

# 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*



**2018**

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.

### NOTES FROM THE DIRECTOR:

*It's that time of year again when we receive calls from Whitman elders inquiring about snow plowing and shoveling services. If you are willing to provide these services at a reasonable rate for our elders, please call me and we will add you to our list. Thanks in advance for your help.*

*Barbara*

### A NOTIFICATION FROM MEDICARE ...

**"YOU'RE GETTING A NEW MEDICARE CARD!**

**Cards will be mailed between April 2018 and April 2019**

You asked, and we listened. You're getting a new Medicare card! Between April 2018 and April 2019, we'll be removing Social Security numbers from Medicare cards and mailing each person a new card. This will keep your information more secure and help protect your identity.

You'll get a new Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information from Medicare when your new card is mailed.

#### Here's how you can get ready:

Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at [ssa.gov/myaccount](http://ssa.gov/myaccount) or 1-800-772-1213. TTY users can call 1-800-325-0778.

Beware of anyone who contacts you about your new Medicare card. We'll never ask you to give us personal or private information to get your new Medicare Number and card.

Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's."

**PIZZA PARTY**  
**At the Senior Center**  
**Tuesday, January 9th 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 \$5.00 which includes pizza, soda and dessert. Stop by the Center and see **Patty or Elaine** to place your order and buy your ticket **beginning December 29th**.

Tickets are limited to 30, so get yours early.



### **INCLEMENT WEATHER POLICY**

If the Whitman Hanson Regional School District cancels school due to weather, all Senior Center Activities will be canceled and there will be no Meals-On-Wheels delivered or lunches served at the Senior Center.

School closing information is broadcast on television channels 4, 5, 7, 10 and 25 and on radio stations WBZ 1030 AM, WATD-AM and WPLM-FM. You can also check Whitman-Hanson's local Comcast cable channel 9.



This tax season we are pleased to welcome back Mary Sheard who has again volunteered her time to assist low income Whitman seniors with the preparation of income tax returns and the Circuit Breaker Tax Credit. Mary will be available at the Senior Center on Tuesdays by appointment only beginning in February through April 3rd.

This service is specifically available to low income Whitman seniors and is free of charge. Mary will be doing simple returns only and will not be doing returns that involve stocks and bonds or income over \$60,000.

Call **extension 2** to make your appointment



#### 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!

### Traveling Chef Carving of the Day At the Senior Center Thursday, January 25th at 11:30 A.M.



Meet the Chef from Lindley Caterer as he carves slices of Roast Turkey and dishes out mashed potatoes, home style stuffing, a vegetable, cranberry sauce, and a dinner roll. For a special treat, you will get a chocolate éclair for dessert.

All of this for only \$2.50.

Call Fran at extension 4 to sign up for this lunch no later than Wednesday, January 17th.

### Tech Help with Max

Tuesday evenings 6:00 or 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.

**Crafts**

**with Denise**  
**Wednesday, January 10th**  
**at the Senior Center**  
**12:30 P.M.**

Cost is \$3.00 per class to help offset supplies expense.



**with Kerrin**  
**From Sachem Center for Health and Rehabilitation**  
**Thursday, January 25th**  
**at the Senior Center**  
**12:30 P.M.**

Kerrin will be doing a Valentines Day craft.  
Free of charge thanks to Sachem Center.

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

**COA Bus Trip**



**SACHEM CENTER FOR HEALTH AND REHAB/**  
**OCEAN STATE JOB LOT**  
**East Bridgewater**

Wednesday, January 31st  
Leaves the Center at 8:00  
\$5.00 (for transportation)

Enjoy a free delicious hearty breakfast courtesy of Sachem Center. In addition, there will be free raffles and an educational speaker.

After breakfast, you can do some shopping at Ocean State Job Lot.

**Call Linda at extension 1 to reserve your seat.**

**Visit with Abner**  
**The Pet Therapy Dog**  
**Monday, January 8th**  
**10:30 a.m. at the Senior Center**



**Fun and Games**

**LEFT, CENTER, RIGHT**  
Tuesday, January 2nd at 1:00 P.M.  
and  
Tuesday, January 30th at 1:00 P.M.

**Sign up at extension 2.**

**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, \$4.00 to the instructor
- KNITTING GROUP**– Tuesdays at 1:00
- MAH JONGG**—Wednesdays at 12:30
- Wii BOWLING**—Mondays at 8:00

**Movie of the Month**  
**At the Senior Center**  
**“ GIFTED ”**  
**Thursday, January 11th at 12:30**

Frank Adler is a single man raising his niece, Mary, who is a child prodigy. Frank's mother learns of Mary's abilities and causes a custody battle that threatens to separate Frank and Mary.

Starring : Chris Evans, McKenna Grace, Octavia Spencer  
Run Time: 1:41 min Rated PG-13

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

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



- 1/2 – **STOP AND SHOP** in WHITMAN
- 1/9- **SHAWS** in BROCKTON
- 1/16 - **STOP AND SHOP** in WHITMAN
- 1/23- **SHAWS** in BROCKTON
- 1/30- **STOP AND SHOP** in WHITMAN

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

# JANUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p style="text-align: center;"><b>SENIOR CENTER CLOSED</b></p> <p style="text-align: center;"><i>Happy New Year!</i></p>	<p>9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch— <b>Chicken Teriyaki</b> 1:00 Knitting/Crocheting 6:00 Tech Help</p> <p><b>1:00 LEFT, CENTER, RIGHT</b> Sign up at ext. 2</p> <p>8:30 –12:00 Transportation to and from Senior Center <b>12:30 FOOD SHOPPING –ext. 2</b></p>	<p><b>9:30 CHAIR YOGA</b> 11:30 Lunch—<b>American Chop Suey</b> 12:30 Mah Jongg 6:00 Scrapbooking</p> <p style="text-align: center;"><b>9:00 AROUND TOWN</b> Reserve by 4:00 Friday at ext. 2</p>	<p>11:30 Lunch— <b>Chicken Pasta Marinara</b></p> <p><b>11:30 Lunch—Pot Roast w/ Gravy</b> <b>1:00 Bingo</b></p> <p><b>9:00 WALMART in HALIFAX, Lyonville Tavern Restaurant</b> Sign up at ext. 1</p>	<p>11:30 Lunch—<b>Pot Roast w/ Gravy</b> <b>1:00 Bingo</b></p> <p><b>9:00 WALMART in HALIFAX, Lyonville Tavern Restaurant</b> Sign up at ext. 1</p>
8	9	10	11	12
<p>8:00 Wii Bowling 11:30 Lunch—<b>Mexican Casserole</b> <b>1:00 Bingo</b></p> <p><b>10:30 VISIT WITH ABNER</b></p> <p><b>9:00 AROUND TOWN</b> Reserve by 4:00 Thursday at ext. 2</p>	<p>9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch— <b>Chicken Meatball with Rotini Pasta</b> 1:00 Knitting/Crocheting 6:00 Tech Help</p> <p>8:30 –12:00 Transportation to and from Senior Center <b>12:30 FOOD SHOPPING –ext. 2</b></p> <p><b>5:00 PIZZA PARTY (See Pg. 1)</b></p>	<p><b>8:20 Podiatrist by Appt</b> <b>9:30 CHAIR YOGA</b> 11:30 Lunch—<b>Catch of the Day</b> 12:00-1:00 Wellness Clinic 12:30 Mah Jongg</p> <p><b>12:30 CRAFTS WITH DENISE</b> (See Pg. 3)</p> <p><b>9:00 HANOVER MALL</b> Sign up at ext. 1</p>	<p>11:30 Lunch— <b>Chicken Marsala</b></p> <p><b>12:30 MOVIE at the SENIOR CENTER (See Page 3)</b></p> <p><b>9:00 CHRISTMAS TREE OR IKEA -AVON / Chateau Restaurant-Stoughton</b> Sign up at ext. 1</p>	<p>11:30 Lunch—<b>Roast Pork with Pineapple Raisin Sauce</b></p> <p><b>10:00 BOOK BUZZ</b> Sign up at ext. 2</p>
15	16	17	18	19
<p style="text-align: center;"><b>MARTIN LUTHER KING JR DAY</b></p> <p style="text-align: center;"><b>SENIOR CENTER CLOSED</b></p>	<p>9:00 Hairdresser 9:00 Art Group <b>9:00 State Rep. Geoff Diehl</b> 10:00 Computer Workshop 11:30 Lunch—<b>Chicken Cacciatore</b> 1:00 Hearing Check by Appt. 1:00 Knitting/Crocheting 6:00 Tech Help</p> <p>8:30 –12:00 Transportation to and from Senior Center <b>12:30 FOOD SHOPPING –ext. 2</b></p>	<p><b>9:30 CHAIR YOGA</b> 11:30 Lunch— <b>Scrambled Eggs w/ Cheese</b> 12:30 Mah Jongg</p> <p><b>9:00 AROUND TOWN</b> Reserve by 4:00 Friday at ext. 2</p>	<p>11:30 Lunch—<b>Stuffed Shells w/ Ratatouille</b></p> <p>12:30-1:30 Wellness Clinic at Harvard Ct</p> <p><b>BROWN BAG PICKUP</b> Pickup at the Senior Center <u>between 11:00 and 2:00 only</u></p> <p><b>9:30 SOUTH SHORE PLAZA, Braintree</b> Sign up at ext. 1</p>	<p>11:30 Lunch—<b>Baked Salmon w/Dill Sauce</b></p> <p style="text-align: center;"><b>HAPPY JANUARY BIRTHDAYS</b> (see page 6)</p>
22	23	24	25	26
<p>8:00 Wii Bowling 11:30 Lunch—<b>Sloppy Joe</b> <b>1:00 Bingo</b></p> <p><b>9:00 AROUND TOWN</b> Reserve by 4:00 Thursday at ext. 2</p>	<p>9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch— <b>Fish Sticks</b> <b>12:30 Atty Whitney by Appt</b> 1:00 Knitting/Crocheting 6:00 Tech Help</p> <p>8:30 –12:00 Transportation to and from Senior Center <b>12:30 FOOD SHOPPING –ext. 2</b></p>	<p><b>9:30 CHAIR YOGA</b> 11:30 Lunch—<b>Chicken Scallopini</b> 12:30 Mah Jongg</p> <p><b>PLAINRIDGE PARK CASINO</b> In Plainville Pickup 9:00 K of C; 9:15 Home Return Home 4:00 Sign up at ext. 1</p>	<p>11:30 Lunch – <b>TRAVELING CHEF</b> (see Page 2)</p> <p><b>12:30 CRAFTS WITH KERRIN</b> (See Page. 3)</p> <p><b>9:00 GOOD DAYS RESTAURANT and MARKET BASKET</b> in West Bridgewater Sign up at ext. 1</p>	<p>11:30 Lunch—<b>Macaroni and Cheese</b></p>
29	30	31	Feb 1	Feb 2
<p>8:00 Wii Bowling 11:30 Lunch—<b>Chicken Parmesan</b> <b>1:00 Bingo</b></p> <p><b>9:00 AROUND TOWN</b> Reserve by 4:00 Thursday at ext. 2</p>	<p>9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch— <b>Egg Salad</b> 1:00 Knitting/Crocheting 6:00 Tech Help</p> <p><b>1:00 LEFT, CENTER, RIGHT</b> Sign up at ext. 2</p> <p>8:30 –12:00 Transportation to and from Senior Center <b>12:30 FOOD SHOPPING –ext. 2</b></p>	<p><b>9:30 CHAIR YOGA</b> 11:30 Lunch—<b>Shepherd's Pie</b> 12:30 Mah Jongg</p> <p><b>8:00 SACHEM REHAB BREAKFAST/ OCEAN STATE JOB LOT-East Bridgewater (see pg.3)</b> Sign up at ext. 1</p>	<p>11:30 Lunch—</p> <p><b>9:30 SAVERS and BRASS LANTERN RESTAURANT AT SOUTH SHORE VO-TECH in HANOVER</b> Sign up at ext. 1</p>	<p>11:30 Lunch— <b>1:00 Bingo</b></p> <p style="text-align: center;"><b>TRIP and ACTIVITIES SIGN UPS BEGIN on Thursday, December 28 at 8:00 AM</b></p>

## Do elders or seriously ill have protections against utility shut-offs?

**Yes.** Households in Massachusetts in which all adult members are age 65 or older, whether there is a financial hardship or not, are protected against utility and phone shut-offs. "Utility" refers to the gas or electric service to your home, or your landline telephone. Cell phones and heating oil is not covered by utility law. Most oil companies require payment at delivery time. Be sure to ask all fuel companies if they offer a "senior citizen discount".

Every year from November 15 to March 15, gas and electric companies cannot shut off your service if you are unable to pay your utility bills and if the service is used to heat your house. This moratorium does not apply if service was shut off for non-payment before November 15.

When all adult members of the household are age 65 or older, it is difficult for a company to shut off your utility service. To protect yourself, make sure that everyone 65 or older in your household has provided your utility companies with written information about their age.

If all the members of your household are not 65 or older but your child, or someone else in your household has been diagnosed as having a "serious" or "chronic" condition and you cannot afford to pay your bills because of financial hardship, the utility companies cannot shut off your service. The illness or condition must be verified by a medical doctor, nurse practitioner, or physician's assistant. If a shut-off threat is on very short notice, your utility company has to accept a phone call from a doctor, but a follow up written letter will be needed within 7 days of the call. The utility company must keep service on for three months once learning that a customer is "seriously ill." If your illness is "chronic," you can receive six months protection. Ask your doctor's office to fax their letter directly to the utility company, and to give you a receipt, as you may need proof to show your utility months later.

If you cannot afford to pay your utility bill and there is an infant under the age of one living in your house, the utility companies cannot shut off your service. To get this protection, you must submit a financial hardship form (obtained from the utility company) and provide proof of your child's age, through a birth certificate, letter, or official document from a physician, hospital, government agency, clergyman, or religious institution.

The law also protects grandparent-headed households, as long as the only people under age 65, living in the household, are minors (under age-18).

The Department of Public Utilities (DPU) is unlikely to approve a shut-off, especially if you are trying to make a good faith repayment effort. But if you own your home, a utility might try to put a "lien" or "attachment" on your home, to collect what is owed when your home is sold.

For phone land lines, the same "over 65" protections apply, as well as the "serious" illness protections. For phone service, only a doctor or clinician in a doctor's office can certify illnesses. The same phone call from a doctor rule applies if a shut-off is imminent, with a follow up written illness letter within seven days. A doctor's letter can be renewed two times, totaling 90-days protection.

The phone company will not shut-off service if the customer asks for "personal emergency protection," demonstrates that he or she cannot pay the bill, and that phone service is necessary to protect the health or safety of a member of the household. An elder with an emergency alert button for example, could ask for personal emergency protection. If the phone company denies the protection, the customer can appeal to the Department of Telecommunications and Energy (DTE). Ask your gas, electric or phone company to send you an elder household protection form, or a serious illness/chronic condition, or personal emergency protection form.

Even with these shut-off protections, you are still responsible for paying off your bill, and you will be charged interest for late payments. If you are facing a utility shut-off, contact the Attorney General's Consumer Hotline at (617) 727-8400. To read more on your shut off rights, go to: <http://www.masslegalhelp.org/specialprotections-against-shut-offs>.

## 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.

Next date is: January 16th

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, January 12, 2018 at Harvard Court at 1:00 P.M. for their monthly meeting.

A Penny Sale will follow after 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, January 23rd from 12:30 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, January 16th by appointment. Contact **extension 2** to make an appointment. *You should hear what you're missing.*

**PODIATRIST**



Dr. William Chan. Wednesday, January 10th by appointment only. Contact **extension 2** to make an appointment.

Upcoming dates: February 14, March 14, April 11

**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:**

January 10 Senior Center 12:00—1:00

**Thursday:**

January 18 Harvard Court 12:30—1:30

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

January 2, 9, 16, 23, 30 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, January 18th, **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

**HARVARD COURT FAYRE HAS REOPENED**

*located in the Gazebo Room of Harvard Court Housing Complex.*

*The shop is open: Mondays 10-2*

*Closed Tuesdays*

*Wednesdays 10-3*

*Thursdays 10-2 & 4-7 pm;*

*Fridays and Saturdays 10-2*

*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  
PERSONAL INJURY LAW



**RONALD N. WHITNEY**  
ATTORNEY AT LAW

549 BEDFORD STREET  
WHITMAN, MA 02382

**781-447-3899**

## Old Colony Elder Services

Providing services to the community since 1974

144 Main Street • Brockton, MA 02301 • 508-584-1561  
Fax: 508-897-0031 • info@ocesma.org • www.ocesma.org



REAL ESTATE, INC.  
"Start packing when you list with Trufant."

211 Brockton Avenue  
Abington, MA 02351

**781-878-2478**

Virtual tours at  
[www.trufantre.com](http://www.trufantre.com)

Your home office since 1954.



## MacKinnon Funeral Home and Cremation



### Basic Cremation for \$1,300

Don't overpay for the basics! Simple,  
affordable, with excellent service.

Whitman 781-447-4141  
760 Washington Street • Whitman

[www.mackinnonfuneral.com](http://www.mackinnonfuneral.com)

## J. SACCONI & SONS, INC.

Backhoe • Drains  
Septic Tanks • Cesspools



15 Commercial Street, Whitman  
**447-5670**

### COLLISION SPECIALISTS



Pick up &  
Delivery  
Frame Repair  
Scratch  
Removal

WHITMAN  
741 Temple Street  
**339-469-2689**

BRIDGEWATER  
707 Bedford Street  
**508-210-5050**

[columbiaautobodyinc.net](http://columbiaautobodyinc.net)



## FAMILY HEARING CARE CENTER

...listen to the sounds of life®

~ Hearing Evaluations ~ Video Ear Inspections  
~ Hearing Aids ~ Repairs ~ Ear Wax Removal

534 Main Street, Suite 2  
Route 18  
Weymouth, MA 02190

**781-337-1144**

John Klefeker, BC-HIS

140 Bedford Street  
Route 18  
Bridgewater, MA 02324

**508-279-0700**

MA License #127

➤ Reach the Senior Market

# ADVERTISE HERE

CONTACT

Karen Fontaine to place an ad today!  
kfontaine@4LPi.com or (800) 477-4574 x6350

## Holiday Sale

GET HELP AT THE TOUCH OF A BUTTON



**\$29.<sup>95</sup> / Mo. BILLED QUARTERLY**

- Providing Protection In the Home • **One Month Free**
- No Long-Term Contracts • Price Guarantee

**CALL TODAY! 877.801.5055**



24 SEVEN



## Build a strong financial foundation for your best life.

Visit our newest banking center at  
**342 Bedford Street in Whitman.**

Call us today at **781-447-4488**

# Mutual Bank

MEMBER FDIC | MEMBER SIF

[MyMutualBank.com](http://MyMutualBank.com)



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.4lpi.com](http://www.4lpi.com) Whitman Council on Aging, Whitman, MA 06-5206

The cost of printing and mailing this newsletter has been paid by the Massachusetts Executive Office of Elder Affairs.

PRESORTED STANDARD  
U.S. POSTAGE  
**PAID**  
PERMIT #16  
WHITMAN  
MA 02382

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

**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.  
**Transportation is available on Mondays and Tuesdays.**




If you were born in January we'd like to help you celebrate by treating you to a free lunch and a small gift at the Senior Center on Friday, January 19th.  
Please call **Fran at extension 4** to reserve no later than Wednesday, January 10th.

**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.