

SEEN YOUR NEWS?



WHITMAN COUNCIL ON AGING

P.O. BOX 426
16 HAYDEN AVENUE • WHITMAN, MA 02382
(781) 447-7619 • FAX (781) 447-7633



Patricia Goldmann, *Chairman*
Mary Ann Curby
Robert Titterington

MARCH 2013

Mae Cousineau, *Vice Chairman*
Jean McDonald
Barbara J. Garvey, *Director*

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:

Congratulations to Pat Goldmann, winner of our "Guess Who???" photo contest. Pat had the most correct matches of names to the childhood photos posted on our bulletin board, earning her the winning prize of a \$25 gift certificate to Mia Regazza Restaurant. Thanks to all who participated in this fun contest by bringing in photos of themselves in their younger days.

The Valentine's Day pizza party was well attended and provided a much needed escape from cabin fever caused by nasty winter storm Nemo.

As we approach spring with melting snow and longer days, I hope to see many of you visiting the Senior Center and taking advantage of what we have to offer.

Stay Well,

Barbara



BOSTON FLOWER SHOW
Thursday March 14th
Leaves the Senior Center at 10:00

Need a little pick me up? Start Spring early with a visit to the Boston Flower Show. Spend a few hours taking in all of the beautiful sights and smells of the flower show exhibits.

Ticket price for Seniors 65 and over is \$17.00

Call Linda at extension 1 to reserve your spot;
space is limited.

Social Lunch

~ ~ ~

Friday, March 8th at 1:00
Meadowbrook Restaurant
Route 27 in Hanson



Lunch cost is \$20.00, includes Corned Beef and Cabbage lunch and entertainment from Dan Clark.

Attendees will meet at the restaurant.

If you plan to attend, please call **Linda at extension 1** to reserve.

OUTREACH at the Whitman Public Library

The library offers a Home Delivery Service to patrons who might find it difficult to get to the library. Patrons may call the library and order books, movies, audio books and other materials to be delivered to them each week or just occasionally.

Delivery is Wednesday of every week. Take advantage of the wonderful opportunity to enjoy the library even if you can't be there yourself.

Please call **Barbara Bryant at 781-447-7613** to register for the program.



**DAYLIGHT SAVINGS TIME BEGINS
MARCH 10TH**
'Spring' your clocks ahead 1 hour

SUPPORT OUR TROOPS

American Legion Post 22 sends packages monthly to our soldiers who have been deployed to Afghanistan. If you are interested in donating, please drop items off at the Senior Center. Listed below are items requested:

Hand warmers
Gloves for men and women
White socks for men and women
Powder
Gum
Candy
Powdered drink mix
Crackers
Cookies
Granola bars
Non-perishable food
Protein bars
Magazines
Paper back books

Donated items may be left with Joanne Cameron at the Senior Center any time during the week between 9 and 4.

FRIENDS OF THE WHITMAN SENIORS MONTHLY MEETING OF THE FRIENDS at the Senior Center on **Friday, March 8th at 12:30**

Lunch (rollups and dessert) from Trio Café.
Anyone interested in attending, call Roberta at 781-261-3930.
All are welcome to attend.

The Friends continue to sell Whitman throw blankets as a fund raiser. The cost is still \$35.00. Throws are available in green and blue. Stop by the Senior Center, Duval's Pharmacy, or contact any officer of the Whitman Friends group to purchase a blanket.

MOTORCOACH TOURS



Wednesday, April 3rd (revised date)
Newport Playhouse
9:30 am departure—\$69.00

The show is "Spreading it Around".
Cost includes bus transportation, buffet, show and cabaret. Checks made payable to Terry Seer.
Call Linda at extension 1 for a reservation.
More trips to be announced shortly.

FITNESS AND EXERCISE

WALKING GROUP – Meets at the Senior Center every Tuesday and Thursday morning at 8:00 to walk the beautiful Whitman Town Park.

LINE DANCING WITH CRIS KINDELAN – Tuesdays at 10:00 am at the Knights of Columbus Hall, 1195 Bedford Street (Route 18 near Abington town line). Cost is \$3 per class.

CRISFIT WITH CRIS KINDELAN– Thursdays at 10:00 am at the Knights of Columbus Hall, 1195 Bedford Street (Route 18 near Abington town line). Cost is \$4 per class.

GENTLE CHAIR YOGA WITH JOANNE at the Senior Center on Wednesdays at 9:15 am. Offering is \$4 per class.

TAX TIME



This tax season we are pleased to welcome back Mary Sheard who has again volunteered her time to assist low income seniors with the preparation of income tax returns and the Circuit Breaker Tax Credit. Mary will be available at the Senior Center on Tuesdays by appointment only. Contact **Joanne at extension 2** to make your appointment. This service is specifically available to low income seniors and is free of charge. Mary will be doing simple returns only and will not be doing returns that involve stocks and bonds or income over \$60,000.

FUEL ASSISTANCE

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

Please call **Joanne at extension 2** to set up an appointment.

**What is CodeRED and why is it important to me?**

CodeRED is an emergency notification service that allows emergency officials to notify residents and businesses by telephone, cell phone, text message, email and social media regarding time-sensitive general and emergency notifications. Only authorized officials have access to the CodeRED system.

When will CodeRED be used?

Any message regarding the safety, property or welfare of the community will be disseminated using the CodeRED system. These may include AMBER alerts, notifications of hazardous traffic or road conditions, boil water advisories or evacuation notices.

Does the CodeRED system replace other systems that have been used to provide time-sensitive information to residents?

This system is an enhancement to existing means of communication and is meant to supplement current or past systems used for mass notification.

Does the CodeRED system already have my telephone number, or do I need to sign up to receive CodeRED notifications?

The CodeRed database contains information received from public databases, including regional phonebooks. *However, no resident should assume that their information is in the system.* The Town of Whitman website, www.whitman-ma.gov, has a link to the CodeRED Community Notification Enrollment page where you can register online.

I have a business located in the Town of Whitman. Can I arrange to have CodeRED contact my business?

Yes. Fill out the CodeRed registration form but be sure to select the "This address is business" option. Please note that emergency calls can only be delivered to a direct dial number. Automated attendants will disrupt the process and the calls will not be delivered. Businesses should register their main number and establish a procedure for distributing the CodeRED message to their workforce.

What if I want to register additional numbers for my address?

After you submit the initial registration form, you may start the registration process again and submit more numbers for the same address.

Is my personal information protected?

CodeRED is a service of Emergency Communications Network which takes security and privacy concerns very seriously. They will not sell, trade, lease or loan any data citizen supplied data to third parties.

How will I recognize a CodeRED message?

A CodeRED Emergency message will have a caller ID of 866-419-5000. A CodeRED General message will have a caller ID 855-969-4636. We suggest you program both numbers in your cell phone as a "new contact" and use "CodeRED Emergency" and "CodeRED General" as the contact name. If you need to replay the emergency notification message again, simply dial the number and you will be able to hear the message again.

What should I do if I receive a CodeRED message?

Listen carefully to the entire message. You will have the option to repeat the message by pressing any key. Do not call 911 for further information unless directed to do so or if you need immediate aid from the Police or Fire department.

I have a cordless phone, and it does not work when the power goes out. How will the system be able to contact me?

Make sure you have at least one working corded telephone – and be sure to turn the ringer on. The CodeRED sign-up form allows you to indicate both a primary and alternate phone number. Cell phone and/or work phone numbers can be entered as alternate phone numbers. Both primary and alternate phone numbers will be contacted when a notification is sent.

Will the CodeRED system leave a message on an answering machine?

Yes, the CodeRED system will leave a message on a machine or on voicemail. The CodeRED system will leave the entire message in one pass.

What happens if the line is busy?

If the line is busy, CodeRED will try two more times to connect.

What circumstances might prevent a message from being delivered to me?

If your contact information has changed and you have not registered your new information.

If you have only cordless phones in your residence, the power is out and you did not register an alternate phone number.

If your line is busy for an extended time and your calls do not forward to voicemail or an answering machine.

If you have a privacy manager on your main phone and you did not register an alternate phone number.

The Town of Whitman will receive a report of undelivered calls and can instruct the CodeRED system to begin another round of calls to busy numbers. It is best to have an alternate phone number in the calling database for these situations.

MARCH 2013

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Menu subject to change without notice.				1 11:30 Lunch-Fiesta Fish 1:00 Bingo
4 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch- Stuffed Shells 1:00 Bingo 9:00 AROUND TOWN (Reserve by Thursday)	5 8:00 Walk the Park 9:00 Art Class 9:00 Income Tax Prep by Appt 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch- Chicken w/ stuffing 12:00 Computer Class 1:00 Knitting/Crocheting 7:00 TOPS 8:45 FOOD SHOPPING at STOP & SHOP Transportation to Senior Center	6 9:15 Chair Yoga 11:30 Lunch- Cheeseburger 12:30 Crafts 1:00 Mah-Jongg 6:00 Scrapbooking TWIN RIVER CASINO Pickup 8:00 Center: 8:15 Home	7 8:00 Walk the Park 9:30 Hairdresser by Appt 10:00 CrisFit at K of C 11:30 Lunch- Spanish Pot Roast Fuel Assistance by Appt. 9:00 WALMART in RAYNHAM & IHOP or CHINESE BUFFETT	8 11:30 Lunch- Cheese Omelet 12:30 Friends Meeting
11 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch- Chicken Penne 1:00 Bingo 9:00 AROUND TOWN (Reserve by Thursday)	12 8:00 Walk the Park 9:00 Art Class 9:00 Income Tax Prep by Appt 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch- Sloppy Joe 12:00 Computer Workshops 1:00 Knitting/Crocheting 7:00 TOPS 8:45 FOOD SHOPPING at TRUCCHI'S Transportation to Senior Center	13 9:00 Podiatrist by Appt 9:15 Chair Yoga 11:30 Lunch- Turkey and Provolone Sandwich 12-2 Blood Pressure at the Center 12:30 Crafts 1:00 Mah-Jongg 9:00 HANOVER MALL	14 8:00 Walk the Park 9:30 Hairdresser by Appt 10:00 CrisFit at K of C 11:30 Lunch- Corned Beef and Cabbage Fuel Assistance by Appt. 10:00 BOSTON FLOWER SHOW	15 11:30 Lunch- Potato Crunch Fish 1:00 Bingo
18 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch- Eggplant Parmesan 1:00 Bingo 9:00 AROUND TOWN (Reserve by Thursday)	19 8:00 Walk the Park 9:00 Art Class 9:00 Income Tax Prep by Appt 9:00 State Rep Geoff Diehl 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch- Swedish Meatballs 12:00 Computer Workshops 1:00 Hearing Screenings by Appt 1:00 Knitting/Crocheting 7:00 TOPS 8:45 FOOD SHOPPING at STOP & SHOP Transportation to Senior Center	20 9:15 Chair Yoga 11:30 Lunch- Greek Chicken 12-2 Blood Pressure at Harvard Ct 12:30 Crafts 1:00 Mah-Jongg 9:30 WESTGATE MALL / Market Basket-Brockton	21 8:00 Walk the Park 10:00 CrisFit at K of C 11:00 Lunch- Orange Almond Pork Fuel Assistance by Appt. BROWN BAG PICKUP Please Note: Bags will not be available for pickup before 12:30 or after 3:30 9:00 PROVIDENCE PLACE MALL	22 9:30 Manicurist 11:30 Lunch- Fish Florentine 1:00 Bingo
25 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch- Sweet n Sour Chicken 1:00 Bingo 9:00 AROUND TOWN (Reserve by Thursday)	26 8:00 Walk the Park 9:00 Art Class 9:00 Income Tax Prep by Appt 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch- Lasagna w/ meat sauce 12:00 Computer Class 12:00 Atty. Whitney by Appt 1:00 Knitting/Crocheting 7:00 TOPS 8:45 FOOD SHOPPING at TRUCCHI'S Transportation to Senior Center	27 9:15 Chair Yoga 11:30 Lunch- Beef Marsala 12:30 Crafts 1:00 Mah-Jongg 9:00 WAREHAM CROSSING & Ansel Gurney House	28 8:00 Walk the Park 9:30 Hairdresser by Appt 10:00 CrisFit at K of C 11:00 Lunch- Roast Turkey Fuel Assistance by Appt. FOXWOODS CASINO Pickup 7:30 Center; 7:45 Home	29 11:30 Lunch- Egg Salad Sandwich 1:00 Bingo

Q. Should I be taking an aspirin a day?

The simple answer is "Not until your doctor tells you it's ok."

The Mayo Clinic says there are benefits and risks of taking a daily aspirin. It may lower your risk of heart attack—but not be right for everyone.

If you've had a heart attack or stroke, your doctor will likely recommend you take a daily aspirin provided you do not have a serious allergy or history of bleeding. If you're at high risk of having a first heart attack, your doctor might also recommend aspirin.

An occasional aspirin or two for headaches or fever is safe for most adults—but daily use of aspirin can have side effects, like internal bleeding.

The function of our blood's clotting cells, known as platelets, is to form a plug to seal a wound and stop bleeding. In many situations this is helpful. However, clotting can also occur inside blood vessels that supply your heart with blood—if fatty deposits in the lining of your arteries burst, a blood clot could form quickly and cause a blockage in the artery, preventing blood flow to the heart and resulting in a heart attack. Because aspirin reduces the clumping of platelets, it can lower the chance of a heart attack. But, keep in mind that aspirin therapy to reduce blood clotting cannot be targeted to only reduce clots in arteries; it will have an effect on blood clotting throughout your body.

There is disagreement over whether to give aspirin to people without a history of heart attack. Before taking a daily aspirin, talk with your doctor. Let your doctor know if you have any health condition that might increase your risk of bleeding like a bleeding or clotting disorder; if you have an aspirin allergy; or, if you have bleeding stomach ulcers.

Your doctor will tell you what dose of aspirin is appropriate. A baby aspirin dose is 81 milligrams and a regular strength aspirin is around 325 mg. If you are taking an aspirin daily, you shouldn't suddenly stop taking it. If you have had a heart attack or a stent placed in one or more heart arteries, stopping daily aspirin could trigger a blood clot that results in a heart attack.

The side effects of taking a daily aspirin include—

Stroke caused by a burst blood vessel, a hemorrhagic stroke.

Gastrointestinal bleeding. If you have a bleeding ulcer or bleeding anywhere in your gastrointestinal tract, taking aspirin will cause it to bleed more, perhaps to a life-threatening extent.

Allergic reaction. If you're allergic to aspirin, taking any amount of aspirin can trigger a serious allergic reaction.

ringing in the ears (tinnitus) and hearing loss. Too much aspirin can cause tinnitus and eventual hearing loss in some people.

To prevent excessive bleeding during surgical procedures or dental work, be sure to tell the surgeon or dentist that you take daily aspirin.

People who regularly take aspirin should limit the amount of alcohol consumed because of its additional blood-thinning effects and potential to upset your stomach. One drink a day for people 65 and over is an appropriate limit. Lastly, be sure to tell your doctor about any other drugs you take to avoid any drug interactions.

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 **Linda at extension 1** to sign up no later than 4:00 Thursday.

FOOD SHOPPING / SENIOR CENTER BUS—Our COA bus alternates travels to Stop & Shop or Trucchi's in Abington on **Tuesdays** at 8:45. The Bus is also available for activities and appointments at the Center. Sign-up is required by calling **Joanne at extension 2** no later than 4:00 Monday.

DIAL-A-BAT—Transportation to medical appointments in Abington, Brockton, Bridgewater, East Bridgewater, West Bridgewater, North Easton, Stoughton, Whitman and Boston. The first pickup to Whitman is 9:30. Call **Joanne at extension 2** at least 2 days prior to your appointment to book.

*Our Newsletter is available online at:
www.seekandfind.com*

BITS AND PIECES by ELEANOR NADELL

Another snow storm overnight, about an inch or so. Just enough to make me cautious, but not to worry, the sun just came out as I'm writing this so the snow will soon dissipate. I am looking forward to March as my crocuses are starting to pop up. It also means that we should be going on some good trips very soon. A reminder that Palm Sunday and of course Easter Sunday is at the end of this month. It comes by fast doesn't it? I am looking forward to seeing all of you at the friends meeting on the second Friday of the month. Until then, keep well and enjoy life.

Eleanor

HEALTH AND WELLNESS

BLOOD PRESSURE AND HEALTH CARE SCREENINGS

Free health screening clinics for Whitman residents are now provided by Norwell Visiting Nurse Association and Hospice. Screening includes blood pressure and blood sugar testing, vital signs assessment, nutritional counseling, weight assessment and medication review and instruction.

Wednesdays:

March 13	Senior Center	12:00 – 2:00
March 20	Harvard Court	12:00 – 2:00

Tuesday at Town Hall (VNA Office, Lower Level)

March 5	2:00—5:00
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Tuesday & Thursdays at Town Hall (VNA Office, Lower Level)

March 12,14,19,21,26,28	2:00—4:00
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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, March 21st 12:30 to 3:30 only. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

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 26th from 12:00 to 3:00.

Please call **Joanne at 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, March 19th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST - Dr. William Chan. Wednesday, March 13th by appointment only. Contact **Joanne at extension 2** to make an appointment.
Upcoming dates— April 10, May 8, June 12

HAIR BY MEREDITH

Tuesdays and Thursdays by Appointment

Contact **Joanne at 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)	

MANICURES BY JANE

Jane, a licensed manicurist takes appointments at the Senior Center one Friday morning a month. There is no charge for her manicure services which include nail cutting, filing, cleaning, hand massage and polishing (please bring your own polish). Both women and men are welcome.
Jane will be here on Friday, March 22nd.
Call **Joanne at extension 2** for an appointment.

**Our Newsletter is now available on the
Town's Website at www.whitman-ma.gov.
Check it out!**

COMPUTER WORKSHOPS

By Richard Stanton
at the Senior Center on Tuesdays

Workshops are 45 minutes long and will have no more than three participants in a session. Please contact **Linda** at extension 1 to sign up for course of your choice.

PC (Personal Computer) Fundamentals: Become familiar with 'Windows' on a personal computer. Start the PC, start an application, practice with mouse, then shut down PC.

Advanced PC Use: Increase understanding of 'Windows'. Path and Folder use, Single and Multi select in the windows explorer, Use Drag and Drop, Perform backup.

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

Advanced Internet: Safe Browsing, Navigation and handling of E-Mail, Use an attachment, Search the Web.

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

Budget with Excel / Calc Advanced Features: Edit Basic Budget using advanced features.

Basics of Digital Photos on the PC: Learn to retrieve, organize, edit and Print Digital Photos.

Advanced Digital Photo Management: Editing Photos—retrieve photos using Pict Bridge.

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.

Editing MP3 Files: Download free editing software to edit MP3 music.

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.

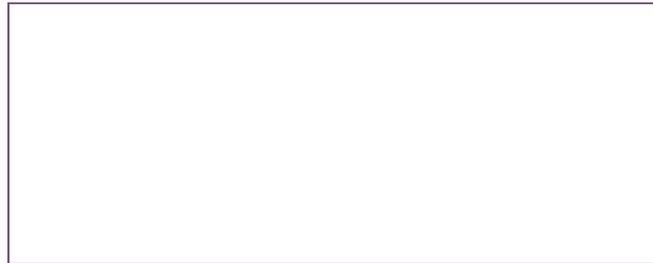
<p>Blanchard Funeral Chapel</p> <p>Robert A. Tonello, Steven J Leonard Funeral Directors</p> <p>781-447-0170</p> <p>666 Plymouth Street Whitman</p>	<p>WILLS • TRUSTS • ESTATES PERSONAL INJURY LAW</p>  <p>RONALD N. WHITNEY ATTORNEY AT LAW</p> <p>549 BEDFORD STREET WHITMAN, MA 02382</p> <p>781-447-3899</p>	<p>J. SACCONI & SONS, INC.</p> <p>Backhoe • Drains Septic Tanks • Cesspools</p>  <p>15 Commercial Street Whitman</p> <p>447-5670</p>	 <p>FAMILY HEARING CARE CENTER</p> <p><i>...listen to the sounds of life®</i></p> <p>~ Hearing Evaluations ~ Video Ear Inspections ~ Hearing Aids ~ Repairs ~ Ear Wax Removal</p> <p>534 Main Street, Suite 2, Route 18 Weymouth, MA 02190 781-337-1144</p> <p>140 Bedford St., Route 18 Bridgewater, MA 02324 508-279-0700</p> <p>John Klefeker, BC-HIS MA License #127</p>
 <p>Sachem Skilled Nursing and Rehabilitation Center</p> <p>A Kindred Healthcare Community</p> <p><i>Healing, Hope, Dignity</i></p> <p>JCAHO ACCREDITED</p> <p>66 Central Street E. Bridgewater • MA 02333 508-378-7227</p>		<p>BROCKTON VISITING NURSE ASSOCIATION</p> <p><i>Let Us Help You Get Well At Home</i></p> <ul style="list-style-type: none"> • Nursing • Rehabilitation Therapy • Medical Social Services • Dietician Services • Home Health Aides <p>508-587-2121 • www.brocktonvna.org </p>	
<p>MacKinnon <i>Basic Cremation from: \$1,300. Complete Veterans Funerals from: \$3,995. Complete</i></p> <p>760 Washington St., Whitman, MA 781 447-4141</p> <p>Visit us at www.mackinnonfuneral.com</p>		<p>Advertising Sponsors make this bulletin possible</p>  <p>For Information Call Mark Bell 1-800-888-4574 ext. 3429 email: mbell@4LPi.com</p>	
<p>COYNE Healthcare Center</p> <p>REHABILITATION & NURSING CARE</p> <p>Providing the care you need... With the compassion you deserve.</p> <p>56 Webster Street • Rockland 781-871-0555 www.coynehc.com</p>		<p> Old Colony Elder Services</p> <p>Providing services to the community since 1974</p> <p>144 Main Street - Brockton, Massachusetts 02301 508-584-1561 TTY 508-587-0280 www.oldcolonyelderservices.org</p>	

The cost of printing and mailing this newsletter has been paid in part by the Friends of Whitman Seniors, Inc. and the Massachusetts Executive Office of Elder Affairs.

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WHITMAN
MA 02382

Whitman Council On Aging
PO Box 426
16 Hayden Avenue
Whitman, MA 02382

RETURN SERVICE REQUESTED



FRIENDS OF THE WHITMAN SENIORS

NAME _____

ADDRESS _____

Here are my membership dues for 2013. I enclose \$ 7.00

I'm happy to be a "Friend", but I want to do more.

I'm including an additional contribution of: \$ _____

Total: \$ _____

**Please make checks payable to "Friends of Whitman Seniors, Inc."
PO Box 245, Whitman, MA 02382**

THANK YOU FOR YOUR SUPPORT

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.*