

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*

MARCH
2018

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:

With good weather just around the corner, it's time to get out of the house and participate in some new activities.

This month we are offering a second day of Chair Yoga each week, Baggo (cornhole beanbag toss), and evening programming that includes our final Chowder Supper for the season and a fun Paint Night.

We welcome Jim the DJ Guy for a fun afternoon of SINGO, and we're traveling to Patriot Place, Dartmouth Mall and the Peabody Essex Museum in Salem as well as other destinations.

There's something for everyone (including free coffee and pastries at the Senior Center every morning). We hope to see you soon.

Be Well,
Barbara

SINGO

Thursday, March 8th
12:30 P.M. at the Senior Center



Singo is musical Bingo with Jim the D.J. Guy.
We replace the numbers with your favorite songs.
Test your musical knowledge and luck.
Have some fun and win some prizes.
Don't miss out on the newest addiction.

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

Paint Night
At the Senior Center
Tuesday, March 20 at 5:00
Fee -\$15.00



Join us for a painting party with Heather from the Pour Artist! We will be painting on a 16"x20" canvas with acrylic paints. Heather instructs the painting step-by-step, so this class is ideal for beginners, or those just interested in trying something new. No experience required! All supplies are provided.

If anyone is interested in pizza before the paint party, we will have it available at 4:30 for an additional \$5.00 fee. Please let us know when you sign up if you will want to join us for pizza (cheese or pepperoni), soda and a cookie.

Call extension 2 to reserve your seat.
Space is limited to 15.
Payment is due 1 week prior to the event.

Whitman seniors will be given first priority to sign up. Out of town residents will be put on a waiting list and called if space is available.



**DAYLIGHT SAVINGS TIME
BEGINS
SUNDAY, MARCH 11TH
At 2:00 A.M.**

Spring your clocks ahead 1 hour



**St. Patrick's Day Social Lunch
Tuesday, March 13th at 12:00**

Meadowbrook Restaurant
Route 27 in Hanson
Corned Beef and Cabbage lunch
Cost \$20.00

Attendees will meet at the restaurant.
If you plan to attend, please call Linda at ext.1 for
reservations.
Checks should be made out to Terry Seer.

**CHOWDER SUPPER
Tuesday, March 27th
5:00 P.M.
At the Senior Center**



Join us for a warm bowl of clam chowder, cornbread and a cookie.
Come alone or bring a friend. All are welcome.

Stop by the Senior Center to get your ticket beginning Thursday,
March 1st. Tickets are \$5.00
Space is limited so get your ticket early.

**Saint Patrick's Day Celebration
Saturday, March 17th, 2018
8 P.M.– 12 A.M.**

**At the Knights of Columbus
1195 Bedford Street, Whitman
Cost \$20.00 per person**



Performance by Maureen Haley Irish
Step Dancers
Music by Celtic Trio –A Blast of Wind
Light Irish Fare
50/50 Raffle
Dancing

Call 781-447-9061 for tickets

Tech Help with Max

Tuesday evenings 6:00 or 6:30 (two half-hour appointments)

Max Elfman, our student volunteer from South Shore Vocational
Technical High School, will be here to help with your technical needs.
Want to learn about Facebook or other social media? Have a cell phone
or tablet challenge? Let Max help.

Call extension 2 to make your appointment.

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.

Crafts

with Denise
Wednesday, March 14th
at the Senior Center
12:30 P.M.

The craft this month will be an Easter project
Cost is \$3.00 per class to help offset supplies expense.

Please call extension 2 if you will be participating.

Will you be the next Jeopardy Champion?
Jeopardy Trivia with Kerrin
At the Senior Center
Thursday, March 29th at 1:00 p.m.

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

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

Fun and Games

LEFT, CENTER, RIGHT

Thursday, March 1st at 1:30 P.M.
Tuesday, March 13th at 1:00 P.M.
Wednesday, March 28th at 1:00 P.M.

NEW - INDOOR BAGGO

Thursday, March 22nd at 10:00 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, \$4.00 to the instructor
*Now also on Fridays at 11:30 (except the first Friday of the month)
KNITTING GROUP— Tuesdays at 1:00
MAH JONGG—Wednesdays at 12:30
Wii BOWLING—Mondays at 8:00

COA Bus Trip



PEABODY ESSEX MUSEUM Salem

Wednesday, March 28th
\$10.00 (for transportation)
Museum Fee \$18.00 for Seniors over 65

The museum presently owns collections of maritime art, American decorative art and Asian art and much more. Don't miss the Georgia O'Keefe exhibit that is there through April 1st.

Call Linda at extension 1 to reserve your seat.
Whitman Residents sign ups begin Wednesday February 28th
Out of Town residents begin on Friday, March 2nd

Movie of the Month

At the Senior Center
"WONDER WOMAN"
Thursday, March 22nd at 12:30

An Amazon princess leaves her island home and journeys to the outside world, which is being consumed by a massive war. With the help of an American pilot, she works to put an end to the conflict in this thrilling origin story.

Starring : Gal Gadot, Chris Pine, Robin Wright

Run Time: 2:21 min Rated PG-13

Call extension 2 to reserve your seat.

Space is limited to 12 attendees.

Visit with Abner
The Pet Therapy Dog
Monday, March 12th

10:30 a.m. at the Senior Center



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

3/16- **SHAW'S** in BROCKTON
3/13 - **STOP AND SHOP** in WHITMAN
3/20- **SHAW'S** in BROCKTON
3/27- **STOP AND SHOP** in WHITMAN

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



MARCH 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	TRIP and ACTIVITIES SIGN UPS BEGIN Wednesday, February 28th at 8:00 AM		11:30 Lunch—Pot Roast 12:30 PIZZA PARTY (See Pg. 1) 1:30 LEFT, CENTER, RIGHT Sign up at ext. 2 9:30 MIKO'S/ DOLLAR TREE- Brockton Sign up at ext. 1	11:30 Lunch-Whole Grain Vegetable Lasagna 1:00 Bingo
8:00 Wii Bowling 11:30 Lunch-Spanish Chicken 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Art Group 10:00 Computer Workshop 11:30 Lunch—Sloppy Joe 1:00 Knitting/Crocheting 6:00 Tech Help 8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2	9:30 CHAIR YOGA 11:30 Lunch—Swedish Chicken Meatballs w/Gravy 12:30 Mah Jongg 6:00 Scrapbooking 9:00 PATRIOT PLACE/ Christmas Tree-Foxboro, Olive Garden Restaurant Sign up at ext. 1	11:30 Lunch—Baked Salmon w/ Mango Salsa 12:30 SINGO (See Pg 1) 9:00 WALMART in Plymouth, Woods Restaurant Sign up at ext. 1	11:30 Lunch—Macaroni and Cheese 10:00 BOOK BUZZ Sign up at ext. 2 New 11:30 CHAIR YOGA Sign up at ext. 2
8:00 Wii Bowling 11:30 Lunch-American Chop Suey 1:00 Bingo 10:30 VISIT WITH ABNER 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch-Chicken Scalopini 1:00 Knitting/Crocheting 6:00 Tech Help 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	8:20 Podiatrist by Appt 9:30 CHAIR YOGA 11:30 Lunch—Whole Grain Breaded Pollock 12:00-1:00 Wellness Clinic 12:30 Mah Jongg 12:30 CRAFTS WITH DENISE (See Pg. 3) 9:00 HANOVER MALL Sign up at ext. 1	11:30 Lunch—Corned Beef 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 VANITY FAIR OUTLETS, DARTMOUTH MALL/ OLIVE GARDEN	11:30 Lunch—Egg Frittata HAPPY MARCH BIRTHDAYS (see page 8) New 11:30 CHAIR YOGA Sign up at ext. 2
8:00 Wii Bowling 11:30 Lunch-Shepherd's Pie 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Hairdresser 9:00 Art Group 9:00 State Rep. Geoff Diehl 10:00 Computer Workshop 11:30 Lunch—Chicken Parmesan 1:00 Hearing Check by Appt. 1:00 Knitting/Crocheting 6:00 Tech Help 8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2 5:00 PAINT PARTY (See Pg 1)	9:30 CHAIR YOGA 11:30 Lunch-Roast Turkey 12:30 Mah Jongg TWIN RIVER CASINO Pickup 8:00 K of C; 8:15 Home Return Home 4:00 Sign up at ext. 1	11:30 Lunch – Beef Stew 10:00 INDOOR BAGGO 12:30 MOVIE at the SENIOR CENTER (See Page 3) 9:00 OCEAN STATE JOB LOT, MARSHALLS/ Mama Mia's- Marshfield Sign up at ext. 1	11:30 Lunch—Potato Crunch Fish New 11:30 CHAIR YOGA Sign up at ext. 2
8:00 Wii Bowling 11:30 Lunch- Southwestern Omelette 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch—Cheeseburger 12:30 Atty Whitney by Appt 1:00 Knitting/Crocheting 6:00 Tech Help 8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2 5:00 CHOWDER SUPPER (SEE PG 2)	9:30 CHAIR YOGA 11:30 Lunch—Chicken Broccoli 12:30 Mah Jongg 1:00 LEFT, CENTER, RIGHT Sign up at ext. 2 9:00 PEABODY ESSEX MUSEUM in Salem Sign up at ext. 1	11:30 Lunch – Pork Lo Mein 1:00 JEOPARDY TRIVIA Sign up at ext. 2 9:00 GOOD DAYS RESTAURANT and MARKET BASKET in West Bridgewater Sign up at ext. 1	11:30 Lunch—Salmon with Creamy Lemon Dill Sauce New 11:30 CHAIR YOGA Sign up at ext. 2

Eldercare Q & A from OLD COLONY ELDER SERVICES

Q. IS THERE A LINK BETWEEN DIABETES AND HEART DISEASE?

Individuals with diabetes are more likely to develop heart disease and have a greater chance of a heart attack or a stroke. Additionally, those with diabetes increase their chances of having high blood pressure or high cholesterol. You can protect your heart and health by managing your blood glucose (blood sugar) as well as your blood pressure and cholesterol.

A family history of diabetes can significantly increase a person's risk of developing the condition. There are two main types of diabetes; type 1 diabetes and type 2 diabetes. With diabetes, your blood glucose levels are too high and glucose comes from the foods you eat. Insulin is a hormone that helps the glucose get into your cells to give them energy. With type 1 diabetes, your body does not make insulin. With type 2 diabetes, the more common type, your body does not make or use insulin well.

You can also have prediabetes. Most people with prediabetes don't have any symptoms. Prediabetes means that your blood sugar is higher than normal but not high enough to be called diabetes. Having prediabetes puts you at a higher risk of getting type 2 diabetes. If you are concerned about your health or the health of a loved one, make an appointment to see your doctor. There are tests your doctor can prescribe to detect heart disease, make a diabetes diagnosis and determine if you are at risk for diabetes.

Here are a few tips to prevent or delay getting diabetes. Be sure to check with your doctor before starting any program.

- Maintain a healthy weight
- Follow a healthy eating plan
- Get regular exercise
- Don't smoke
- Get a good night's sleep
- Manage your stress

Heart disease is the leading cause of death for both men and women in the United States. The good news is that it is also one of the most preventable. Making heart-healthy choices, knowing your family health history and the risk factors for heart disease, having regular check-ups and working with your physician to manage your health are all integral aspects of saving lives from this often silent killer. Even making small changes in your habits can make a difference.

The following links provide more information on heart health and diabetes:

http://www.heart.org/HEARTORG/Conditions/More/Diabetes/WhyDiabetesMatters/Cardiovascular-Disease-Diabetes_UCM_313865_Article.jsp/

<https://www.niddk.nih.gov/health-information/diabetes/overview/managing-diabetes>

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.

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

FUEL ASSISTANCE

We are now taking appointments for help in filling out applications for **first time** fuel assistance applicants.

Please call extension 2 to set up an appointment.

If you received fuel assistance last year, look for your pre-printed renewal application from Self-Help in the mail. Look the application over to make sure the information is correct, make any necessary changes, sign and date the form and return it to Self-Help along with your current proof of income.

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.
 Next date is: March 20th
 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

Friends of the Whitman Seniors will meet on Friday, March 9th, 2018 at Harvard Court at 1:00 P.M. for their monthly meeting. A Penny Sale will follow after the meeting. Dues for 2018 will be collected at 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, March 27th from 12:30 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. John will be in on Tuesday, March 20th by appointment. Contact **extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST

 Dr. William Chan. Wednesday, March 14th by appointment only. Contact **extension 2** to make an appointment. Upcoming dates: April 11, May 9, June 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:

March 14 Senior Center 12:00—1:00

Thursday:

March 15 Harvard Court 12:30—1:30

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

March 6, 13, 20, 27 1:00—2:30

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, March 15th, **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

*Sue will not be here on February 27th or March 6th

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

HARVARD COURT FAYRE HAS REOPENED

located in the Gazebo Room of Harvard Court Housing Complex.

The shop is open: Mondays 10-2

Closed Tuesdays

Wednesdays 10-3

Thursdays 10-2 & 4-7 pm;

Fridays and Saturdays 10-2

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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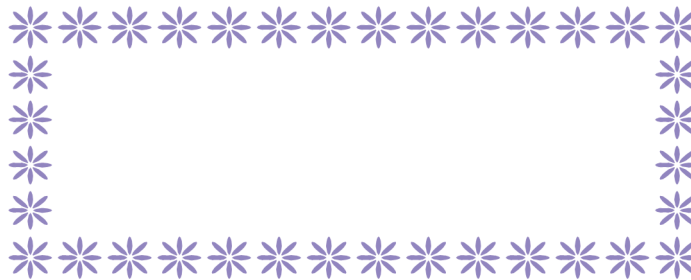
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RETURN SERVICE REQUESTED



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.

If you were born in March we'd like to help you celebrate by treating you to a free lunch and a small gift at the Senior Center on Friday, March 16th.
Please call **Fran at extension 4** to reserve no later than Wednesday, March 7th.

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.