

# 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*  
Robert Titterington  
Barbara J. Garvey, *Director*

### APRIL 2016

Mae Cousineau, *Vice Chairman*  
Jean McDonald  
Jill A. Getchell

#### 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.

#### REDUCE PAIN THROUGH SELF-HYPNOSIS

With Joanne Campbell

At the Senior Center

3 week session on Thursdays: April 28, May 5 and May 12  
1:00 P.M.

\$30.00 total cost for the three one hour sessions is payable to  
the instructor at the first class

This is a class for individuals with chronic diagnosed pain  
and/or for individuals who suffer from White Coat Syndrome  
or have an upcoming medical or dental procedure to help  
diminish the discomfort through self-hypnosis. Learn how to  
relax yourself, self-hypnosis skills and tips to release pain.

The last class explains how to prepare for doctor's  
appointments, procedures, etc.

Call extension 2 to sign up and reserve your seat.  
Space is limited.

#### DIABETES SELF-MANAGEMENT EDUCATION PROGRAM

Provided by NVNA

(Norwell Visiting Nurse Association and Hospice)

At the Senior Center

A 5-week program on Wednesdays from 9:00 to 11:00 am  
April 6, 13, 20, 27 and May 4

For individuals who are living with pre-diabetes and diabetes.

**This program will cover:**

- Nutritional Management
- Monitoring blood sugars
- Exercise
- Medications
- Complications

Advance sign up is required as space is limited to 10.

Call extension 2 to reserve your seat.

**Intergenerational Program—for Grandparents and  
Grandchildren**

**Crafts with Denise**

**Wednesday, April 20th**

**12:30 at the Senior Center**

Need something to do during school vacation week?  
Grandparents ... bring in your grandchildren for a fun  
afternoon of crafting together. After the craft project,  
everyone can enjoy making their own sundaes.

Space is limited.

Reservations are required by April 13th.

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



#### Pizza Party

At the Senior Center

Friday, April 29th at 12:30



It's finally Spring! Time to get out of the house  
and meet up with old friends or make some new friends.  
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 pizza, soda and dessert. Stop  
by the Center and see **Patty or Elaine** to place your order  
and buy your ticket **after April 1st**.

Tickets are limited to 30, so get yours early.

**'THE AGE OF LOVE'** - A film by Steven Loring

**Monday, April 25th at 12:45 pm at the East Bridgewater Council on Aging**

'THE AGE OF LOVE' follows the comic and poignant adventures of 30 seniors who attend a first-of-its-kind Speed Dating event for 70 to 90 year olds, and discover how the search for love changes—or doesn't change—from first love to the far reaches of life.

SHORT SYNOPSIS: An unprecedented speed dating event for 70 to 90 year olds serves as the backdrop for 'THE AGE OF LOVE', an alternately poignant and funny look at the search for love among the senior set. Over one summer, we intimately follow as ten speed daters—recently widowed or never married, prepare for the big day, endure a rush of encounters, then anxiously receive their results. Fearlessly candid about themselves these WWII babies spurred to take stock of life-worn bodies and still-hopeful hearts. Then, as they head out on dates that result, comic and bittersweet moments reveal how worries over physical appearance, romance and rejection, loss and new beginnings change—or don't change—from first love to the far reaches of life.

'The Age of Love' is a story of the universality of love and desire, regardless of age.

The East Bridgewater Council on Aging is proud to sponsor this event in conjunction with the Whitman Council on Aging and the Halifax Council on Aging.

Please register for the 12:45 Film Presentation by calling the East Bridgewater COA at (508) 378-1610

If participants also wish to attend East Bridgewater's 12:00 congregate lunch (Chicken Cordon Bleu, Baked Potato & Sour Cream, Celery and Carrots Almondine, Whole Wheat Dinner Roll, Strawberry Chiffon) prior to the film, please reserve with the East Bridgewater COA at 508-378-1610 by April 20th.

Transportation for Whitman residents may be available. Call 781-447-7619 ext. 2.

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☆ **PATRIOTIC SING-A-LONG** ☆

☆ With Barbara Stanton ☆

☆ Thursday April 14, 12:00 ☆

☆ At the Senior Center ☆

☆ Sign up at extension 2 to reserve your seat. ☆

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**Coffee Hour with the Police Department**  
**Friday, April 15, 2016**  
**9:30 at the Senior Center**

We will have a representative from the Whitman Police Department to discuss law enforcement issues and current scams affecting our elder population. Stop by to learn about any new issues. Questions you may have for the Police Department will be welcome.

~ ~ ~  
 Please call extension 2 to sign up

**Visit with Abner**  
**Monday, April 4th**

10:30 a.m. at the Senior Center

Need a little love? Come meet Abner, a pet therapy dog, who has a lot of love to give. Abner and his owner Sylvia will be here for a visit once a month on a Monday at 10:30 am.

Abner is guaranteed to put a smile on your face!



**VETERANS BREAKFAST**  
**9:00 Wednesday, April 20th**

at Strawberry Valley Golf Course Clubhouse, Abington

Complimentary breakfast provided by Colony Center for Health & Rehabilitation in Abington.

**FREE SENIOR COMMUNITY BREAKFAST**  
**Wednesday, April 27th**

8:30-10:00

At Sachem Center for Health & Rehabilitation  
 66 Central Street, East Bridgewater

Sachem Center welcomes the senior community to come in for a delicious, hearty breakfast made by their very own Dietary Staff. Presentation of a topic of interest to seniors will be given while you enjoy your meal.

**For both breakfasts...RSVP to Alicia Facada at 774-297-9189**

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

Friday, April 8th at 12:30

At Harvard Court

Luncheon will be served with meeting to follow.

If anyone has questions, please call  
 Roberta at 781-261-3930

**PICKLEBALL**

Tuesdays and Thursdays beginning April 12th  
9:00 a.m.

Court is behind the Police Station on Essex Street.

Pickleball is touted as the "fastest growing sport that you've never heard of". It is a fun sport that combines many elements of tennis, badminton and ping-pong and is played with a paddle and plastic ball on a badminton-sized court using a slightly modified tennis net.

The social aspects of the game and the ability to stay active have made Pickleball wildly popular in the senior community. To see if you're interested in joining in on the fun, check out information about the game online or, better yet, stop by the court to see the game played.

All equipment will be provided by the Senior Center ...  
No need to purchase your own paddle.

All participants need to register with Linda at extension 1

**COA BUS TRIPS****CASTLE ISLAND**

Friday, April 22nd

Leaves the Senior Center at 9:30

Trip is \$9.00 for transportation

You will have 3 hours to enjoy at Castle Island once you arrive. You can use it to walk the scenic pathways, sit and enjoy the sights and sounds of Boston Harbor, or enjoy lunch at Sullivan's.

Call Linda at extension 1 to sign up.  
Sign up date is March 29th

**EAGLE SCOUT PROJECT FUNDRAISER**

We are thrilled that our Council on Aging will be the focus of Stevie Bagley's Eagle Scout project. Stevie's project will be to beautify and enhance our outdoor Pickleball Court. In his effort to raise funds for his project, Stevie is collecting returnable cans and bottles. Please consider donating yours to this great cause. Please call Stevie at 781-447-0294 if pickup is needed. Cans and bottles may also be dropped off at the Senior Center.



THANK YOU FOR  
YOUR SUPPORT

**Motorcoach Tours Presents:****Divine Comedy Luncheon**

At the Radisson Hotel in Providence

Thursday, May 17th, Pickup 9:45 at the VFW

\$78.00 (tip included)

Enjoy lunch and an afternoon of laughs with Father Aloysius as he shares stories, blessings and blarney and Bingo. Lunch Choices are: boneless breast of chicken or baked cod

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

Stay Tuned for information on the June trip to  
Conway, New Hampshire

**FUN, GAMES  
AND FITNESS**

**BINGO**—Mondays at 1:00 pm and the First Friday of each month at 1:00.

**BINGO at Harvard Court**— Wednesdays at 12:30

**MAH JONGG**—Wednesdays at 1:00 pm.

**PICKLEBALL**— Tuesday and Thursday mornings at 9:00. The court is behind the Police station. Participants please call Linda at ext. 1 to register.

**TAI CHI** – Thursdays at 2:00 at the Town Hall (Lower Level Meeting Room). Cost is \$5.00 per class.

New Participants please call Linda at ext. 1 to register.

**Wii BOWLING**—Mondays at 8:00 am

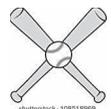
**Movie of the Month**

At the Senior Center

**Baseball is back ...**

**"FEVER PITCH"**

Friday, April 8th



According to Red Sox super fan Ben Wrightman, finding romance is about as unlikely as his beloved team winning it all. But when Ben scores a beautiful new girlfriend, Lindsey, suddenly anything is possible. That is until baseball season begins and Lindsay finds herself competing with an entire baseball team.

Fever Pitch is for both baseball fans and love story fans.

Starring: Drew Barrymore and Jimmy Fallon

Run Time: 1 hour 03 minutes

Rated-PG -13

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

## APRIL 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>TRIP SIGN UPS BEGIN ON Tuesday, March 29th AT 8:00 A.M.</b> (You may sign up yourself and one additional person)</p>				<p>10:00 R.A.D. 11:30 Lunch—Spanish Chicken/ Rice 1:00 Bingo</p>
<p>4</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Whole Grain Lasagna Rolls w/ Meat sauce 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>5</p> <p>9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch—Hamburger w/ Cheese 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at STOP &amp; SHOP .. OR .. Senior Day at WALGREEN'S Reserve by noon Monday – ext. 2</p>	<p>6</p> <p>11:30 Lunch—Chicken Cacciatore 1:00 Mah Jongg 6:00 Scrapbooking</p> <p>9:00 DIABETES SELF-MANAGEMENT Week 1 of 5 Sign up at ext. 2</p> <p>TWIN RIVER CASINO Pickup 8:00 K of C; 8:15 Home Return Home 4:00 Sign up at ext. 1</p>	<p>7</p> <p>9:00 Hairdresser by Appt 11:30 Lunch—Fish Florentine 2:00 Tai Chi</p> <p>9:00 WALMART in RAYNHAM &amp; IHOP , CHINESE BUFFET or PANERA Sign up at ext. 1</p>	<p>8</p> <p>10:00 R.A.D. 11:30 Lunch—Roast Turkey 12:30 Friends Meeting at Harvard Court</p> <p>10:00 BOOK BUZZ Sign up at ext. 2</p> <p>1:00 MOVIE at the SENIOR CENTER (see pg. 3) Sign up at ext. 2</p>
<p>11</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Baked Omelet 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>12</p> <p>9:00 Pickleball 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch—Stuffed Shells 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at SHAW'S Reserve by noon Monday – ext. 2</p>	<p>13</p> <p>8:30 Podiatrist by Appt 11:30 Lunch—Baked Pollock w/ Orange Sauce 12:30-2:00 Wellness Clinic at Senior Center 1:00 Mah Jongg</p> <p>9:00 DIABETES SELF-MANAGEMENT Week 2 of 5</p> <p>9:00 DERBY STREET SHOPS in Hingham Sign up at ext. 1</p>	<p>14</p> <p>9:00 Pickleball 9:00 Hairdresser by Appt 11:30 Lunch—Spanish Pot Roast 2:00 Tai Chi</p> <p>12:00 PATRIOTIC SING-A-LONG Sign up at ext. 2</p> <p>9:30 OCEAN STATE JOB LOT, MARSHALLS and FITZY'S RESTAURANT in Marshfield Sign up at ext. 1</p>	<p>15</p> <p>10:00 R.A.D. 11:30 Lunch—Greek Chicken</p> <p>9:30 COFFEE HOUR WITH THE POLICE DEPARTMENT Sign up at ext. 2</p>
<p>18</p> <p><b>PATRIOTS DAY HOLIDAY</b></p> <p>SENIOR CENTER CLOSED</p>	<p>19</p> <p>9:00 Pickleball 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch—Meatloaf w/ gravy 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom 1:00 Hearing Check by Appt</p> <p>8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at STOP &amp; SHOP Reserve by noon Monday – ext. 2</p>	<p>20</p> <p>11:30 Lunch—Breaded Pork 1:00 Mah Jongg</p> <p>9:00 DIABETES SELF-MANAGEMENT Week 3 of 5</p> <p>12:30 INTERGENERATIONAL PROGRAM ... CRAFTS and ICE CREAM for Grandparents &amp; Grandchildren ( see pg. 1) Sign up required by April 13 at ext. 2</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday—ext 2</p>	<p>21</p> <p>9:00 Pickleball 11:30 Lunch—Cold Chicken Breast, tomatoes, cucumbers, pita bread 12:15-1:45 Wellness Clinic at Harvard Ct 2:00 Tai Chi</p> <p>BROWN BAG PICKUP Please Note: Bags available for pickup at the Senior Center between 12:00 and 3:00 only</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>22</p> <p>10:00 R.A.D. 11:30 Lunch—Potato Crunch Fish</p> <p>9:30 CASTLE ISLAND Sign up at ext. 1</p>
<p>25</p> <p>8:00 Wii Bowling 11:30 Lunch—Macaroni &amp; Cheese 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p> <p>12:00 "The Age of Love" at East Bridgewater COA (see page 2)</p>	<p>26</p> <p>9:00 Pickleball 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch—Italian Tuna Salad 11:00 Computer Workshops 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at SHAW'S Reserve by noon Monday – ext. 2</p>	<p>27</p> <p>11:30 Lunch—Broccoli Stuffed Chicken 1:00 Mah Jongg</p> <p>9:00 DIABETES SELF-MANAGEMENT Week 4 of 5</p> <p>9:00 PATRIOT PLACE/ Christmas Tree-Foxboro, Olive Garden Restaurant Sign up at ext. 1</p>	<p>28</p> <p>9:00 Pickleball 9:00 Hairdresser by Appt 11:30 Lunch—Salmon Filet w/ Newburg Sauce 2:00 Tai Chi</p> <p>1:00 REDUCE PAIN THROUGH SELF-HYPNOSIS (Week 1 of 3) Sign up at ext. 2</p> <p>9:00 Good Days Restaurant and MARKET BASKET - ext. 1</p>	<p>29</p> <p>10:00 R.A.D. 11:30 Lunch—Italian Pot Roast</p> <p>12:30 PIZZA PARTY Tickets Required (See page 1)</p>

## Eldercare Q & A from OLD COLONY ELDER SERVICES

### Q. Should older people worry about 'eating better'?

**A:** You are never too old to start "eating better." No matter what your age, the food choices you make daily have an impact on how you look and feel.

Eating a balanced mix of foods has many health benefits. You can reduce your risk of heart disease, stroke, type 2 diabetes, bone loss, some kinds of cancer, and anemia. Even if you already have a chronic condition, eating well and being physically active can help you reduce high blood pressure, or manage diabetes. A proper mix of vitamins, minerals, protein, carbohydrates, fats, and water, can keep your muscles, bones, organs, and other parts of your body healthy as you get older.

Your doctor might suggest that you need extra vitamins, as well as the mineral calcium. It is usually better to get the nutrients you need from food, rather than a pill. Most older people do not need a complete multivitamin supplement. But if you don't think you're making the best food choices, look for a supplement sold as a complete vitamin and mineral supplement. It should be well balanced and contain 100% of most recommended vitamins and minerals. Read the label to make sure the dose is not too large. Avoid supplements with mega-doses. Too much of some vitamins and minerals can be harmful, and you might be paying for supplements you don't need.

Here are some of the vitamin and mineral supplements recommended for people over 50 by the National Institute for Aging:

- **Vitamin D:** You can get vitamin D from fatty fish, fish liver oils, fortified milk and milk products, and fortified cereals. If you're age 50–70, you need at least 600 international units (IU) of Vitamin D, but not more than 4,000 IU. If you're over age 70, you need at least 800 IU, but not more than 4,000 IU.
- **Vitamin B6:** You can find B6 in fortified cereals, whole grains, organ meats like liver, and fortified soy-based meat substitutes. Men need 1.7 milligrams (mg) daily. Women need 1.5 mg daily.
- **Vitamin B12:** You can get vitamin B12 from fortified cereals, meat, fish, poultry, and milk. You need 2.4 micrograms (mcg) daily. Some people over age 50 have trouble absorbing the vitamin B12 found naturally in foods, so make sure you get enough of the supplement form of this vitamin, such as from fortified foods.
- **Folate:** You can get folate from dark-green leafy vegetables like spinach, beans and peas, fruit like oranges and orange juice, and folic acid from fortified flour and fortified cereals. You need 400 mcg daily. Folic acid is the form used to fortify grain products or add to dietary supplements.

Eating well also involves calories, which measure the energy you get from food. Your need for calories depends on your age, your gender, your height and weight, and how active you are. Eating more calories than your body needs for your activity level results in extra pounds, which can increase the risk for diseases like type 2 diabetes, heart disease, and joint problems. If you become less physically active as you age, you will probably need fewer calories to stay at the same weight. Choosing mostly nutrient-dense foods—which have a lot of nutrients but fewer calories—can give you the nutrients you need, but keep down calorie intake.

If you are not getting enough calories or nutrients, you can add healthy snacks during the

day, like raw vegetables with a low-fat dip or hummus, low-fat cheese and whole-grain crackers, or a piece of fruit. Unsalted nuts or nut butters are nutrient-dense snacks that give you added protein. Try putting shredded low-fat cheese on your soup or popcorn, or sprinkling nuts or wheat germ on yogurt or cereal.

To learn more about how to shop for food that's good for you, see: <https://www.nia.nih.gov/health/publication/whats-your-plate/shopping-food-thats-good-you>

If you eat too much of the wrong types of foods, you can put on too much weight. Obesity is a growing problem in the United States. But frailty is also a problem, and not just in thin people. As you get older, you can lose muscle strength, and add more fat tissue. Being overweight puts you more at risk for frailty and disability, but losing weight is not necessarily the answer. Sometimes when older people lose weight, they lose more muscle, which puts them at higher risk for falling, and having a broken bone after a fall. Exercise helps you keep muscle and bone. Also, for some people, a few extra pounds late in life can act as a safety net should they get a serious illness that limits how much they can eat for a while.

For more information about vitamins and minerals, visit <https://www.nia.nih.gov/health/publication/whats-your-plate/vitamins-minerals>

#### Eating Well

Eating well promotes and helps to keep up your energy level. Your food choices also affect your digestion. For instance, not getting enough fiber or fluids may cause constipation. Eating more whole-grain foods with fiber, fruits and vegetables, or drinking more water may help with constipation. Drinking plenty of water every day may help with constipation. You can increase your intake of water by eating vegetables and fruits, which have a high moisture content.

#### Make One Change at a Time

Eating well isn't just a "diet" or "program" that's here today and gone tomorrow. It is part of a healthy lifestyle that you can adopt now and stay with in the years to come.

To eat healthier, you can begin by taking small steps, making one change at a time. For instance, you might:

- Take the salt shaker off your table. Decreasing your salt intake slowly will allow you to adjust.
- Switch to whole-grain bread, seafood, or more vegetables and fruits when you shop.

These changes may be easier than you think. They are possible even if you need help with shopping or cooking, or if you have a limited budget.

#### Checking With Your Doctor

If you have a specific medical condition, be sure to check with your doctor or registered dietitian about foods you should include or avoid.

#### You Can Start Today

Whatever your age, you can start making positive lifestyle changes today. Eating well can help you stay healthy and independent -- and look and feel good -- in the years to come.

## 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**.

**FOOD SHOPPING / SENIOR CENTER BUS**—Our COA bus travels to various grocery stores on **Tuesdays** at **1:00**. The Bus is also 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**.

**DIAL-A-BAT**—Transportation to medical appointments in Abington, Brockton, Bridgewater, East Bridgewater, West Bridgewater, North Easton, 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.

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

**HUMOR CORNER**

Three old ladies are sitting in a diner, chatting about various things. One lady says, "You know, I'm getting really forgetful. This morning, I was standing at the top of the stairs, and I couldn't remember whether I had just come up or was about to go down."

The second lady says, "You think that's bad? The other day, I was sitting on the edge of my bed, and I couldn't remember whether I was going to bed or had just woken up!"

The third lady smiles smugly. "Well, my memory's just as good as it's always been, knock wood." She raps the table. With a startled look on her face, she asks, "Who's there?"

**RABIES CLINIC**

DOGS AND CATS

\$10.00 per Animal

Saturday, April 2, 2016

10:00 A.M.—12:00 NOON

ANIMAL SHELTER

100 ESSEX STREET

(Behind the DPW)



Please bring proof of prior rabies vaccine

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

**PODIATRIST**

Dr. William Chan. Wednesday, April 13th by appointment only. Contact **extension 2** to make an appointment. Upcoming dates: May 11, June 8, July 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:**

April	13	Senior Center	12:30—2:00
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**Thursday:**

April	21	Harvard Court	12:15—1:45
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**Tuesdays** at the Town Hall (VNA Office, Lower Level)

April	5,12,19, 26		1:00—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, April 21st **12:00 to 3:00 only**. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

**HAIR by KATHY****Tuesdays and Thursdays 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!*

**COMPUTER WORKSHOPS**

By Richard Stanton

at the Senior Center on Tuesdays

Appointments are available at 11:00, 12:00 or 1:00

Workshops are 45 minutes long and will have no more than three participants in a session.

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.

**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.

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

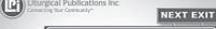
**iTunes for Digital Music / Video:** Use iTunes to retrieve and organize your music. Create your own Cd Or download play-lists to your MP3 player.

**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.

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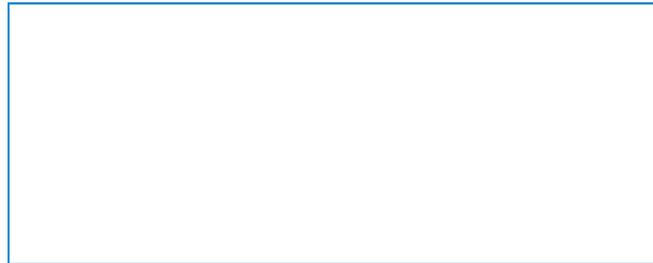
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## DAILY LUNCH

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.***

### 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](http://www.OurSeniorCenter.com)**  
and on the Town of Whitman website  
**[www.whitman-ma.gov](http://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.