

# 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*  
Barbara J. Garvey, *Director*

**APRIL**  
**2017**

Mae Cousineau, *Vice Chairman*  
Jill A. Getchell  
Thomas G. Ford

### 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 ...

#### ***Anyone for Sewing, Quilting, Socializing ?***

We would like to hear from those who might be interested in participating in a sewing and quilting group here at the Senior Center. If there is enough interest, the group would be held on one or two Tuesday evenings a month from 4:00 to 6:00 pm.

I welcome whatever suggestions (including possible volunteer facilitators) you may have to help make this new program a success and I look forward to hearing from you.

*Barbara*

#### **Activities for those with Memory Loss At the Senior Center 9:30 A.M on Wednesday, April 26, 2017**

#### **Given by Susan Sheehan, Executive Director of Windrose at Weymouth**

People with memory loss often need assistance and motivation to partake in activities in their home. Activities can range from daily household chores to crafts and games. Physical activity is also an important component in keeping people alert and engaged. Come find out how you can set up a program at home, for yourself or a loved one to keep physically active and cognitively challenged. We will discuss concrete methods of deciding what to do, and setting up a schedule that you can follow.

Susan Sheehan, Executive Director of Windrose at Weymouth, has been educated and trained in Habilitation Therapy, Alzheimer's Disease Caregiving, and is a Certified Support Group Leader. With 22 years of industry experience, she has participated in Alzheimer's Disease research as well as practiced as a Cognitive Therapist and Alzheimer's Coach. She has developed memory care programs for both skilled nursing and assisted living communities.

Call 781-447-7619 ext. 2 to sign up.

#### **CANCER: The Mind Body Component and the Impact of Psychosocial Support at the Senior Center Friday, April 28th at 10:00**

#### **Presentation by Kathleen Armany RN, BC-HN, Program Director of The Cancer Support Community/ Massachusetts, South Shore**

The medical community is increasingly aware of how the mind and body work together in our overall health and recovery from illness. Being diagnosed with cancer does not just have an effect on your body: it affects the whole of an individual with an impact on your thoughts, feelings, beliefs and attitudes. Making the mind-body connection can have a significant difference in your quality of life and may affect your body's response treatment. Come and learn how the "patient active" concept and the value of a supportive community can ease the distress of a cancer diagnosis.

Questions and answers will follow.

This program is being offered by the Whitman Board of Health and Norwell VNA and Hospice.

Registration is required.  
Call 781-447-7619 ext. 2 to sign up.

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**Save the date:  
MAY 24th at 9:00- Tick Borne Illness and Mosquitoes**

#### **Daily Scan-In**

The COA would like to remind all who attend COA programs, services, activities, or 'morning coffee hour' at the Senior Center to use their scan card to sign in. If you need a scan card, just let us know. This program helps us track usage and the statistics help us to secure funding through the state and with obtaining grants. Thanks for your cooperation!

**Motorcoach Tours Presents:**

**Boston Duck Tour**  
**Wednesday, May 10th**  
**\$97.00**

This trip will include a Duck tour of Boston, lunch at Maggiano's Restaurant, and also time for shopping at the Prudential Center before heading home. Don't miss Eataly, the new Italian marketplace in the Prudential Center.

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

**THE ROAD TO ICELAND**

**Travel Presentation by Ed and Cindy Esposito**  
**At the Senior Center**  
**Friday, April 21st at 10:00 A.M.**

We welcome back Ed and Cindy Esposito who will present another exciting visual and sound presentation with beautiful photographs of Iceland, an Island republic in the north Atlantic Ocean, 60 miles south of the Arctic Circle. There's beauty and majesty at every turn. The photographs in this presentation were taken during a 9-day, 1,300 mile journey on Iceland's Ring Road, which runs along the coast of the island connecting most of the inhabited parts of the country.

This presentation includes giant glaciers, floating icebergs, wild horses, mountainous volcanos, and a several beautiful waterfalls. Learn interesting and fun facts about one of the most beautiful and unique countries in Europe.

Ed and Cindy Esposito took all the photographs and created the multimedia slideshow. Ed and Cindy are prize-winning, semi-professional photographers selling their work directly to individuals and through stock agencies. Ed is a former president of the Duxbury Camera Club, and both Ed and Cindy are active members of the South Shore Camera Club and Boston Camera Club. Their photographic interests are primarily in landscape, nature and travel photography.

Please call **extension 2** to sign up and reserve your seat

**CHOWDER SUPPER**

**Tuesday, April 18th**  
**5:30 P.M.**  
**At the Senior Center**



Tired of cooking? Join us for a bowl of clam chowder, dessert and some after-winter socialization. Come alone or bring a friend. All are welcome.

Tickets are \$5.00 and will be available at the Senior Center beginning April 3rd.

Space is limited so get your ticket early.

**1:00 P.M. Thursday, April 6th**  
**Boston Red Sox Game vs. Pittsburgh Pirates**  
**on the big screen T.V. (Game time 1:35)**



The boys of summer are back and ready to play. Who isn't ready for some baseball after a long winter? Join us for a fun afternoon of rooting on the Red Sox. Popcorn and Root Beer will be provided. Hot dogs will be available for \$2.00 each.

Call us at extension 2 to sign up, and let us know at that time if you will want to order any hot dogs.

**COMPUTER WORKSHOPS**

By Richard Stanton

**at the Senior Center on Tuesdays**

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

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.

**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 12th  
12:30 at the Senior Center**

Cost is \$2.00 per class to help offset supplies expense.  
Reservations are required.

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



**BOOK BUZZ ..... At the Senior Center  
Friday, April 14th at 10:00**

Join a representative from the Whitman Public Library on the 2nd Friday of the month at the Senior Center to chat about books and authors. Come hear about what new books and movies are available, talk about what you are currently reading, hear about other library programs and services, or get suggestions on what to read next!

Please call **extension 2** to sign up and reserve your seat.

**Visit with Abner  
The Pet Therapy Dog  
Monday, April 10th**

10:30 a.m. at the Senior Center



Abner is guaranteed to put a smile on your face!

**Fun and Games  
LEFT, CENTER, RIGHT  
Friday, April 14th at 10:30 A.M.  
and  
Tuesday, April 25th at 12:30 P.M.**

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Sign up at extension 2.

**Weekly Activities**

**ART GROUP**– Tuesdays at 9:00

**BINGO**—Mondays at 1:00 pm

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

**CHESS**- Wednesdays at 2:00

**KNITTING GROUP**– Tuesdays at 1:00

**MAH JONGG**—Wednesdays at 1:00 pm

**Movie of the Month**

At the Senior Center  
**“PATRIOT’S DAY ”**  
Thursday, April 27th  
1:00 P.M.

In 2013, the Boston Marathon erupted into chaos when a bomb exploded along the course. This is the story of what happened that day and how the FBI, local police, state police and local first responders worked together to track, identify and apprehend the suspected bombers.

Starring: Mark Wahlberg, Kevin Bacon  
Run Time: 2 hours, 10 minutes, Rated R for violence, realistically graphic images, language throughout and some drug use.

**Call extension 2 to reserve your seat.  
Space is limited to 12 attendees.  
Sign ups begin on April 3rd.**

**COA Bus Trip**



**Cahoon Museum of American Art in Cotuit and  
Mashpee Commons Shopping Center**

Thursday, April 20th

Leaves the Senior Center at 9:00

Trip is \$10.00 for transportation, \$8.00 Museum Admission

The Cahoon Museum of American Art is located at the former home and studio of the Cape Cod folk artists, Ralph and Martha Cahoon. Now an expanded facility dedicated to a broad range of American art, the Museum continues to celebrate the legacy of the Cahoons by displaying a selection of their art and preserving the historic building that was their home and studio.

After the museum, there will be time for lunch or shopping at Mashpee Commons.

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

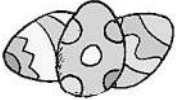

**FOOD SHOPPING—Tuesdays at 12:30**  
(see page 5 for more details)

- 4/4– SHAW'S in HANSON**
- 4/11– STOP AND SHOP in WHITMAN**
- 4/18– SHAW'S in BROCKTON**
- 4/25– STOP AND SHOP in WHITMAN**



Reminder: 4 bag limit please

**APRIL 2017**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p style="text-align: right;"><b>3</b></p> <p>8:00 Wii Bowling 11:30 Lunch-Hot Dog 1:00 Bingo</p> <p><b>9:00 AROUND TOWN</b> Reserve by 4:00 Thursday at ext. 2</p>	<p style="text-align: right;"><b>4</b></p> <p>9:00 Art Group 9:00 Hairdresser by Appt 10:00 Computer Workshops 11:30 Lunch- Orange Dijon Chicken 1:00 Knitting/Crocheting</p> <p>8:30-12:00 Transportation to and from Senior Center <b>12:30 FOOD SHOPPING -ext. 2</b></p>	<p style="text-align: right;"><b>5</b></p> <p>11:30 Lunch-Baked Salmon 1:00 Mah Jongg <b>2:00 Chess</b> 6:00 Scrapbooking</p> <p><b>9:00 WALMART in Plymouth, Woods Restaurant</b> Sign up at ext. 1</p>	<p style="text-align: right;"><b>6</b></p> <p>11:30 Lunch— Chicken Salad on Lettuce Bed</p> <p><b>1:00 RED SOX BASEBALL</b> (See pg. 2 for details) Sign up at ext. 2</p> <p><b>9:00 PATRIOT PLACE/ Christmas Tree-Foxboro, Olive Garden Restaurant</b> Sign up at ext. 1</p>	<p style="text-align: right;"><b>7</b></p> <p>11:30 Lunch—Omelette w/ Broccoli and Provolone Cheese</p>
<p style="text-align: right;"><b>10</b></p> <p>8:00 Wii Bowling 11:30 Lunch-Swedish Meatballs over Egg Noodles 1:00 Bingo</p> <p><b>10:30 VISIT WITH ABNER</b></p> <p><b>9:00 AROUND TOWN</b> Reserve by 4:00 Thursday at ext. 2</p>	<p style="text-align: right;"><b>11</b></p> <p>9:00 Art Group 9:00 Hairdresser by Appt 10:00 Computer Workshops 11:30 Lunch— Chicken Parmesan w/ Penne Pasta 1:00 Knitting/Crocheting</p> <p>8:30-12:00 Transportation to and from Senior Center <b>12:30 FOOD SHOPPING -ext. 2</b></p>	<p style="text-align: right;"><b>12</b></p> <p>8:20 Podiatrist by Appt 11:30 Lunch—Tuna Salad 12:30-1:30 Wellness Clinic 1:00 Mah Jongg <b>2:00 Chess</b></p> <p><b>12:30 CRAFTS WITH DENISE</b> Sign up at ext. 2</p> <p><b>9:00 DERBY STREET SHOPS in Hingham</b> Sign up at ext. 1</p>	<p style="text-align: right;"><b>13</b></p> <p>11:30 Lunch— Pot Roast w/Gravy</p> <p><b>9:30 CASTLE ISLAND</b> Sign up at ext. 1</p>	<p style="text-align: right;"><b>14</b></p> <p>11:30 Lunch—Fish Sticks</p> <p><b>10:00 BOOK BUZZ</b> Sign up at ext. 2</p> <p><b>10:30 LEFT, CENTER, RIGHT</b> Sign up at ext. 2</p>
<p style="text-align: right;"><b>17</b></p> <p style="text-align: center;"><b>PATRIOTS DAY</b></p> <p style="text-align: center;"><b>SENIOR CENTER CLOSED</b></p>	<p style="text-align: right;"><b>18</b></p> <p>9:00 Art Group 9:00 Hairdresser by Appt 10:00 Computer Workshops 11:30 Lunch-Cheeseburger Mac and Cheese 1:00 Knitting/Crocheting <b>1:00 Hearing Check by Appt.</b></p> <p>8:30-12:00 Transportation to and from Senior Center <b>12:30 FOOD SHOPPING -ext. 2</b></p> <p><b>5:30 CHOWDER SUPPER</b> (pg. 2)</p>	<p style="text-align: right;"><b>19</b></p> <p>11:30 Lunch—Lemon Pepper Chicken 1:00 Mah Jongg <b>2:00 Chess</b></p> <p><b>9:00 AROUND TOWN</b> Reserve by 1:00 Friday at ext. 2</p>	<p style="text-align: right;"><b>20</b></p> <p>11:30 Lunch—Catch of the Day 12:30-1:30 Wellness Clinic at Harvard Ct</p> <p><b>BROWN BAG PICKUP</b> Pickup at the Senior Center <u>between 11:00 and 2:00 only</u></p> <p><b>9:00 CAHOON MUSEUM OF AMERICAN ART in COTUIT and MASHPEE COMMONS SHOPPING CENTER</b> Sign up at ext. 1</p>	<p style="text-align: right;"><b>21</b></p> <p>11:30 Lunch—Whole Grain Stuffed Shells w/ Meat Sauce</p> <p><b>10:00 THE ROAD TO ICELAND</b> Sign up at ext. 2</p>
<p style="text-align: right;"><b>24</b></p> <p>8:00 Wii Bowling 11:30 Lunch-Sausage Patty, Pancakes 1:00 Bingo</p> <p><b>9:00 AROUND TOWN</b> Reserve by 4:00 Thursday at ext. 2</p>	<p style="text-align: right;"><b>25</b></p> <p>9:00 Art Group 9:00 Hairdresser by Appt 10:00 Computer Workshops 11:30 Lunch— Chicken Scallopini <b>12:00 Atty Whitney by Appt</b> 1:00 Knitting/Crocheting</p> <p><b>12:30 LEFT, CENTER, RIGHT</b> Sign up at ext. 2</p> <p>8:30-12:00 Transportation to and from Senior Center <b>12:30 FOOD SHOPPING -ext. 2</b></p>	<p style="text-align: right;"><b>26</b></p> <p>11:30 Lunch—Egg Salad on Lettuce Bed 1:00 Mah Jongg <b>2:00 Chess</b></p> <p><b>9:30 ACTIVITIES AT HOME FOR THOSE WITH MEMORY LOSS</b> (see pg. 1) Sign up at ext. 2</p> <p><b>FOXWOODS CASINO</b> Pickup 7:30 K of C; 7:45 Home Return Home 7:00 pm Sign up at ext. 1</p>	<p style="text-align: right;"><b>27</b></p> <p>11:30 Lunch-Unstuffed Pepper Casserole</p> <p><b>1:00 MOVIE at the SENIOR CENTER (See Page 3)</b> Sign ups begin April 3—ext. 2</p> <p><b>9:30 WESTGATE MALL and Market Basket in Brockton</b> Sign up at ext. 1</p>	<p style="text-align: right;"><b>28</b></p> <p>11:30 Lunch— Roast Turkey w/ Gravy</p> <p><b>10:00 CANCER: THE MIND / BODY COMPONENT AND THE IMPACT OF PSYCHOSOCIAL SUPPORT</b> (see pg. 1) Sign up at ext. 2</p>
		<p style="text-align: center;"><b>TRIP SIGN UPS BEGIN on Wednesday, March 29th at 8:00 AM</b></p>		

Eldercare Q & A from OLD COLONY ELDER SERVICES  
**Q. Are Elders at greater risk of housing improvement scams?**

**Yes.** Older adults are targeted because they often own a home outright, and have good credit. They are considered less likely to report a scam, may feel ashamed to file a report, or are unsure of how to file a report on a scam artist.

Here is a typical scam: A contractor tells an elder her entire roof needs replacing, and gives her a cost estimate that includes a "senior discount." He promises to arrange for the financing. He then removes most of the roof, and gives the elder a contract at a much higher cost, saying that the damage is much more extensive than originally expected. The homeowner is afraid that if she does not sign the contract, the contractor will abandon the project, and the loan company will put a lien on her house. The repairs are so shoddy that the roof leaks. The elder stops making loan payments, and the loan company serves her with foreclosure papers to scare her into payment.

Home improvement scams can jeopardize your independence by costing you thousands of dollars, reducing your home equity, or even leaving you without a safe place to live. Scam artists sometimes pose as building inspectors or other officials, and use high-pressure tactics to demand immediate repairs to a roof, sidewalk, or driveway. They charge inflated prices and deliver sub-standard work.

Scam artists often go door-to-door saying they are working on other homes in the neighborhood. They pressure the homeowner for an immediate decision, and say they only accept cash, and want the full amount up front or they often say they have a lender they work with who will loan you the money. They usually have no license to work in Massachusetts.

To protect yourself from scams, before you hire any home contractor, the National Association of Area Agencies on Aging recommends that you be sure to:

- Ask the contractor for local references of homeowners they have worked with.
- Obtain a written estimate from more than one contractor, and do not assume the lowest bidder will do the best work.
- Ask for a written contract, and pay by check or credit card---never cash.
- Research financing, if needed, through a local bank or a credit union you trust.
- Limit your down payment, and pay the balance after satisfactory completion of the work. Before you make the final payment, make sure you have inspected the work, and compared it to what your contract said would be done. If you have a problem with the work performed that was charged to your credit card, you can ask your credit card company to withhold payment until the problem is corrected.

The Massachusetts Office of Consumer Affairs and Business Regulation requires home improvement contractors who work on detached one and two family homes to be registered. You can search a registry online by the company name to make sure you are using a registered contractor. <https://services.oca.state.ma.us/hic/licenseelist.aspx>

To file a complaint about a housing contractor, call the Massachusetts Office of Consumer Affairs at 617-973-8700. FAX: (617) 973-8799 or go to:

Office of Consumer Affairs and Business Regulation (OCABR)

## 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 1:00 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.**

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

Friday, April 14th at 1:00 PM at Harvard Court  
There will be a meeting and a penny sale to follow.  
If anyone has questions, please call  
Roberta at 781-261-3930

**BROCKTON AREA CENTER FOR THE BLIND**

The Brockton Area Center for the Blind invites all legally blind adults and their drivers to a Free Luncheon at The Boston Tavern in Middleboro, at 12:00 on May 11<sup>th</sup>. Since the restaurant needs a count in advance, please call Helen at 781-447-1185 or Claire at 781-885-1075 for information on choice of meals. There are always three choices offered that include salad, entrée, dessert, and beverage.

**State Representative Geoffrey Diehl Office Hours**

State Representative Geoff Diehl is here at the Senior Center every other month on the third Tuesday at 9:00 a.m.  
No appointment is necessary.  
Upcoming dates are: May 16, July 18

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

**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 25th 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 18th by appointment. Contact **extension 2** to make an appointment. *You should hear what you're missing.*

**PODIATRIST**

Dr. William Chan. Wednesday, April 12th by appointment only.  
Contact **extension 2** to make an appointment.  
Upcoming dates: May 10, June 14, July 12



**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 12 Senior Center 12:30—1:30

**Thursday:**

April 20 Harvard Court 12:30—1:30

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

April 4, 11, 18, 25 1:00—2:30

**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 20th, **11:00 to 2:00 only**. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

**HAIR by KATHY**

**Tuesdays by Appointment**

Contact **extension 2** to make an appointment

Shampoo and Set	\$12.00
Shampoo, Cut, and Set	\$14.00
Wet Cut	\$12.00
Blow Dry w/ Cut	\$14.00
Perm, Cut & Style	\$45.00
Color*, Cut	\$35.00
Color*, No Cut	\$30.00
(*client brings in color)	
Haircuts for Men	\$ 8.00

Visit the **HARVARD COURT FAYRE**

located in the Gazebo Room of Harvard Court Housing Complex.

The shop is open:

*Mondays, Wednesdays, Thursdays 1 to 4 pm;*

*Great deals on handmade items, new and gently used household items, clothing, knick knacks and much, much more.*

*Stop by to see what's available!*

## Blanchard Funeral Chapel

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*our*  
**SENIOR CENTER**  
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Whitman Council on Aging, Whitman, MA 06-5206

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**Whitman Council On Aging**  
**16 Hayden Avenue**  
**Whitman, MA 02382**

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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.



Here is what some are saying:

*65 year old Adrian says "If you don't like to do extra kitchen duties, lunch at the Senior Center is your answer. Lunch is always tasty, served piping hot and always well balanced. Personally I don't understand why more seniors don't take advantage of this program."*

**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.