

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*

April
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 spring (allegedly) on the way, we're starting to think about outdoor activities.

We would like to offer Bocce but need to know if enough people would be interested in playing.

We also plan to resurrect our Walking Group and hope to include trips to local State Parks and other outdoor walking venues.

Please call me if you are interested or if you have any other outdoor activity suggestions.

Happy Spring!
Barbara

Owls of the South Shore
Presented by Mass Audubon South Shore Sanctuaries
At the Senior Center
Wednesday, April 25th at 11:00



Learn about the owls of the South Shore and their adaptations in this interactive and enhanced presentation complete with a number of visuals including: owl pellets, wings, talons, and skulls, as well as some audio sounds of the different owl calls.

SINGO
Thursday, April 12th
12:30 P.M. at the Senior Center



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

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



**MUTUAL BANK PRESENTS
FINANCIAL WORKSHOPS
At the Senior Center
9:00 A.M. on the following Fridays**

- Friday, April 13, 2018** – Identifying and Avoiding Scams
Friday, April 27, 2018 – Protecting Your Assets by Preventing Theft
Friday, May 4, 2018 – Choosing a Financial Caregiver
Friday, May 18, 2018 – Acting as a Responsible Financial Caregiver (please invite your financial caregivers)

Mutual Bank is participating in the American Bankers Association Foundation's Safe Banking for Seniors campaign in a nationwide effort the help older customers and their financial caregivers understand the risks of fraud and financial abuse and how to protect themselves and their loved ones.

Financial abuse against older Americans can take many forms, from illegal debits, to third-party scams and even unauthorized withdrawals by an approved financial caregiver.

Mutual Bank would like to invite you and your loved ones for four days of information, gifts and raffles.

Refreshments and coffee will be served.

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

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.

**Hot Dog Supper
At the Senior Center
Tuesday, April 17th
5:00 P.M.**



It's time to welcome back Spring and the start of the baseball season. Join us for an evening of socialization and an easy meal of hot dogs, potato salad, chips, soda and an ice cream sandwich for dessert.

Cost is \$5.00. Stop by the Center to buy your ticket
Beginning Monday, April 2nd.
 Tickets are limited, so get yours early.

Wear your Red Sox gear to be entered into a drawing for a gift certificate to a local establishment.

**SENIOR CHAIR YOGA WITH RITA
AT THE SENIOR CENTER
WEDNESDAYS at 9:30**

~New~ FRIDAYS (except the first week of the month) at 11:30

The cost is \$4.00 to the instructor.
 Your first class is free to try it out.

This class has been so popular, we have added another day.

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.

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, April 11th
at the Senior Center
12:30 P.M.

Cost is \$3.00 per class to help offset supplies expense.

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with Kerrin  
From Sachem Center for Health and Rehabilitation  
Tuesday, April 24th  
at the Senior Center  
12:30 P.M.

Free of charge thanks to Sachem Center.  
Please call extension 2 if you will be participating

## The Travelers Present:

The Motor coach trips will be starting in May. Details are still being confirmed. Check the Senior Center for details or call Linda to get more information.

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Social Lunch

June 12th-Monponsett Inn- \$18.00 for lunch.
Transportation on your own.
Call Linda at extension 1 to reserve a seat.

ART GROUP
TUESDAY MORNINGS
9:00 A.M.- 10:30 A.M.

The art group is happy to encourage any new artists to join the group. All levels of talent are welcome. If you just enjoy viewing art...stop by and check out their work that is on display. Some pieces are even for sale.

Movie of the Month
At the Senior Center
" VICTORIA AND ABDUL "
Thursday, April 26th at 12:30

Queen Victoria forges an unlikely bond with an Indian clerk who traveled to London for her Golden Jubilee. The pair eventually become lifelong friends, although the Queen's inner circle are horrified by their relationship.

Starring : Judi Dench, Ali Fazal, Tim Pigott-Smith
Run Time: 1:52 min Rated PG-13
Call extension 2 to reserve your seat.

Fun and Games

LEFT, CENTER, RIGHT
Tuesday, April 10th at 1:00 P.M.
Tuesday, April 24th at 1:30 P.M.

NEW - INDOOR BAGGO
Thursday, April 26th at 10:00 A.M.

Sign up at extension 2.

Visit with Abner
The Pet Therapy Dog
Monday, March 12th
10:30 a.m. at the Senior Center



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

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

4/13- **SHAW'S** in BROCKTON
4/10 - **STOP AND SHOP** in WHITMAN
4/17- **SHAW'S** in BROCKTON
4/24- **STOP AND SHOP** in WHITMAN

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



APRIL 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| <p>2</p> <p>8:00 Wii Bowling 11:30 Lunch 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p> | <p>3</p> <p>9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch 1:00 Knitting/Crocheting 6:00 Tech Help</p> <p>8:30-12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING-ext. 2</p> | <p>4</p> <p>9:30 CHAIR YOGA 11:30 Lunch 12:30 Mah Jongg 6:00 Scrapbooking</p> <p>9:00 WALMART in RAYNHAM & LONGHORN or PANERA Sign up at ext. 1</p> | <p>5</p> <p>11:30 Lunch</p> <p>9:00 SAVERS / Squires Restaurant-Hanover, Twice as Nice Consignment-Pembroke Sign up at ext. 1</p> | <p>6</p> <p>11:30 Lunch 1:00 Bingo</p> |
| <p>9</p> <p>8:00 Wii Bowling 11:30 Lunch 1:00 Bingo</p> <p>10:30 VISIT WITH ABNER</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p> | <p>10</p> <p>9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch 1:00 Knitting/Crocheting 6:00 Tech Help</p> <p>1:00 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>11</p> <p>8:20 Podiatrist by Appt 9:30 CHAIR YOGA 12:00-1:00 Wellness Clinic 11:30 Lunch 12:30 Mah Jongg</p> <p>12:30 CRAFTS WITH DENISE (See Pg. 3)</p> <p>9:00 DERBY STREET SHOPS in Hingham Sign up at ext. 1</p> | <p>12</p> <p>11:30 Lunch</p> <p>12:30 SINGO (See Pg 1)</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>13</p> <p>10:00 Book Buzz 11:30 Lunch</p> <p>New 11:30 CHAIR YOGA Sign up at ext. 2</p> <p>9:00 Identifying and Avoiding Scams (See Pg. 2)</p> |
| <p>16</p> <p>PATRIOTS DAY</p> <p>SENIOR CENTER CLOSED</p> | <p>17</p> <p>9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch 1:00 Hearing Check by Appt. 1:00 Knitting/Crocheting 6:00 Tech Help</p> <p>8:30-12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING-ext. 2</p> <p>5:00 HOT DOG SUPPER (See Pg. 2)</p> | <p>18</p> <p>9:30 CHAIR YOGA 11:30 Lunch 12:30 Mah Jongg</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p> | <p>19</p> <p>11:30 Lunch 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>9:30 WESTGATE MALL and Market Basket in Brockton Sign up at ext. 1</p> | <p>20</p> <p>11:30 Lunch</p> <p>HAPPY MARCH BIRTHDAYS (see page 8)</p> <p>New 11:30 CHAIR YOGA Sign up at ext. 2</p> |
| <p>23</p> <p>8:00 Wii Bowling 11:30 Lunch 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p> | <p>24</p> <p>9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch 12:30 Atty Whitney by Appt 1:00 Knitting/Crocheting 6:00 Tech Help</p> <p>12:30 CRAFTS WITH KERRIN 1:30 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>25</p> <p>9:30 CHAIR YOGA 11:30 Lunch 12:30 Mah Jongg</p> <p>11:00 OWLS OF THE SOUTH SHORE (See Pg. 1)</p> <p>8:00 SACHEM REHAB BREAKFAST/ OCEAN STATE JOB LOT-East Bridgewater, DOLLAR TREE-Brockton Sign up at ext. 1</p> | <p>26</p> <p>11:30 Lunch</p> <p>10:00 INDOOR BAGGO</p> <p>12:30 MOVIE at the SENIOR CENTER (See Page 3)</p> <p>9:00 WAREHAM CROSSING/ Longhorn Steakhouse Sign up at ext. 1</p> | <p>27</p> <p>11:30 Lunch</p> <p>New 11:30 CHAIR YOGA Sign up at ext. 2</p> <p>9:00 Protecting your Assets by Preventing Theft (See Pg. 2)</p> |
| <p>30</p> <p>8:00 Wii Bowling 11:30 Lunch 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p> | | | | <p>TRIP and ACTIVITIES SIGN UPS BEGIN Wednesday, March 28th at 8:00 AM</p> |

Old Colony Moving Heels for Meals on Wheels!

Did you know that as part of their Nutrition Program, OCES delivers 1,600 meals a day with the help of 450 volunteers?

For many of our most vulnerable older adults and individuals with disabilities, the delivery is not only a delicious meal, it is often the only social contact of the day. OCES is committed to this vital program that receives limited federal funding. OCES could use a little help with "Meals on Wheels" and so they are reaching out to you.

On April 29, 2018 the Third Annual "Moving Heels for Meals on Wheels" 5K will step off at 9 am at the Silver Lake Regional Middle School in Kingston. OCES is looking for lots of runners and walkers to participate in this family-friendly event! Please help OCES spread the word.

To register as a runner or walker visit

<http://www.southshorerace.com/3rd-annual-moving-heels-for-meals-on-wheels-5k—april-29-2018.html>

Any donations or sponsorships are also welcome. Visit ocesma.org for all the details or call OCES at 508.584.1561. Lace up those sneakers and come join in the fun!



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.

HUMOR CORNER

Prayer for Easter

Young Ernie and his family were invited to have Easter lunch at his grandmother's house. Everyone was seated around the table as the food was being served. When Ernie received his plate he started eating straight away. 'Ernie, wait until we say grace,' demanded his father. 'I don't have to,' the five year old replied. 'Of course you do, Ernest,' his mother insisted rather forcefully. 'We always say a prayer before eating at our house.' 'That's at our house,' Ernie explained, 'but this is Grandma's house, and she knows how to cook.'

WELLNESS CLINIC

Free Wellness Clinics for Whitman residents are provided by NVNA (Norwell Visiting Nurse Association and Hospice). Health Screening includes blood pressure and blood sugar testing, vital signs assessment, nutritional counseling, weight assessment and medication review and instruction.

Wednesday:

April 11 Senior Center 12:00—1:00

Thursday:

April 19 Harvard Court 12:30—1:30

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

April 3, 10, 17, 24 1:00—2:30

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: May 15th

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

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, April 19th, **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 not meet during the month of April. The next monthly meeting will be on May 11th.

Anyone with questions, please call Roberta at 781-261-3930.

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 |

FREE LEGAL ADVICE

Attorney Ronald N. Whitney is available to meet with elders once a month at the Senior Center for assistance with wills and personal legal issues. This month, Attorney Whitney will be at the Center on

Tuesday, April 24th 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, April 17th by appointment.

Contact **extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST



Dr. William Chan. Wednesday, April 11th by appointment only. Contact **extension 2** to make an appointment.

Upcoming dates: May 9, June 13, July 11

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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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 April we'd like to help you celebrate by treating you to a free lunch and a small gift at the Senior Center on Friday, April 20th.
Please call **Fran at extension 4** to reserve no later than Wednesday, April 11th.

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.