lunch– Macaroni & Cheese 12:00-1:00 Wellness Clinic 12:30 Mah Jongg 9:00 HANOVER MALL Sign up at ext. 1	14 11:30 Lunch—Roast Turkey w/ Gravy 9:00 WALMART in Plymouth, Woods Restaurant Sign up at ext. 1	15 11:30 Lunch—Pork Lo Mein HAPPY SEPTEMBER BIRTHDAYS (see page 6) 10:00 MASS EDP PRESENTATION (See Pg. 2) Sign up at ext. 2
18 8:00 Wii Bowling 11:30 Lunch-Spanish Chicken 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	19 9:00 Hairdresser 9:00 Art Group 9:00 State Rep Geoff Diehl 10:00 Computer Workshop 11:30 Lunch— Egg Salad on Lettuce Bed 1:00 Hearing Check by Appt. 1:00 Knitting/Crocheting 8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2	20 9:30 CHAIR YOGA 11:30 Lunch—Whole Grain Lasagna Rolls w/ Meat Sauce 12:30 Mah Jongg 12:30 CRAFTS WITH DENISE Sign up at ext. 2 FOXWOODS CASINO Pickup 7:30 K of C; 7:45 Home Return Home 7:00 pm Sign up at ext. 1	21 11:30 Lunch– Potato Crunch Fish 12:30-1:30 Wellness Clinic at Harvard Ct BROWN BAG PICKUP Pickup at the Senior Center <u>between 11:00 and 2:00 only</u> 9:00 HYANNIS MAIN STREET Sign up at ext. 1	22 11:30 Lunch– Beef Bourguignon
25 8:00 Wii Bowling 11:30 Lunch-Meatloaf w/ Gravy 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	26 9:00 Hairdresser 9:00 Art Group 10:00 Internet Basics Work- shop 11:30 Lunch— Tuna Salad on Lettuce Bed 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting 8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2 5:00 Fall Celebration Supper (ticketed event, see pg. 1)	27 9:30 CHAIR YOGA 11:30 Lunch—Chicken Parme- san 12:30 Mah Jongg 9:00 PATRIOT PLACE/ Christmas Tree-Foxboro, Olive Garden Restaurant Sign up at ext. 1	28 11:30 Lunch– Unstuffed Beef, Rice and Pepper Casserole 12:30 MOVIE at the SENIOR CENTER (See Page 2) Sign up at ext. 2 9:00 GOOD DAYS RESTAURANT and MARKET BASKET in West Bridgewater Sign up at ext. 1	29 11:30 Lunch– Catch of the Day w/ Newburg Sauce 10:30 LEFT, CENTER, RIGHT Sign up at ext. 2 11:30 PIZZA PARTY (ticketed event, see pg. 1)

Eldercare Q & A from OLD COLONY ELDER SERVICES
Q. Are there tips to make a home safe for people with Alzheimer's?

Yes. If you are providing in-home care for a person with Alzheimer's disease, the National Institute on Aging has created a 44 page booklet with a checklist to make each room in your home a safer environment.

Alzheimer's progresses differently in each person, but here are some general principles that may be helpful:

1. **Think prevention.** It is very difficult to predict what a person with Alzheimer's might do. Even with the best-laid plans, accidents can happen. Therefore, checking the safety of your home will help you take control of some of the potential problems that may create hazardous situations.
2. **Adapt the environment.** It is easier to change the home environment than to change some behaviors. You can decrease any hazards and stressors that accompany these behavioral and functional changes.
3. **Minimize danger.** A safe environment can be a less restrictive environment where the person with Alzheimer's disease can experience increased security and more mobility.

Your first question may be: Is it safe to leave a person with Alzheimer's alone? This issue needs individual evaluation:

- Does the person with Alzheimer's become confused or unpredictable under stress?
- Do they recognize a dangerous situation, like a fire?
- Do they know how to use the telephone in an emergency?
- Do they wander or become disoriented?
- Do they become agitated, depressed, or withdrawn when left alone for any period of time?

Talk this over with your doctor or other health care professionals to assist you as the symptoms of the disease change.

Complete a safety check in every room in your home. You may want to set aside a special area for yourself that is off-limits to anyone else and arrange it exactly as you like. A safe home can be less stressful for the person with Alzheimer's and for you. Enlist the help of your local Alzheimer's Association for suggestions. Here are some general tips:

- Display emergency numbers and your home address near all telephones.
- Use an answering machine when you can't answer phone calls. Turn ringers on low to avoid distraction and confusion. Put all portable and cell phones and equipment in a safe place so they will not be easily lost.
- Install smoke alarms and carbon monoxide detectors in the kitchen and sleeping areas.
- Install secure locks on all outside doors and windows.
- Hide a spare house key outside in case the person with Alzheimer's disease locks you out of the house.
- Avoid the use of extension cords, and tuck them to baseboards to avoid tripping.
- Install one handrail on stairways that extends beyond the first and last steps. Use carpets or safety grip strips on stairs. Put a gate across the stairs if the person has balance problems.
- Keep medications (prescription and over-the-counter) locked. Label each bottle of prescriptions with the person's name, name of the drug, drug strength, dosage frequency, and expiration date. Keep alcohol in a locked cabinet.
- Avoid clutter, throw out or recycle newspapers and magazines regularly. Keep all areas where people walk free of furniture. Keep plastic bags out of reach to prevent choking or suffocation.
- Remove all guns and other weapons from the home or lock them up. Install safety locks on guns or remove ammunition and firing pins.
- Lock all power tools and machinery in the garage, workroom, or basement.

For a room-by-room list of more Alzheimer's home safety tips from the National Institute on Aging, click here <https://www.nia.nih.gov/alzheimers/publication/home-safety-peoplealzheimerers-disease/home-safety-room-room>

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 11:30 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.

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: 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

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:

September 13 Senior Center 12:00—1:00

Thursday:

September 21 Harvard Court 12:30—1:30

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

September 5, 12, 19, 26 1:00—2:30

The Brockton Area Cultural Center for the Blind is a non-profit organization that invites the Legally Blind and a Driver or Sighted Guide to FREE Social and Cultural activities. The next FREE Luncheon will be held at the Chateau-Stoughton on October 12th at noon.

Reservations must be made in advance. For more info, please call Helen at 781-447-1185 or Claire at 781-885-1075.

OUTREACH

SAFETY ASSURANCE PROGRAM— The Plymouth County Sheriffs Dept. has a free computerized telephone system to call participants at a prearranged time each day. Call 508-830-6256 to sign up.

BROWN BAG DISTRIBUTION PROGRAM – Thursday, September 21st, **11:00 to 2:00 only**. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

FRIENDS OF THE WHITMAN SENIORS

Friends of the Whitman Seniors will meet on Friday, September 8, 2017 at Harvard Court at 1:00 P.M. for their month meeting. A Penny Sale will follow the meeting.

Anyone with 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, September 26th 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, September 19th by appointment. Contact **extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST

 Dr. William Chan. Wednesday, September 13th by appointment only. Contact **extension 2** to make an appointment. Upcoming dates: October 11, November 8, December 13

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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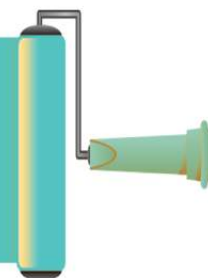


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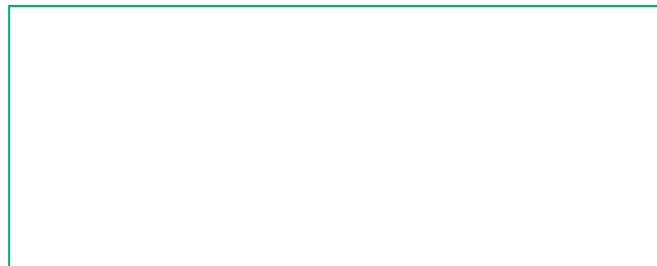


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RETURN SERVICE REQUESTED



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.



If you were born in September we'd like to help you celebrate by treating you to a free lunch and a small gift at the Senior Center on Friday, September 15th.

Please call **Fran at extension 4** to reserve no later than Wednesday, September 6th.

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.