

SEEN YOUR NEWS?



WHITMAN COUNCIL ON AGING
16 HAYDEN AVENUE • WHITMAN, MA 02382
(781) 447-7619 • FAX (781) 447-7633

SENIOR CENTER HOURS

Monday 8-4
Tuesday 8-7
Wednesday 8-4
Thursday 8-4
Friday 8-1

Patricia Goldmann, *Chairman*
Jill A. Getchell
Barbara J. Garvey, *Director*

OCTOBER
2017

Mae Cousineau, *Vice Chairman*
Thomas G. Ford
Denise K. Bagley

Whitman Council on Aging Mission Statement

To ensure that our elder residents are provided an opportunity to age and live a life-style based on independence, dignity, and security; to assess needs and provide services through an array of general programs, information, and socialization opportunities to seniors age 60 and older.

COMMUNITY "SHRED EVENT" At the Whitman Senior Center Saturday, October 21, 2017 From 10:00 A.M. to 1:00 P.M.

Unfortunately, reports of scams and attempted scams seem to grow by the day. Now more than ever, the secure disposal of outdated documents is an important step in keeping your personal information out of the hands of scammers.

The Council on Aging will hold a Community "Shred Event" on Saturday, October 21 from 10:00 am to 1:00 pm at the Senior Center, 16 Hayden Avenue. This Council on Aging sponsored event is offered to Whitman residents at no charge.

Shredding is done on site and all shredded materials go directly to a recycling distribution center.

Here's a chance to start your fall cleaning early ... gather up all of your outdated documents and bring them to the Senior Center on October 21st.

Acceptable: Paper with staples
Paper with paper clips

Not Acceptable: Binder Clips
3 Ring Binders
Newspapers
Magazines
Plastics (ie: credit cards)

Acceptable: Residential
Not Acceptable: Commercial

MEDICARE OPEN ENROLLMENT *Do Not Ignore Medicare Mail !!!*

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. This information is important because it explains changes in your plan for 2018. During **Medicare Open Enrollment (October 15th to December 7th)**, you will have a chance to change your plan for next year.

If you would like help understanding your plan changes as well as other options you may have, Terry Altieri, trained SHINE counselor, is available at the Senior Center to offer free and confidential counseling on all Medicare and Medicare-related health insurance programs.

Contact Terry Altieri at the Senior Center to schedule an appointment at 781-447-7619 ext. 3

FALL PIE SOCIAL At the Senior Center Wednesday, October 18th at 2:00



Join us for Lemon Meringue Pie from the Centerville Pie Company on Cape Cod. A slice of heaven. Coffee and Tea will be served to go with it.

Tickets are available at the reception desk for \$3.00
Tickets are limited to 30 and will be sold starting on Monday, October 2nd.

**Paint Night
At the Senior Center
Tuesday, October 24 at 5:00
Fee -\$15.00**



Join us for a painting party with Heather from the Pour Artist! We will be painting on a 16"x20" canvas with acrylic paints. Heather instructs the painting step-by-step, so this class is ideal for beginners, or those just interested in trying something new. No experience required! All supplies are provided.

If anyone is interested in a light supper of sandwiches, chips and soda, we will have them available at 4:30 for an additional \$5.00 fee. Please let us know when you sign up if you will want to join us for dinner.

**Call extension 2 to reserve your seat.
Space is limited to 15.
Payment is due 1 week prior to the event.**

Whitman seniors will be given first priority to sign up. Out of town residents will be put on a waiting list and called if space is available.

**SENIOR MEDICARE PATROL PRESENTATION
Thursday, October 12th
At the Senior Center
11:00 A.M.**

The Massachusetts Senior Medicare Patrol Program works in partnership with government, non-governmental and "grassroots" community based organizations across the state to raise awareness about protecting, detecting and reporting healthcare errors, fraud and abuse.

Come and learn what you can do to protect yourself. Space is limited. Please call extension 2 to sign up.

**Android OS Workshop
Tuesday, October 31st at 10:00**

This workshop will cover:

- Getting started with your Android Mobile device.
- Setting up your home page with your favorite Apps.
- Get a Google Account and register your phone.

Bring your Mobile device.
The workshop will run 30 to 45 minutes.

**Call extension 2 to reserve your seat.
Class size limited to 12.**

COMPUTER WORKSHOPS

By Richard Stanton

at the Senior Center on Tuesdays

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

Please contact **extension 2** to sign up for the course of your choice.

PC's for the Novice: Five Modules-includes PC overview, How to get help on your device and on Microsoft's web site, How to use input devices, Storing and retrieving your documents, and Managing your data.

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

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

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

Add and Remove Software: Find, Download and Install Free software. Remove unwanted programs.

Ease of Access: Improve computer access for physically challenged.

Online Education: Find computer based Learning CourseWare and take a lesson.

Manage Digital Photos: Find, Select, and Print, Copy or Delete.

Send and Receive Photos over the Internet: Upload, Download, and Email.

Backup your personal Data: Choose what to backup. Use acceptable devices.

Organize your photos using picassa 3: Edit photos for red eye etc.

Tech Help with Max

Tuesday evenings 5:30-6:30 (two half-hour appointments)
(No appointments on 10/24)

Max Elfman, our student volunteer from South Shore Vocational Technical High School, will be here to help with your technical needs. Want to learn about Facebook or other social media? Have a cell phone or tablet challenge? Let Max help.

Call extension 2 to make your appointment.

**Crafts with Denise
Wednesday, October 11th
at the Senior Center
12:30 P.M.**

The craft this month will be a decorative wooden plaque. Cost is \$2.00 per class to help offset supplies expense. Reservations are required.

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

Fun and Games

LEFT, CENTER, RIGHT

Tuesday, October 10th at 1:00 P.M.
and
Wednesday, October 25th at 1:00 A.M.

Sign up at extension 2.

**Visit with Abner
The Pet Therapy Dog
Monday, October 16th
10:30 a.m. at the Senior Center**



Abner is guaranteed to put a smile on your face!

Weekly Activities

- ART GROUP**– Tuesdays at 9:00
- BINGO**—Mondays at 1:00
- BINGO at Harvard Court**– Wednesdays at 12:30
- CHAIR YOGA**– Wednesdays at 9:30
- CHESS**- Wednesdays at 2:00
- KNITTING GROUP**– Tuesdays at 1:00
- MAH JONGG**—Wednesdays at 12:30
- Wii BOWLING**—Mondays at 8:00

Bus Trip



NEWPORT PLAYHOUSE

Sunday, October 15th

Leaves the V.F.W. at 9:30 A.M.

\$100.00 for Motorcoach Transportation, Buffet and Play

Enjoy the Play “Crazy Time”

This is a laugh filled look at the joys and perils of May/December romances. Miles has left his wife Kate for a younger woman whose youthful life-style is both exciting and exhausting. Kate has found a way to deal with her loss. Throw in a daughter with her own marital problems and Miles scheming business partner Jerry, and you have all the makings of a full-fledged struggle between the sexes.

Call **Linda** at **extension 1** to sign up.
Check should be made out to **Terry Seer**.
Payment due by **Oct 6th**.

Movie of the Month

At the Senior Center
“ A DOG’S PURPOSE ”
Thursday, October, 26th
12:30 P.M.

A dog looks to discover his purpose in life over the course of several lifetimes and owners.

Starring: Dennis Quaid, Josh Gad, Peggy Lipton
Run Time: 1 hours 40 min Rated PG
Call extension 2 to reserve your seat.
Space is limited to 12 attendees.

**Why not come for lunch first? Call Fran at extension 4
(by Wednesday Oct. 18th) to sign up for lunch.**

FOOD SHOPPING–Tuesdays at 12:30

(see page 5 for more details)

- 10/3 – STOP AND SHOP in WHITMAN**
- 10/10 – SHAWS in BROCKTON**
- 10/17- STOP AND SHOP in WHITMAN**
- 10/24 - SHAWS in BROCKTON**
- 10/31- STOP AND SHOP in WHITMAN**



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

OCTOBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">2</p> <p>8:00 Wii Bowling 11:30 Lunch-Mini Ravioli w/ Butternut Squash Pesto Sauce 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p style="text-align: right;">3</p> <p>9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch— Aloha Chicken w/Fried Rice 1:00 Knitting/Crocheting 5:30 Tech Help</p>	<p style="text-align: right;">4</p> <p>9:30 CHAIR YOGA 11:30 Lunch—Salmon w/ Mango Salsa 12:30 Mah Jongg 2:00 Chess 6:00 Scrapbooking</p> <p>10:00 CASTLE ISLAND Sign up at ext. 1</p>	<p style="text-align: right;">5</p> <p>11:30 Lunch— Pot Roast w/ Gravy</p> <p>9:00 WALMART in RAYNHAM & LONGHORN or PANERA Sign up at ext. 1</p>	<p style="text-align: right;">6</p> <p>11:30 Lunch—Hot Dog w/ Beef Chili 1:00 Bingo</p>
<p style="text-align: right;">9</p> <p>COLUMBUS DAY</p> <p>SENIOR CENTER CLOSED</p>	<p style="text-align: right;">10</p> <p>9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch— Frittata 1:00 Knitting/Crocheting 5:30 Tech Help</p> <p>1:00 LEFT, CENTER , RIGHT Sign up at ext. 2</p> <p>8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2</p>	<p style="text-align: right;">11</p> <p>8:20 Podiatrist by Appt 9:30 CHAIR YOGA 11:30 Lunch—Chicken Scallopini 12:30 Mah Jongg 2:00 Chess</p> <p>12:30 CRAFTS WITH DENISE Sign up at ext. 2</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p style="text-align: right;">12</p> <p>11:30 Lunch— Hawaiian Pork</p> <p>11:00 SENIOR MEDICARE PATROL (See page 2) Sign up at ext. 2</p> <p>9:00 VANITY FAIR OUTLETS, DARTMOUTH MALL/ OLIVE GARDEN</p>	<p style="text-align: right;">13</p> <p>11:30 Lunch—Macaroni and Cheese</p> <p>10:00 BOOK BUZZ Sign up at ext. 2</p>
<p style="text-align: right;">16</p> <p>8:00 Wii Bowling 11:30 Lunch-Southwestern Chicken w/Spanish Rice 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 style="text-align: right;">17</p> <p>9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch-Chef's Salad w/ Turkey and Egg 1:00 Knitting/Crocheting 5:30 Tech Help</p> <p>8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2</p>	<p style="text-align: right;">18</p> <p>9:30 CHAIR YOGA 11:30 Lunch—Shepherd's Pie 12:00-1:00 Wellness Clinic 12:30 Mah Jongg 2:00 Chess</p> <p>2:00 PIE SOCIAL (See page 1)</p> <p>9:30 SOUTH SHORE PLAZA, Cheesecake Factory , "99" Restaurant in Braintree Sign up at ext. 1</p>	<p style="text-align: right;">19</p> <p>11:30 Lunch—Potato Crunch Fish 12:30-1:30 Wellness Clinic at Harvard Ct</p> <p>BROWN BAG PICKUP Pickup at the Senior Center <u>between 11:00 and 2:00 only</u></p> <p>FOXWOODS CASINO 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;">20</p> <p>11:30 Lunch—Chicken Parmesan over Penne</p> <p>HAPPY OCTOBER BIRTHDAYS (see page 6)</p> <p>~~~~~</p> <p style="text-align: right;">Saturday, Oct 21</p> <p>COMMUNITY SHRED EVENT 10:00 to 1:00 (See Page 1)</p>
<p style="text-align: right;">23</p> <p>8:00 Wii Bowling 11:30 Lunch-Pork Lo Mein 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p style="text-align: right;">24</p> <p>9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch— Spanish Chicken 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting</p> <p>8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2</p> <p>5:00 PAINT NIGHT (See Pg. 2) Sign up at ext. 2</p>	<p style="text-align: right;">25</p> <p>9:30 CHAIR YOGA 11:30 Lunch—Whole Grain Lasagna Rolls w/ Meat Sauce 12:30 Mah Jongg 2:00 Chess</p> <p>1:00 LEFT, CENTER , RIGHT Sign up at ext. 2</p> <p>9:30 WESTGATE MALL and Market Basket in Brockton Sign up at ext. 1</p>	<p style="text-align: right;">26</p> <p>11:30 Lunch— Egg Salad on Lettuce Bed</p> <p>12:30 MOVIE at the SENIOR CENTER (See Page 3) Sign up at ext. 2</p> <p>9:00 OCEAN STATE JOB LOT, MARSHALLS/ Mama Mia's- Marshfield Sign up at ext. 1</p>	<p style="text-align: right;">27</p> <p>11:30 Lunch— Meatloaf w/ Gravy</p>
<p style="text-align: right;">30</p> <p>8:00 Wii Bowling 11:30 Lunch-Chicken Meatballs w/ Marinara Sauce 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p style="text-align: right;">31</p> <p>9:00 Hairdresser 9:00 Art Group 10:00 Android O.S. Workshop 11:30 Lunch— Turkey Chili 1:00 Knitting/Crocheting 5:30 Tech Help</p> <p>8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2</p>		<p style="text-align: center;">TRIP and ACTIVITIES SIGN UPS BEGIN on Thursday, September 28th at 8:00 AM</p>	

Eldercare Q & A from OLD COLONY ELDER SERVICES

Q. Are there any strategies for preventing or slowing cognitive decline ?

Most studies are cautious about answering this question. One recent report by the Lancet Commission on Dementia Prevention and Care concluded that one-third of dementia cases could *potentially* be prevented through better management of lifestyle factors, such as smoking, hypertension, depression, and hearing loss over the course of a lifetime.

Research is complicated by the fact that older adults can be affected by different forms of cognitive decline. Researchers classify three basic kinds of cognitive decline: normal age-related cognitive decline; mild cognitive impairment; and clinical Alzheimer's type dementia. The number of Americans over age 70 with dementia and mild cognitive impairment is rising.

Dementia-related costs exceed those of heart disease and cancer. Some decline in cognition with aging is considered normal or inevitable, particularly for people past the age of 60. Investigators report that there is some evidence that three types of interventions have shown "encouraging, although inconclusive, evidence" of slowing or delaying the onset of age-related cognitive decline, mild cognitive impairment, and Alzheimer's. The three interventions are: cognitive training, blood pressure management, and increased physical activity.

In 2015, the National Academies of Sciences, Engineering, and Medicine (NASEM) began a project examining the evidence on interventions for preventing, slowing, or delaying the onset of these cognitive impairments. In their report, *Preventing Cognitive Decline and Dementia: A Way Forward*, researchers highlighted three interventions, all of which showed mixed results:

1. Cognitive training: Cognitive training is defined as a "broad set of interventions, including those aimed at enhancing reasoning (like problem solving), memory, and speed of processing (like identifying visual information on a screen)." Structured training exercises may or may not be computer based. Some evidence suggests that cognitive training can improve long-term cognitive function and maintenance of independence in instrumental activities of daily living, like shopping and cooking, in adults with normal cognition. Researchers say results from cognitive training are "inconclusive, but encouraging" as a tool for delaying or slowing age-related cognitive decline. There is no evidence, however, that commercial, computer-based "brain training" applications are beneficial for long-term cognitive effects.

2. Blood pressure management: There are many links between cerebrovascular disease, (cerebrovascular disease is a condition developed due to complications with the blood vessels that supply blood to the brain) Alzheimer's Disease and dementia. A majority of dementia patients show signs of cerebrovascular disease. Improved control of blood pressure in patients with hypertension has been linked to a decline in stroke incidence and mortality, and it is plausible that blood pressure management would also reduce the risk of dementia and cognitive decline. Researchers say there is data to suggest that managing blood pressure for people with hypertension, particularly during midlife (ages 35 to 65 years), offers encouraging evidence for preventing, delaying, and slowing Alzheimer's type dementia, but the results are still "inconclusive."

3. Increased physical activity: There are many well-documented health benefits of increased physical activity which has consistently been identified as one of the modifiable risk factors that could have the greatest impact on rates of cognitive impairment and dementia. Research suggests increased physical activity may be effective in delaying or slowing age-related cognitive decline. Indicators seem promising for resistance training and aerobic exercise, and vitamin B12. NASEM concluded that increased physical activity also provides encouraging but inconclusive evidence of delaying or slowing age-related cognitive decline. But there is not enough evidence to conclude whether increasing physical activity prevents, delays, or slows mild cognitive impairment, or has an impact on Alzheimer's type dementia.

NASEM is optimistic about the future of research in this "exciting area of discovery." Priority areas for further study on slowing cognitive impairments include: new anti-dementia treatments; treatments for diabetes and depression; dietary interventions; lipid-lowering treatments; sleep quality interventions; social engagement, and vitamin B12 plus folic acid supplementation. While research has shown promise, the results about slowing or preventing cognitive decline are "inconclusive", and research stresses that these interventions are all in need of further study.

TRANSPORTATION

AROUND TOWN – Our COA bus is available from 9:00 to 3:00 on Mondays for transportation to Bingo at the Senior Center and for errands within Town. Please be reminded that in order to take advantage of this free service, you need to call **extension 2** to sign up **no later than 4:00 Thursday**.

SENIOR CENTER BUS— Our COA bus is available in the morning for Tuesday activities and appointments at the Center. Sign-up is required by calling **extension 2 no later than noon on Monday**.

FOOD SHOPPING Our COA bus travels to various grocery stores on **Tuesdays; pickups begin at 12:30**. Due to an increase in riders, we find it necessary to limit the number of passengers to allow sufficient room for both passengers and their purchases. **Sign-up is now required weekly by calling extension 2 no later than 11:30 on Friday**. We will maintain a waiting list and if seats are still available, those on the waiting list will be called on Monday morning. There is a 4 bag limit.

DIAL-A-BAT— Transportation to medical appointments in Abington, Brockton, Bridgewater, East Bridgewater, West Bridgewater, Stoughton, Whitman and Boston.

Trips to **Southeast Medical Center** in East Bridgewater are provided on Mondays and Thursdays. Pick up times are between 9:15 and 10:15 a.m. Return trip is at 12:30 p.m. from the lobby.

Trips to **Roche Bros Way** in Easton are provided on Mondays and Wednesdays. Pick up times are between 9:15 and 10:15 a.m. Return trip is at 12:30 p.m. from the lobby.

Trips to **Boston** are provided on Wednesdays and Fridays only. Call for additional details.

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

FUEL ASSISTANCE

We will begin taking appointments for **November** for help in filling out applications for **first time** fuel assistance applicants.

Please call extension 2 beginning October 1st to set up an appointment.

If you received fuel assistance last year, look for your pre-printed renewal application from Self-Help in the mail. Look the application over to make sure the information is correct, make any necessary changes, sign and date the form and return it to Self-Help along with your current proof of income.

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: November 21

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

FRIENDS OF THE WHITMAN SENIORS

Friends of the Whitman Seniors will meet on Friday, October 13, 2017 at Harvard Court at 1:00 P.M. for their month meeting. A Halloween party will follow. Come in a costume. Prizes will be awarded.

Anyone with 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, October 24th 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. John is not here in October, but will be in on Tuesday, November 21st by appointment. Contact **extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST



Dr. William Chan. Wednesday, October 11th by appointment only. Contact **extension 2** to make an appointment. Upcoming dates: November 8, December 13, January 10

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:

October 11 Senior Center 12:00—1:00

Thursday:

October 19 Harvard Court 12:30—1:30

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

October 3, 10, 17, 24, 31 1:00—2:30

OUTREACH

SAFETY ASSURANCE PROGRAM— The Plymouth County Sheriffs Dept. has a free computerized telephone system to call participants at a prearranged time each day. Call 508-830-6256 to sign up.

BROWN BAG DISTRIBUTION PROGRAM – Thursday, October 19th, **11:00 to 2:00 only**. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

HAIR by Sue

Tuesdays by appointment

Contact **extension 2** to make an appointment

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

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!

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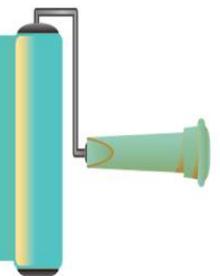


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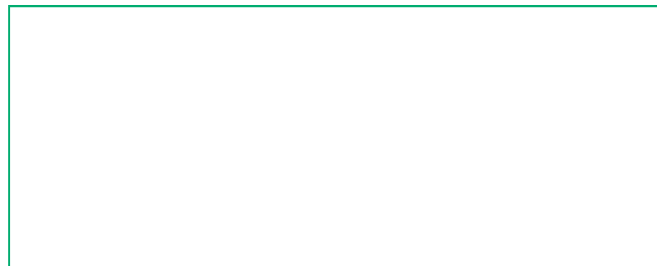


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RETURN SERVICE REQUESTED



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.



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

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
and on the Town of Whitman website
www.whitman-ma.gov

 If you read your newsletter online or choose not to receive a newsletter at this time, please **call Linda at extension 1** to have your name taken off of the mailing list. For those who continue to get the newsletter by mail, remember to keep us informed if you move or go away for the winter.