

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*

MAY
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 ...

Do you have difficulty reading or holding books and newspapers?

The Talking Information Center Network (TIC) is a radio reading service (operating from a radio station in Marshfield) that provides around the clock programming for the blind, visually impaired or otherwise disabled. Tune in to volunteers as they read state and local newspapers, magazines, periodicals and other information about state programs and events.

HOW TO LISTEN:

- Call TIC at 781-834-4400 to order a radio receiver
- Listen by telephone: call 712-832-7025
- Listen via website: www.ticnetwork.org
- Download a free app on your phone.

For more information including program schedules, go to www.ticnetwork.org or call 781-834-4400.

Barbara

Tick-borne Illness and Mosquito Related Viruses at the Senior Center Wednesday, May 24th at 9:00 A.M.

This program will address prevention, signs and symptoms of Lyme Disease and mosquito related viruses. It will also cover measures to take if you have been bitten by a tick as well as personal protection measures.

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.

Pizza Party
At the Senior Center
Tuesday, May 16th at 5:00 P.M.



Join us for a pizza party at the Center.
Pizza choices are: cheese, pepper and onion, or pepperoni.
A great way to meet new people or visit with old friends.

Cost is \$4.00 which includes pizza, soda and dessert. Stop by the Center and see **Patty or Elaine** to place your order and buy your ticket **beginning May 1st.**

Tickets are limited to 30, so get yours early.

We'll be playing Left, Center, Right at 5:30 so stay and get in on the fun!

Puttin' on the Ritz Senior Dance
Sponsored by Plymouth Networking Group for Senior Services
Thursday, May 11th
Plymouth Council on Aging

44 Nook Road, Plymouth
1:00 p.m. to 4:00 p.m.

Live Jazz Band! Dancing! Refreshments!
Free Raffles!

We have 15 free tickets available.
Get your tickets at the Senior Center beginning May 1st,
on a first come, first served basis.

Transportation to the event will be available if needed.

SENIOR CITIZEN COMMUNITY SERVICE PROPERTY TAX VOUCHER PROGRAM
(Applications accepted June 1 through June 30 only)

Purpose: The Senior Tax Program is a program allowing the Town of Whitman the opportunity to utilize the knowledge and skills of its senior residents in exchange for credit toward the resident's property tax bill. The purpose of this program is to enhance municipal services and alleviate senior residents' tax burden. A qualified resident will be credited at a rate of \$8.00 per hour toward a maximum abatement of \$800.00 per household during the fiscal year.

Eligibility requirements include:

1. Year-round Whitman resident for at least 5 years who is age 60 or over; and
2. Pays real estate taxes to the Town of Whitman; and
3. Is the only name on the deed to the property (other than a spouse). If you have the name of anyone other than a spouse on the deed, you do not qualify.
4. Can produce a copy of current real estate tax bill.
5. Commitment of 100 hours per fiscal year is required (July 1, 2017 through June 30, 2018). Credit will be granted towards the real estate tax bill issued in January 2019 provided you are still the homeowner of record.

Job Development: The Whitman Senior Tax Program is a jobs program. Qualified seniors will be hired to work for town departments, including the schools. The Council on Aging will work with the departments and applicants to develop specific jobs, conduct interviews, and place qualified people. Each department will be contacted and asked to review their service procedures and requirements to determine whether they may benefit from the assistance of a senior resident.

Job Placement /Selection: Applicants will be referred to departments based on their skills and the needs of the departments. Jobs will be offered based on qualifications and availability.

Earnings: \$8.00 per hour credit for all jobs, (less Medicare contribution and Mandatory Deferred Compensation withholding of 7.5%.) Those currently contributing to the Plymouth County Retirement Association through other employment and retirees receiving a pension from the Plymouth County Retirement Association are not subject to the Mandatory Deferred Compensation withholding. Earnings will be credited to the real estate tax bill issued in January 2019.

Application Procedure: Includes an intake interview to determine eligibility, an application form, a job interview with COA Director, a referral by COA Director to the department, and a job interview with the department head. Additionally, applicants will be required to pass a CORI (Criminal Offender Record Information) check per requirement of the Office of Elder Affairs.

For more information and to get an application please call Linda Kelly at the Senior Center 781-447-7619 ext. 1 **on or after June 1st.**

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, May 17th
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.

THE POWER OF ESSENTIAL OILS

Presented by Sylvia Bubbins, Wellness Advocate
 At the Senior Center
 Friday, May 26th at 10:00 A.M

Did you know that using essential oils is a natural way to:

- Elevate your mood
- Assist in pain relief
- Support the immune system
- Offset mental fatigue
- Reduce stress, anxiety and tension

Please join us to learn how essential oils can play an important role in supporting a healthy and joyful lifestyle.

Call extension 2 to reserve your seat.

Visit with Abner
The Pet Therapy Dog
Monday, May 8th

10:30 a.m. at the Senior Center
 Abner is guaranteed to put a smile on your face!



Fun and Games

LEFT, CENTER, RIGHT
 Tuesday, May 9th at 12:30 P.M.
 and

Wednesday, May 24th at 12:30 P.M.

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**NEW ~ ~ ~ NEW ~ ~ ~ NEW ~ ~ ~ NEW**  
**POKER**

Wednesday, May 17th at 9:00 A.M.  
**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  
**Wii BOWLING**—Mondays at 8:00 am

**COA Bus Trip**  
**Cape Cod Thrift and Consignment Stores**

Thursday, May 18th  
 Leaves the Senior Center at 9:00  
 Trip is \$9.00 for transportation

Terry Seer will be leading the group to various thrift and consignment shops in the Bourne and Sandwich area. There will be a stop for lunch at the Marshland Restaurant in Sandwich.  
 Happy Bargain Hunting!

**Call Linda at extension 1 for a reservation.**

**The Travelers Present:**

**Boston Duck Boat Tour**

Wednesday, May 10th  
 \$99.00

**Leaves the V.F.W. at 9:00 A.M.**

This trip will include a Duck Boat tour of Boston, lunch at Maggiano's Restaurant, and also time for shopping at the Prudential Center before heading home.

**Newburyport Harbor Cruise**

Thursday, June 15th  
 \$116.00

**Leaves the V.F.W. at 7:45 A.M.**

Enjoy a 90 minute tour of Newburyport Harbor aboard the "Yankee Clipper". Afterwards enjoy a delicious lunch at Danversport Yacht Club. There will be time to visit the shops in downtown Newburyport before returning home.

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

**Movie of the Month**


At the Senior Center  
**"JACKIE"**

Thursday, May 25th  
 1:00 P.M.

Jacqueline Kennedy was just 34 when her husband was elected President. Elegant, stylish, and inscrutable, she instantly became a global icon and a fashion leader. Then on November 22, 1963, John F. Kennedy is assassinated, and her world is shattered. Jackie quickly realizes that the next seven days will determine how history will define her husband's legacy— and how she herself will be remembered.

Starring: Natalie Portman, Peter Sarsgaard  
 Run Time: 1 hours, 40 minutes, Rated R for brief strong violence and some language  
**Call extension 2 to reserve your seat.**  
**Space is limited to 12 attendees.**

**MAY 2017**

| Monday                                                                                                                                                                                               | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                         | Wednesday                                                                                                                                                                                                                                                                                                                    | Thursday                                                                                                                                                                                                                                                                                                                                        | Friday                                                                                                                                       |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1</p> <p>8:00 Wii Bowling<br/>11:30 Lunch-Chicken Marsala<br/>1:00 Bingo</p> <p>9:00 <b>AROUND TOWN</b><br/>Reserve by 4:00 Thursday at ext. 2</p>                                                | <p>2</p> <p>9:00 Art Group<br/>9:00 Hairdresser by Appt<br/>10:00 Computer Workshops<br/>11:30 Lunch- Catch of the Day w/ Newburg Sauce<br/>1:00 Knitting/Crocheting</p> <p>8:30 -12:00 Transportation to and from Senior Center<br/>12:30 <b>FOOD SHOPPING -ext. 2</b></p>                                                                                                                                     | <p>3</p> <p>11:30 Lunch- Whole Grain Lasagna Rolls w/Meat Sauce<br/>1:00 Mah Jongg<br/>2:00 <b>Chess</b><br/>6:00 Scrapbooking</p> <p>9:30 <b>OCEAN STATE JOB LOT and Butterfields Restaurant - Rockland/Target-Abington</b><br/>Sign up at ext. 1</p>                                                                       | <p>4</p> <p>11:30 Lunch- Chef's Salad w/ Turkey &amp; Egg</p> <p>9:00 <b>WALMART in RAYNHAM &amp; IHOP, CHINESE BUFFET or PANERA</b><br/>Sign up at ext. 1</p>                                                                                                                                                                                  | <p>5</p> <p>11:30 Lunch-Roast Pork Loin w/ Pineapple Raisin Sauce<br/>1:00 Bingo</p>                                                         |
| <p>8</p> <p>8:00 Wii Bowling<br/>11:30 Lunch-Meatballs w/ Marina Sauce<br/>1:00 Bingo</p> <p>10:30 <b>VISIT WITH ABNER</b></p> <p>9:00 <b>AROUND TOWN</b><br/>Reserve by 4:00 Thursday at ext. 2</p> | <p>9</p> <p>9:00 Art Group<br/>9:00 Hairdresser by Appt<br/>10:00 Computer Workshops<br/>11:30 Lunch- Spanish Chicken<br/>1:00 Knitting/Crocheting</p> <p>12:30 <b>LEFT, CENTER, RIGHT</b><br/>Sign up at ext. 2</p> <p>8:30 -12:00 Transportation to and from Senior Center<br/>12:30 <b>FOOD SHOPPING -ext. 2</b></p>                                                                                         | <p>10</p> <p>8:20 <b>Podiatrist by Appt</b><br/>11:30 Lunch-California Turkey Salad<br/>12:30-1:30 Wellness Clinic<br/>1:00 Mah Jongg<br/>2:00 <b>Chess</b></p> <p>9:00 <b>HANOVER MALL</b><br/>Sign up at ext. 1</p>                                                                                                        | <p>11</p> <p>11:30 Lunch- Meatloaf w/ Gravy</p> <p><b>PUTTIN' ON THE RITZ SENIOR DANCE</b> (see page 1)</p> <p><b>TWIN RIVER CASINO</b><br/>Pickup 8:00 K of C; 8:15 Home<br/>Return Home 4:00<br/>Sign up at ext. 1</p>                                                                                                                        | <p>12</p> <p>11:30 Lunch-Salmon w/ Mango Salsa</p> <p>10:00 <b>BOOK BUZZ</b><br/>Sign up at ext. 2</p>                                       |
| <p>15</p> <p>8:00 Wii Bowling<br/>11:30 Lunch-Shepherd's Pie<br/>1:00 Bingo</p> <p>9:00 <b>AROUND TOWN</b><br/>Reserve by 4:00 Thursday at ext. 2</p>                                                | <p>16</p> <p>9:00 Art Group<br/>9:00 Hairdresser by Appt<br/>9:00 <b>State Rep Geoff Diehl</b><br/>10:00 Computer Workshops<br/>11:30 Lunch-Tuna Salad<br/>1:00 Knitting/Crocheting<br/>1:00 <b>Hearing Check by Appt.</b></p> <p>8:30 -12:00 Transportation to and from Senior Center<br/>12:30 <b>FOOD SHOPPING -ext. 2</b></p> <p>5:00 <b>PIZZA PARTY</b> (see pg.1)<br/>5:30 <b>LEFT, CENTER, RIGHT</b></p> | <p>17</p> <p>11:30 Lunch- Chicken, Broccoli &amp; Penne Alfredo<br/>1:00 Mah Jongg<br/>2:00 <b>Chess</b></p> <p>12:30 <b>CRAFTS WITH DENISE</b><br/>Sign up at ext. 2</p> <p>9:00 <b>POKER</b><br/>Sign up at ext. 2</p> <p>9:00 <b>GOOD DAYS RESTAURANT and MARKET BASKET</b> in West Bridgewater<br/>Sign up at ext. 1</p> | <p>18</p> <p>11:30 Lunch-Cheese Frittata w/ Red Peppers and Mushrooms<br/>12:30-1:30 Wellness Clinic at Harvard Ct</p> <p><b>BROWN BAG PICKUP</b><br/>Pickup at the Senior Center <u>between 11:00 and 2:00 only</u></p> <p>9:00 <b>CAPE COD THRIFT &amp; CONSIGNMENT STORES</b> and Marshland Restaurant in Sandwich<br/>Sign up at ext. 1</p> | <p>19</p> <p>11:30 Lunch-Beef LoMein</p> <p><b>HAPPY MAY BIRTHDAYS</b> (see page 6)</p>                                                      |
| <p>22</p> <p>8:00 Wii Bowling<br/>11:30 Lunch-Macaroni &amp; Cheese<br/>1:00 Bingo</p> <p>9:00 <b>AROUND TOWN</b><br/>Reserve by 4:00 Thursday at ext. 2</p>                                         | <p>23</p> <p>9:00 Art Group<br/>9:00 Hairdresser by Appt<br/>10:00 Computer Workshops<br/>11:30 Lunch- Potato Crunch Fish<br/>12:00 <b>Atty Whitney by Appt</b><br/>1:00 Knitting/Crocheting</p> <p>8:30 -12:00 Transportation to and from Senior Center<br/>12:30 <b>FOOD SHOPPING -ext. 2</b></p>                                                                                                             | <p>24</p> <p>11:30 Lunch-Egg Salad<br/>1:00 Mah Jongg<br/>2:00 <b>Chess</b></p> <p>9:00 <b>TICK-BORNE ILLNESS Presentation by NVNA</b></p> <p>12:30 <b>LEFT, CENTER, RIGHT</b><br/>Sign up at ext. 2</p> <p>9:30 <b>CASTLE ISLAND</b><br/>Sign up at ext. 1</p>                                                              | <p>25</p> <p>11:30 Lunch- Italian Pot Roast</p> <p>1:00 <b>MOVIE at the SENIOR CENTER</b> (See Page 3)<br/>Sign ups begin May 1-ext. 2</p> <p>9:00 <b>UNIVERSITY STATION - Westwood / "99" Restaurant in Canton</b><br/>Sign up at ext. 1</p>                                                                                                   | <p>26</p> <p>11:30 Lunch- Chicken Parmesan</p> <p>10:00 <b>THE POWER OF ESSENTIAL OILS Presentation</b> (see pg 3)<br/>Sign up at ext. 2</p> |
| <p>29</p> <p><b>MEMORIAL DAY</b><br/><br/><b>SENIOR CENTER CLOSED</b></p>                                         | <p>30</p> <p>9:00 Art Group<br/>9:00 Hairdresser by Appt<br/>10:00 Computer Workshops<br/>11:30 Lunch- Chicken Cacciatore<br/>1:00 Knitting/Crocheting</p> <p>8:30 -12:00 Transportation to and from Senior Center<br/>12:30 <b>FOOD SHOPPING -ext. 2</b></p>                                                                                                                                                   | <p>31</p> <p>11:30 Lunch- Cheeseburger<br/>1:00 Mah Jongg<br/>2:00 <b>Chess</b></p> <p>9:00 <b>AROUND TOWN</b><br/>Reserve by 1:00 Friday at ext. 2</p>                                                                                                                                                                      | <p>June 1</p> <p>11:30 Lunch-</p> <p>9:00 <b>BOSTON NORTH END</b><br/>Sign up at ext. 1</p>                                                                                                                                                                                                                                                     |                                                                                                                                              |

**TRIP SIGN UPS BEGIN on Wednesday, April 26th at 8:00 AM**

Eldercare Q & A from OLD COLONY ELDER SERVICES  
**Q. As I get older, does it really matter to stay physically active?**

**Absolutely.** Regular physical activity and exercise are important to the physical and mental health of almost everyone, including older adults. There are many benefits from physical activity including:

- Maintains and improves your physical strength and fitness.
- Improves your ability to do the everyday things you want to do.
- Improves your balance.
- Manages and improves diseases like diabetes, heart disease, and osteoporosis.
- Reduces feelings of depression and may improve mood and overall well-being.
- Helps you fall asleep faster and deepen your sleep but don't exercise too close to bedtime.

If you feel out of shape, but want to remain physically active, the key to success, according to the National Institute on Aging, is to build up slowly from your current fitness level. Health experts suggest that you consult your doctor before you start any new exercise program.

Start by determining your fitness level. Begin by asking these questions:

- How much time do you spend sitting?
- How much time and how often are you active?  
When you are active, what kinds of activities are you doing?

Here are 5 ways you can test your own fitness:

- Measure your endurance by picking a fixed course. Once around the block or from one end of the mall to the other. Time how long it takes you to walk it.
- Test your upper-body strength by how many arm curls you can do safely in 2 minutes.
- Test your lower-body strength by how many times you can stand from a seated position safely in 2 minutes. If you are unsteady, have someone there with you.
- Test your balance by how long you can safely stand on one foot. (Stand next to something sturdy that you can hold onto if you lose your balance).
- Test your flexibility by sitting toward the front of a sturdy chair, and stretching one leg straight out in front of you with your heel on the floor and your toes pointing up. Bend the other leg and place your foot flat on the floor. Slowly bend from your hips and reach as far as you can toward the toes of your outstretched foot. How far can you reach before you feel a stretch?

Write down your results. If these exercises were hard to do, just do what is comfortable and slowly build up. If they were easy, you know your level of fitness is higher. Now you can be more ambitious and challenge yourself. You can do these simple fitness tests once a month, and measure your progress at each session.

If you feel any pain or dizziness while exercising, stop. Muscle soreness lasting a few days and slight fatigue are normal after doing muscle-building exercises, at least at first. After doing these exercises for a few weeks, you will probably not be sore after your workout. For some exercises, you may want to start alternating arms and work your way up to using both arms at the same time. Breathe out as you lift or push, and breathe in as you relax. Don't hold your breath during strength exercises. Holding your breath while straining can cause changes in blood pressure. Breathe in slowly through your nose and breathe out slowly through your mouth. Talk with your doctor if you are unsure about doing a particular exercise, especially if you have had hip or back surgery.

Some exercises for older adults, or those who are sedentary, include: brisk walking, stationary bike riding, low impact aerobics, swimming, and water aerobics. Safety during exercises is always important. Walk during the day or in well-lit areas at night, and be aware of your surroundings. Try not to walk alone or in secluded areas. To prevent injuries, be sure to use safe equipment. If you are exercising outdoors, dress in layers so you can add or remove clothes if you get cold or hot. Drink plenty of liquids when doing any activity that makes you sweat. Before and after you exercise, do a little light activity to warm up and cool down.

Each year, more than 2 million older Americans go to the emergency room because of fall-related injuries. You can learn exercises that will improve your balance and make you steadier on your feet. You can see pictures and short videos of any of these exercises, plus get more fitness tips by going to the National Institute On Aging website: <https://go4life.nia.nih.gov/exercises>. **Go4Life** is an exercise and physical activity campaign from the National Institute on Aging that is designed to help you fit exercise and physical activity into your daily life.

<http://www.healthline.com/health/fitness-exercise-for-seniors>

## 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.**

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

5/2- SHAW'S in BROCKTON  
5/9- STOP AND SHOP in WHITMAN  
5/16- SHAW'S in BROCKTON  
5/23- STOP AND SHOP in WHITMAN  
5/30- SHAW'S in BROCKTON  
Reminder: 4 bag limit please



**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:**

May 10 Senior Center 12:30—1:30

**Thursday:**

May 18 Harvard Court 12:30—1:30

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

May 2, 9, 16, 23, 30 1:00—2:30



**HAPPY BIRTHDAY**

If you were born in May we'd like to help you celebrate by treating you to a free lunch and a small gift at the Senior Center on Friday, May 19th.

Lunch will be Beef Lo Mein w/ Snap Peas & Carrots  
Please call **Fran** at **extension 4** to reserve no later than Wednesday, May 10th.

Lunch is served at 11:30 and you are welcome to bring a guest.

The lunch cost for a guest is \$2.50

**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, May 18th, **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**  
**MONTHLY MEETING OF THE FRIENDS**  
**Friday, May 12th at 1:00 PM at Harvard Court**

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


**FREE LEGAL ADVICE**

Attorney Ronald N. Whitney is available to meet with elders once a month at the Senior Center for assistance with wills and personal legal issues. This month, Attorney Whitney will be at the Center on Tuesday, May 23rd 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, May 16th by appointment. Contact **extension 2** to make an appointment. *You should hear what you're missing.*

**PODIATRIST**

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

**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

Robert A. Tonello,  
Steven J Leonard  
Funeral Directors

**781-447-0170**

666 Plymouth Street, Whitman

WILLS • TRUSTS • ESTATES  
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**RONALD N. WHITNEY**  
ATTORNEY AT LAW

549 BEDFORD STREET  
WHITMAN, MA 02382

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[www.southshorehospital.org/vna](http://www.southshorehospital.org/vna)



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➤ Reach the Senior Market

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Lisa Templeton to place an ad today!  
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## Old Colony Elder Services

Providing services to the community since 1974

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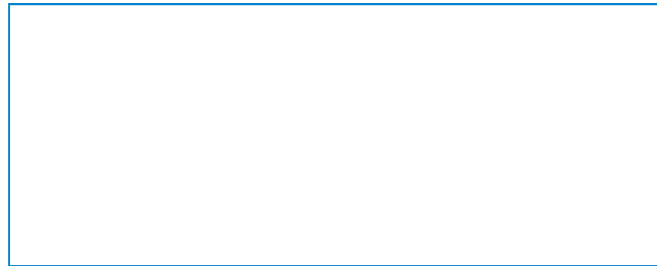
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**RETURN SERVICE REQUESTED**



#### DAILY LUNCH

Senior Lunches are served every day at the Senior Center at 11:30.

Let us do the cooking for you.

(check out the menu on Page 4 of this newsletter).

Suggested donation is \$2.50. **Call Fran at extension 4 to make your reservation.**

Since meals need to be ordered well in advance, please call one week ahead to book your reservation.



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.