

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*

NOVEMBER

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.

CALLING ALL SANTA'S ELVES FOR OUR SECOND ANNUAL GIVING TREE FOR SENIORS



As the Holiday Season approaches, we are reminded that many of our Seniors may not have family nearby and could be alone during the Holidays.

If you are willing to help us brighten the Holidays for a Senior (as well as provide a little extra financial help) please consider visiting our "Giving Tree" at the Senior Center.

Since gift cards are "one size fits all" and are always appreciated by seniors, the tags on the Giving Tree will request various gift cards. Please consider further supporting our community by purchasing the gift cards from a Whitman establishment. Our town provides a multitude of choices for our seniors—pharmacies, restaurants, coffee shops, grocery stores, convenience stores, and more. For a senior that may not drive, we have our Around Town bus on Mondays that can get the recipient to any location in town to enjoy and redeem their gift cards.

You might also consider purchasing gift cards for our Giving Tree recipients from the Whitman & Hanson Dollars for Scholars program where a percentage of the sales will support student scholarships. Further information is available at the Center.

Our Giving Tree will be at the Senior Center from November 27 through December 15 and gifts will be distributed to seniors between December 20 and 23. If you are interested in being a "Delivery Elf" please let me know.

Thank you for helping to enrich the lives of the elders in our community.

Happy Holidays!

Barbara

EARRING PARTY

Sponsored by North River Home Care
At the Senior Center
Wednesday, November 29th at 1:30 P.M.

There will be hundreds of different beads to choose for you to creatively put together various bead combinations to make your own personal earrings. There is no skill required. Guaranteed everyone will make a few pairs of earrings by the end of the class. Make and wear your masterpieces or give as a Christmas gift.

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

CHOWDER SUPPER

Tuesday, November 7th
5:00 P.M.
At the Senior Center



Join us for a warm bowl of clam chowder, cornbread and a cookie. Who can resist a night out with no cooking or cleaning up? Come alone or bring a friend. All are welcome.

Stop by the Senior Center to get your ticket beginning Monday October 30th. Tickets are \$5.00
Space is limited so get your ticket early.

CHAIR YOGA UPDATE:

RITA IS BACK .
CLASSES ARE WEDNESDAY MORNINGS
AT 9:30.

TRY IT ...YOU'LL LIKE IT.



DAYLIGHT SAVINGS TIME

Daylight Savings Time comes to an end on the morning of Sunday, November 5th.

Remember to turn your clocks back one hour before going to bed on Saturday night.

This is also a good time to change the batteries in your smoke detectors and carbon monoxide detectors.

TIME CHANGE = BATTERY CHECK

Whitman Fire Rescue is available to inspect, install and if necessary supply free of charge smoke detectors for seniors in our community. If interested, please call Deputy Fire Chief, Joe Feeney at 781-447-7626 for more information and to schedule an appointment.

ANNUAL THANKSGIVING DINNER Saturday, November 18th at Noon



The Knights of Columbus will again this year be hosting a wonderful Thanksgiving dinner for the Seniors of Whitman. This special day is an opportunity to meet up with old friends and make some new ones while enjoying a delicious turkey dinner generously provided by the Knights of Columbus. Tickets will be available at the Senior Center and at the office at Harvard Court **beginning November 7th**.

Although this event is free of charge, tickets are necessary in order to keep count of the numbers attending. Transportation to this dinner will be available; just let us know if you'll be needing a ride when you pick up your ticket.

Android OS Workshop Tuesday, November 28th 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.**

Tech Help with Max

Tuesday evenings 5:30-6:30 (two half-hour appointments)

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.

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.



Christmas Crafts

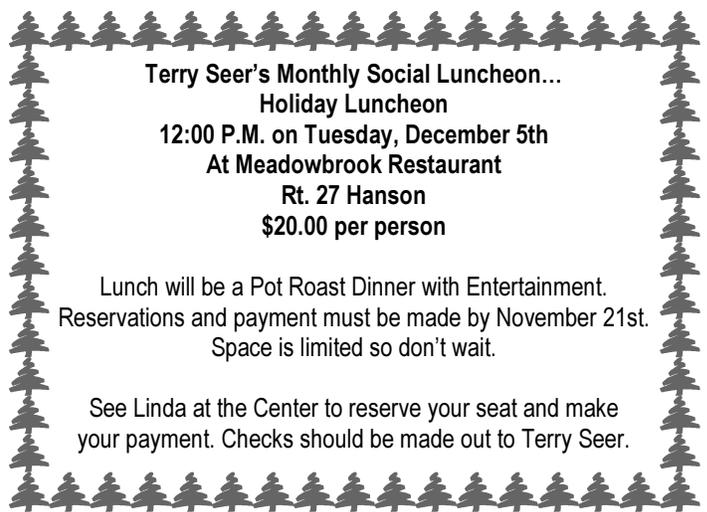
with Denise
Wednesday, November 15th
at the Senior Center
12:30 P.M.

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

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**with Kerrin**  
**From Sachem Center for Health and Rehabilitation**  
**Thursday, November 2nd**  
**at the Senior Center**  
**1:30 P.M.**

Please call extension 2 if you will be participating.



**Terry Seer's Monthly Social Luncheon...  
 Holiday Luncheon**  
**12:00 P.M. on Tuesday, December 5th**  
**At Meadowbrook Restaurant**  
**Rt. 27 Hanson**  
**\$20.00 per person**

Lunch will be a Pot Roast Dinner with Entertainment.  
 Reservations and payment must be made by November 21st.  
 Space is limited so don't wait.

See Linda at the Center to reserve your seat and make your payment. Checks should be made out to Terry Seer.

**Movie of the Month**  
 At the Senior Center  
**" THE FOUNDER "**  
 Thursday, November, 30th  
 12:30 P.M.

This is a true story of how Ray Kroc, a struggling salesman from Illinois, met Mac and Dick MacDonald, who were running a burger operation in the 1950's Southern California. Kroc was impressed by the brother's speedy system of making food and saw franchise potential.

Starring : Michael Keaton, Nick Offerman, Laura Dern  
 Run Time: 1 hours 55 min Rated PG-13  
**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 Nov. 22nd) to sign up for lunch.**

**Fun and Games**

**LEFT, CENTER, RIGHT**  
 Tuesday, November 14th at 1:00 P.M.  
 and  
 Tuesday, November 28th at 1:00 A.M.

**Sign up at extension 2.**

**Visit with Abner**  
**The Pet Therapy Dog**  
**Monday, November 13th**  
**10:30 a.m. at the Senior Center**



**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

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

11/7 – SHAWS in BROCKTON  
 11/14- STOP AND SHOP in WHITMAN  
 11/21 - SHAWS in BROCKTON  
 11/28- STOP AND SHOP in WHITMAN



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

**A NOTE TO SNOWBIRDS .....**

If you are a "Snowbird" preparing to spend the winter in a warmer climate, please contact us to have your name temporarily taken off the Newsletter mailing list.  
 This will avoid the added expense of Returned Postage and would be greatly appreciated!



## NOVEMBER 2017

| Monday                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                                                                                                                      | Wednesday                                                                                                                                                                                                                                                                            | Thursday                                                                                                                                                                                                                                                                                                       | Friday                                                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                              | 1                                                                                                                                                                                                                                                                                    | 2                                                                                                                                                                                                                                                                                                              | 3                                                                                                                                                               |
| <b>TRIP and ACTIVITIES<br/>SIGN UPS BEGIN on<br/>Thursday,<br/>October 26th<br/>at 8:00 AM</b>                                                                                               |                                                                                                                                                                                                                                                                                                                                                              | 9:30 CHAIR YOGA<br>11:30 Lunch— <b>Catch of the Day<br/>w/ Newburg Sauce</b><br>12:30 Mah Jongg<br>2:00 Chess<br>6:00 Scrapbooking<br><br>9:00 COLONY PLACE SHOPS/<br>Olive Garden-Plymouth<br>Sign up at ext. 1                                                                     | 11:30 Lunch— <b>Roasted Chicken<br/>Breast w/ Cucumbers &amp; Tomatoes</b><br><br>1:30 Crafts with Kerrin<br>Sign up at ext. 2<br><br>9:00 DOLLAR TREE, NATIONAL<br>WHOLESALE WAREHOUSE/<br>“99” Restaurant-Weymouth<br>Sign up at ext. 1                                                                      | 11:30 Lunch— <b>Spanish Pot<br/>Roast</b><br>1:00 Bingo                                                                                                         |
| 6                                                                                                                                                                                            | 7                                                                                                                                                                                                                                                                                                                                                            | 8                                                                                                                                                                                                                                                                                    | 9                                                                                                                                                                                                                                                                                                              | 10                                                                                                                                                              |
| 8:00 Wii Bowling<br>11:30 Lunch- <b>Mexican<br/>Casserole</b><br>1:00 Bingo<br><br>9:00 <b>AROUND TOWN</b><br>Reserve by 4:00 Thursday at<br>ext. 2                                          | 9:00 Hairdresser<br>9:00 Art Group<br>10:00 Computer Workshop<br>11:30 Lunch— <b>Stuffed Shells<br/>w/ Ratatouille</b><br>1:00 Knitting/Crocheting<br>5:30 Tech Help<br><br>8:30 –12:00 Transportation to<br>and from Senior Center<br>12:30 <b>FOOD SHOPPING –ext. 2</b><br><br>5:00 <b>CHOWDER SUPPER</b><br>Ticketed Event see Pg. 1                      | 8:20 Podiatrist by Appt<br>9:30 CHAIR YOGA<br>11:30 Lunch— <b>Sloppy Joe</b><br>12:00-1:00 Wellness Clinic<br>12:30 Mah Jongg<br>2:00 Chess<br><br>9:00 <b>HANOVER MALL</b><br>Sign up at ext. 1                                                                                     | 11:30 Lunch— <b>Baked Salmon<br/>w/ Dill Sauce</b><br><br>9:30 <b>NATIONAL CEMETERY</b> in<br>Bourne and Mama Mia’s<br>Restaurant in Carver<br>Sign up at ext. 1                                                                                                                                               | <b>VETERANS DAY</b><br><br><b>SENIOR CENTER<br/>CLOSED</b>                                                                                                      |
| 13                                                                                                                                                                                           | 14                                                                                                                                                                                                                                                                                                                                                           | 15                                                                                                                                                                                                                                                                                   | 16                                                                                                                                                                                                                                                                                                             | 17                                                                                                                                                              |
| 8:00 Wii Bowling<br>11:30 Lunch- <b>Macaroni &amp;<br/>Cheese</b><br>1:00 Bingo<br><br>10:30 <b>VISIT WITH ABNER</b><br><br>9:00 <b>AROUND TOWN</b><br>Reserve by 4:00 Thursday at<br>ext. 2 | 9:00 Hairdresser<br>9:00 Art Group<br>10:00 Computer Workshop<br>11:30 Lunch-Chicken Scallopini<br>1:00 Knitting/Crocheting<br>5:30 Tech Help<br><br>1:00 <b>LEFT, CENTER, RIGHT</b><br>Sign up at ext. 2<br><br>8:30 –12:00 Transportation to<br>and from Senior Center<br>12:30 <b>FOOD SHOPPING –ext. 2</b>                                               | 9:30 CHAIR YOGA<br>11:30 Lunch— <b>Roast Turkey w/<br/>Gravy and Stuffing</b><br>12:30 Mah Jongg<br>2:00 Chess<br><br>12:30 <b>CRAFTS WITH DENISE</b><br>Sign up at ext. 2<br><br><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 | 11:30 Lunch— <b>Cheeseburger</b><br>12:30-1:30 Wellness Clinic at<br>Harvard Ct<br><br><b>BROWN BAG PICKUP</b><br>Pickup at the Senior Center<br><u>between 11:00 and 2:00 only</u><br><br>9:30 <b>OCEAN STATE JOB LOT<br/>and Butterfields Restaurant –<br/>Rockland/Target-Abington</b><br>Sign up at ext. 1 | 11:30 Lunch— <b>Tuna Salad</b><br><br><b>HAPPY NOVEMBER<br/>BIRTHDAYS</b><br>(see page 6)<br><br>~~~~~<br><br>Saturday, Nov. 18th<br>K of C Thanksgiving Dinner |
| 20                                                                                                                                                                                           | 21                                                                                                                                                                                                                                                                                                                                                           | 22                                                                                                                                                                                                                                                                                   | 23                                                                                                                                                                                                                                                                                                             | 24                                                                                                                                                              |
| 8:00 Wii Bowling<br>11:30 Lunch- <b>Beef, Pepper,<br/>and Rice Casserole</b><br>1:00 Bingo<br><br>9:00 <b>AROUND TOWN</b><br>Reserve by 4:00 Thursday<br>at ext. 2                           | 9:00 Hairdresser<br>9:00 Art Group<br>10:00 Computer Workshop<br>11:30 Lunch— <b>Baked Cod</b><br>1:00 Knitting/Crocheting<br>1:00 Hearing Check by Appt.<br>5:30 Tech Help<br><br>8:30 –12:00 Transportation to<br>and from Senior Center<br>12:30 <b>FOOD SHOPPING –ext. 2</b>                                                                             | 9:30 CHAIR YOGA<br>11:30 Lunch— <b>Spanish Chicken</b><br><br>9:00 <b>CHRISTMAS TREE SHOP<br/>and KOHL’S with “99” or<br/>LONGHORN RESTAURANT</b> in<br>Pembroke<br>Sign up at ext. 1                                                                                                | <b>THANKSGIVING HOLIDAY</b><br><br><b>SENIOR CENTER CLOSED</b>                                                                                                                                                                                                                                                 | <b>THANKSGIVING HOLIDAY</b><br><br><b>SENIOR CENTER<br/>CLOSED</b>                                                                                              |
| 27                                                                                                                                                                                           | 28                                                                                                                                                                                                                                                                                                                                                           | 29                                                                                                                                                                                                                                                                                   | 30                                                                                                                                                                                                                                                                                                             | Dec 1                                                                                                                                                           |
| 8:00 Wii Bowling<br>11:30 Lunch- <b>Omelette w/<br/>Cheddar Cheese</b><br>1:00 Bingo<br><br>9:00 <b>AROUND TOWN</b><br>Reserve by 4:00 Thursday<br>at ext. 2                                 | 9:00 Hairdresser<br>9:00 Art Group<br>10:00 Android O.S. Workshop<br>11:30 Lunch— <b>Chicken Marsala</b><br>12:00 <b>Atty Whitney by Appt</b><br>1:00 Knitting/Crocheting<br>5:30 Tech Help<br><br>1:00 <b>LEFT, CENTER, RIGHT</b><br>Sign up at ext. 2<br><br>8:30 –12:00 Transportation to<br>and from Senior Center<br>12:30 <b>FOOD SHOPPING –ext. 2</b> | 9:30 CHAIR YOGA<br>11:30 Lunch— <b>Potato Crunch Fish</b><br>12:30 Mah Jongg<br>2:00 Chess<br><br>1:30 <b>Earring Party</b><br>Sign up at ext. 2<br><br>9:00 <b>GOOD DAYS<br/>RESTAURANT and MARKET<br/>BASKET</b> in West Bridgewater<br>Sign up at ext. 1                          | 11:30 Lunch— <b>Homemade Meat-<br/>loaf w/ Mushroom Gravy</b><br><br>12:30 <b>MOVIE at the SENIOR<br/>CENTER</b> (See Page 3)<br>Sign up at ext. 2<br><br>9:00 <b>WAREHAM CROSSING/<br/>Longhorn Steakhouse</b><br>Sign up at ext. 1                                                                           | 11:30 Lunch<br>1:00 Bingo                                                                                                                                       |

Eldercare Q & A from OLD COLONY ELDER SERVICES  
**Q. A What are the major lung conditions elders should know about?**

Diseases of the lung are almost as common as breathing air. Lung problems that are common among older adults include: chronic obstructive pulmonary disease (COPD), pneumonia, lung cancer, and asthma.

Lung cancer is the leading cause of cancer death in the U.S. and the second most common cancer among both men and women. Almost 15.7 million people have been diagnosed with COPD, which is the third leading cause of death. The Centers for Disease Control estimates that 18.4 million American adults currently have asthma. The American Lung Association estimates that in 2016 there were 555,374 adults in Massachusetts diagnosed with asthma, 307,924 people with COPD and 4,302 people with lung disease.

COPD is a disease that makes it hard to breathe. It can be caused by smoking, secondhand smoke, air pollution, chemical fumes, or even dust. There are two types of COPD: emphysema and chronic bronchitis. Shortness of breath is one of the most common symptoms of COPD and may even occur when you are resting. People who have COPD may feel like their chest is so tight that they cannot breathe and they may cough a lot. COPD can also cause wheezing. COPD develops slowly and worsens over time. COPD can lead to strain on the heart, which can result in swollen ankles, feet, or legs. In advanced stages of COPD, people can have blue lips because they do not have enough oxygen in their blood. In older adults, COPD can sometimes be confused with asthma.

Although there is no cure for COPD, there are measures you can take to help you feel better. If you are a smoker who quits, you may breathe more easily and add years to your life. Your doctor might prescribe an inhaler, a special exercise program, breathing techniques, or extra oxygen. People with COPD should protect themselves by getting shots to prevent the flu and pneumonia.

Pneumonia is an infection of one or both of your lungs and people with pneumonia may have a fever, chills, trouble breathing, and a cough with mucus. Pneumonia can make you feel very tired, or sick to your stomach. For some older adults, pneumonia can be a serious problem that takes 3 weeks or longer to overcome. Pneumonia is most common in the winter months. It is caused by germs like bacteria, viruses, and fungi. If you smoke or drink a lot of alcohol, your chance of getting pneumonia increases. You can come in contact with germs that cause pneumonia during a hospital stay or in a nursing facility. To test for pneumonia, your doctor can do a physical exam, take a chest x-ray, or analyze a blood sample. Mild pneumonia can sometimes be treated at home with medications to fight the infection. Sometimes pneumonia must be treated in the hospital. To prevent pneumonia, don't smoke, get a shot for the flu and pneumonia, wash your hands often with soap and water, and cover your nose and mouth when you sneeze or cough.

Lung Cancer – Some common signs of lung cancer include:

- A cough that does not go away and gets worse over time
- Constant chest pain
- Coughing up blood
- Problems with breathing, wheezing, or hoarseness
- Repeated problems with pneumonia
- Swelling of the neck and face
- Loss of appetite or weight loss

These symptoms may be caused by lung cancer or other health problems. Do not wait until you feel pain. See your doctor right away. Studies show that starting treatment for lung cancer early leads to better results. Treatment for lung cancer is based on the type of lung cancer and whether or not it has spread to other parts of the body. It also depends on the individual's general health.

Asthma is a condition in which your airways narrow and swell and extra mucus is produced. This can make breathing difficult and trigger coughing, wheezing and shortness of breath. For some people, asthma is a minor nuisance. For others, it can be a major problem that interferes with daily activities and may lead to a life threatening asthma attack. Asthma cannot be cured, but its symptoms can be controlled. Many people live long, healthy lives with asthma. Some blood pressure medications, like beta-blockers or aspirin, can interfere with your asthma treatment or make asthma worse. Your doctor can help you develop a plan to manage your asthma.

For tips to keep your lungs healthy, go to <http://www.lung.org/lung-health-and-diseases/protecting-your-lungs/>

## 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 are now taking appointments for help in filling out applications for **first time** fuel assistance applicants.

**Please call extension 2 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, November 10, 2017 at Harvard Court at 12:30 P.M. for their monthly meeting. A free Thanksgiving luncheon with turkey and all of the fixings will be served before the meeting. 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, November 28th 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 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, November 8th by appointment only. Contact **extension 2** to make an appointment. Upcoming dates: December 13, January 10, February 14

#### 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:

November 8 Senior Center 12:00—1:00

##### Thursday:

November 16 Harvard Court 12:30—1:30

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

November 7, 14, 21, 28 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, November 16th, **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!*

## Blanchard Funeral Chapel

Robert A. Tonello,  
Steven J Leonard  
Funeral Directors

**781-447-0170**

666 Plymouth Street, Whitman

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**RONALD N. WHITNEY**  
ATTORNEY AT LAW

549 BEDFORD STREET  
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## Old Colony Elder Services

Providing services to the community since 1974

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John Klefeker, BC-HIS

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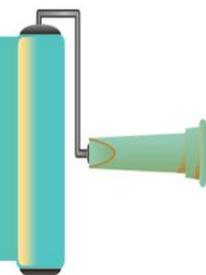


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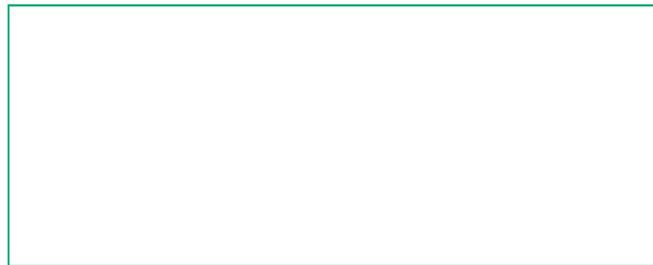


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**DAILY LUNCH**

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.



 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, November 17th.  
Please call **Fran at extension 4** to reserve no later than Wednesday, November 8th.

**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.