

# 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:

I am pleased to report that our Second Annual "Santa's Elves for Whitman Seniors" Giving Tree was again an overwhelming success. Due to the kindness and generosity of our community friends and neighbors, we received more gift donations than last year and, therefore, were able to brighten the holiday season for even more of our town's seniors.

We continue to receive heartwarming thank you notes and calls from recipients of your gifts expressing their gratitude and appreciation to those who donated.

I thank you all for participating in this worthwhile program and wish you the very best for a happy and healthy New Year.

Sincerely,

*Barbara*



**ITALIAN NIGHT**  
**At the Senior Center**  
**Tuesday, February 13th at 5:00 P.M.**

How does piping hot lasagna sound on a cold winter evening? Even better when we do the cooking for you. Join us for an Italian dinner and a bit of socialization as well. Transportation may be available. Let us know if you need a ride.

Cost is \$5.00 which includes lasagna, italian bread, soda and dessert. Stop by the Center to buy your ticket **beginning February 1st.** Tickets are limited, so get yours early.

**PIZZA PARTY**  
**At the Senior Center**  
**Thursday, March 1st at 12:30 P.M.**



Join us for a pizza party at the Center. Pizza choices are: cheese or pepper and onion. 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 to place your order and buy your ticket **between February 1st and February 27th.** Tickets are limited to 30, so get yours early.

The fun will continue afterwards with Left, Center, Right dice game for those who would like to play.



### **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-FM 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!

#### 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.

#### 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 [sssa.gov/my account](http://sssa.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."

#### 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, February 7th  
at the Senior Center  
12:30 P.M.

The craft this month will be a heart wreath.  
Cost is \$3.00 per class to help offset supplies expense.

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with Kerrin  
From Sachem Center for Health and Rehabilitation  
Thursday, February 22nd  
at the Senior Center  
12:30 P.M.

Kerrin will be doing a St. Patrick's Day craft.  
Free of charge thanks to Sachem Center.

Please call extension 2 if you will be participating.

### COA Bus Trip



### PLAINRDIGE PARK CASINO Plainville

Thursday, February 8th  
Leaves the K of C at 9:00  
Home Pickups at 9:15  
Leaves for home at 3:00  
\$9.00 (for transportation)

Enjoy a little casino fun without the long travel time.  
Take a break at Doug Flutie's Sports Pub or a quick bite at the food court.

Call Linda at extension 1 to reserve your seat.

### Movie of the Month

At the Senior Center  
"PADDINGTON"  
Thursday, February 8th at 12:30

After his home in Peru is destroyed, a talking bear named Paddington travels to London, where he is taken in by a kindly family. However, a museum taxidermist is determined to make a trophy out of him in this endearing adventure for all ages.

Starring : Hugh Bonneville, Jim Broadbent, Nicole Kidman  
Run Time: 1:35 min Rated PG

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

Visit with Abner  
The Pet Therapy Dog  
Monday, February 12th  
10:30 a.m. at the Senior Center



### Fun and Games

LEFT, CENTER, RIGHT  
Tuesday, February 6th at 1:00 P.M.  
Wednesday, February 21st at 1:00 P.M.  
and  
Thursday, March 1st at 1:30 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

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

- 2/6- SHAW'S in BROCKTON
- 2/13 - STOP AND SHOP in WHITMAN
- 2/20- SHAW'S in BROCKTON
- 2/27- STOP AND SHOP in WHITMAN



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

## FEBRUARY 2018

| Monday                                                                                                                                                                     | Tuesday                                                                                                                                                                                                                                                                                                       | Wednesday                                                                                                                                                                                                                                     | Thursday                                                                                                                                                                                                                                                                                   | Friday                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
|                                                                                                                                                                            | <b>TRIP and ACTIVITIES<br/>SIGN UPS BEGIN<br/>Wednesday,<br/>January, 31st<br/>at 8:00 AM</b>                                                                                                                                                                                                                 |                                                                                                                                                                                                                                               | <sup>1</sup><br>11:30 Lunch— Roast Pork w/<br>Sweet and Sour Sauce<br><br>9:30 SAVERS and BRASS<br>LANTERN RESTAURANT AT<br>SOUTH SHORE VO-TECH in<br>HANOVER<br>Sign up at ext. 1                                                                                                         | <sup>2</sup><br>11:30 Lunch—Swedish Chick-<br>en Meatballs w/ Gravy<br>1:00 Bingo                   |
| <sup>5</sup><br>8:00 Wii Bowling<br>11:30 Lunch—Spanish<br>Chicken<br>1:00 Bingo<br><br>9:00 AROUND TOWN<br>Reserve by 4:00 Thursday at<br>ext. 2                          | <sup>6</sup><br>9:00 Hairdresser<br>9:00 Art Group<br>10:00 Computer Workshop<br>11:30 Lunch— Lasagna Rolls<br>1:00 Knitting/Crocheting<br>6:00 Tech Help<br><br>1:00 LEFT, CENTER , RIGHT<br>Sign up at ext. 2<br><br>8:30 –12:00 Transportation to<br>and from Senior Center<br>12:30 FOOD SHOPPING –ext. 2 | <sup>7</sup><br>9:30 CHAIR YOGA<br>11:30 Lunch—Roast Turkey w/<br>Gravy<br>12:30 Mah Jongg<br>6:00 Scrapbooking<br><br>12:30 CRAFTS WITH DENISE<br>(See Pg. 3)<br><br>9:00 WALMART in<br>RAYNHAM & LONGHORN<br>or PANERA<br>Sign up at ext. 1 | <sup>8</sup><br>11:30 Lunch— Baked Pollock w/<br>Florentine Sauce<br><br>12:30 MOVIE at the SENIOR<br>CENTER (See Page 3)<br><br>PLAINRIDGE PARK CASINO<br>In Plainville<br>Pickup 9:00 K of C; 9:15 Home<br>Return Home 4:00<br>Sign up at ext. 1                                         | <sup>9</sup><br>11:30 Lunch—Chicken<br>Piccata w/ Penne<br><br>10:00 BOOK BUZZ<br>Sign up at ext. 2 |
| <sup>12</sup><br>8:00 Wii Bowling<br>11:30 Lunch—Cheeseburger<br>1:00 Bingo<br><br>10:30 VISIT WITH ABNER<br><br>9:00 AROUND TOWN<br>Reserve by 4:00 Thursday at<br>ext. 2 | <sup>13</sup><br>9:00 Hairdresser<br>9:00 Art Group<br>10:00 Computer Workshop<br>11:30 Lunch—Orange Dijon<br>Chicken<br>1:00 Knitting/Crocheting<br>6:00 Tech Help<br><br>8:30 –12:00 Transportation to<br>and from Senior Center<br>12:30 FOOD SHOPPING –ext. 2<br><br>5:00 ITALIAN NIGHT (See Pg. 1)       | <sup>14</sup><br>8:20 Podiatrist by Appt<br>9:30 CHAIR YOGA<br>11:30 Lunch— Potato Crunch<br>Fish<br>12:00-1:00 Wellness Clinic<br>12:30 Mah Jongg<br><br>9:00 HANOVER MALL<br>Sign up at ext. 1                                              | <sup>15</sup><br>11:30 Lunch—Beef Burgundy<br>12:30-1:30 Wellness Clinic at<br>Harvard Ct<br><br>BROWN BAG PICKUP<br>Pickup at the Senior Center<br><u>between 11:00 and 2:00 only</u><br><br>9:30 OCEAN STATE JOB LOT –<br>Rockland/ D’Ann’s and Target-<br>Abington<br>Sign up at ext. 1 | <sup>16</sup><br>11:30 Lunch—Cheddar<br>Frittata<br><br>HAPPY FEBRUARY<br>BIRTHDAYS<br>(see page 8) |
| <sup>19</sup><br><b>PRESIDENT’S DAY</b><br><br><b>SENIOR CENTER<br/>CLOSED</b>                                                                                             | <sup>20</sup><br>9:00 Hairdresser<br>9:00 Art Group<br>10:00 Computer Workshop<br>11:30 Lunch— Chicken Pasta<br>Primavera<br>1:00 Hearing Check by Appt.<br>1:00 Knitting/Crocheting<br>6:00 Tech Help<br><br>8:30 –12:00 Transportation to<br>and from Senior Center<br>12:30 FOOD SHOPPING –ext. 2          | <sup>21</sup><br>9:30 CHAIR YOGA<br>11:30 Lunch—Unstuffed Beef,<br>Rice and Pepper Casserole<br>12:30 Mah Jongg<br><br>1:00 LEFT, CENTER , RIGHT<br>Sign up at ext. 2<br><br>9:00 AROUND TOWN<br>Reserve by 4:00 Thursday at<br>ext. 2        | <sup>22</sup><br>11:30 Lunch – Hot Dog w/ Beef<br>Chili<br><br>12:30 CRAFTS WITH KERRIN<br>(See Page. 3)<br><br>9:00 CHRISTMAS TREE SHOP<br>and KOHL’S with “99” or<br>LONGHORN RESTAURANT in<br>Pembroke<br>Sign up at ext. 1                                                             | <sup>23</sup><br>11:30 Lunch—Baked Salmon<br>w/ Teriyaki Sauce                                      |
| <sup>26</sup><br>8:00 Wii Bowling<br>11:30 Lunch—Stuffed<br>Shells w/ Meat Sauce<br>1:00 Bingo<br><br>9:00 AROUND TOWN<br>Reserve by 4:00 Thursday<br>at ext. 2            | <sup>27</sup><br>9:00 Art Group<br>10:00 Computer Workshop<br>11:30 Lunch— Omelette w/<br>Cheddar Cheese<br>12:30 Atty Whitney by Appt<br>1:00 Knitting/Crocheting<br>6:00 Tech Help<br><br>8:30 –12:00 Transportation to<br>and from Senior Center<br>12:30 FOOD SHOPPING –ext. 2                            | <sup>28</sup><br>9:30 CHAIR YOGA<br>11:30 Lunch—Greek Chicken<br>12:30 Mah Jongg<br><br>9:30 WESTGATE MALL and<br>Market Basket in Brockton<br>Sign up at ext. 1                                                                              | <sup>Mar 1</sup><br>11:30 Lunch—<br><br>12:30 PIZZA PARTY (See Pg. 1)<br>1:30 LEFT, CENTER , RIGHT<br>Sign up at ext. 2<br><br>9:30 MIKO’S/ DOLLAR TREE-<br>Brockton<br>Sign up at ext. 1                                                                                                  | <sup>Mar 2</sup><br>11:30 Lunch—<br>1:00 Bingo                                                      |

Eldercare Q & A from OLD COLONY ELDER SERVICES  
**Q. ARE A LOT OF ELIGIBLE ELDERS NOT GETTING FOOD STAMPS ?**

**Yes.** More than 40 percent of low-income older adults, eligible for the federal Supplemental Nutrition Assistance Program (SNAP), commonly known as “food stamps,” are not on the program.

SNAP provides food and nutritional benefits to one out of every nine people in Massachusetts, including older adults and individuals with disabilities. A recent study by Mass General Hospital found that participation in SNAP reduced annual health care costs by \$1,400 per person per year. Seniors with poor nutrition are at greater risk for health conditions like chronic heart disease, depression, diabetes, and asthma. Another study showed that access to SNAP benefits reduces the likelihood of admission to a nursing home by 23 percent.

The SNAP program is also good for the Massachusetts economy. The \$1.2 billion in SNAP benefits, spent annually at grocery stores, supermarkets, and farmers markets throughout the Commonwealth creates an economic stimulus of around \$2 billion into the local economy. An additional \$1 billion in SNAP spending would generate 8,900 full-time jobs.

Each October, the federal government makes adjustments to SNAP benefits. This year SNAP benefit levels were slightly reduced due to the drop in the consumer price index for food costs. The minimum benefit for one person decreased from \$16 to \$15, and the maximum benefit for one person fell from \$194 to \$192.

SNAP advocates in Massachusetts have been working hard to close the “SNAP Gap,” which is the number of people who are eligible for SNAP, but are not on the program. Over 150,000 adults in Massachusetts age 60 and over receive SNAP, which is roughly 10 percent of the older adult population. Nearly half (48 percent) of Massachusetts SNAP households include members who are older adults or individuals with disabilities.

According to the Massachusetts Law Reform Institute, and confirmed by a data match conducted by the Baker Administration, in 2016 there was a “SNAP Gap” of over 600,000 people who were on Medicaid, but not on SNAP; including 106,000 older adults, most with incomes below 100 percent of the federal poverty level.

Under federal rules, older adults and individuals with disabilities can claim out-of-pocket medical expenses as a deduction to raise their SNAP benefit, but the majority of these SNAP recipients in the Commonwealth who qualify for this medical deduction do not use it. In addition to insurance and any hospital or doctor costs, they can claim out-of-pocket costs like vitamins, eye glasses, hearing aids, “over the counter” medicine items, and mileage from driving to doctors and pharmacies. Older adults can also use private or public housing costs, utility costs, and dependent care costs to raise their SNAP benefits.

To learn how to apply for SNAP benefits, call the state Department of Transitional Assistance at 1-877-382-2363. If you want to appeal a SNAP decision, local legal service offices may be able to provide advice or representation. This website contains legal information <http://www.masslegalhelp.org/>

## 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: March 20th

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, February 9th, 2018 at Harvard Court at 12:30 P.M. for their monthly meeting. A Sandwich Luncheon with chips and drinks will be served before the meeting. Luncheon cost per person will be \$5.00 paid at the luncheon.

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, February 27th 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, February 20th by appointment. Contact **extension 2** to make an appointment. *You should hear what you're missing.*

**PODIATRIST**



Dr. William Chan. Wednesday, February 14th by appointment only. Contact **extension 2** to make an appointment.

Upcoming dates: March 14, April 11, May 9

**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:**

February 14 Senior Center 12:00—1:00

**Thursday:**

February 15 Harvard Court 12:30—1:30

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

February 6, 13, 20, 27 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, February 15th, **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

\*Sue will not be here on February 27th

|                           |         |
|---------------------------|---------|
| 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*

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MA License #127



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[kfontaine@4LPi.com](mailto:kfontaine@4LPi.com) or (800) 477-4574 x6350

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24 SEVEN



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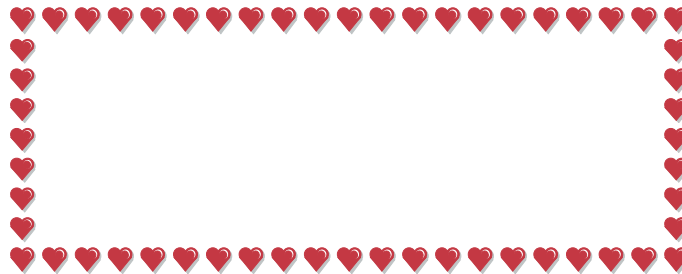
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**16 Hayden Avenue**  
**Whitman, MA 02382**


**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 February we'd like to help you celebrate by treating you to a free lunch and a small gift at the Senior Center on Friday, February 16th.  
Please call **Fran at extension 4** to reserve no later than Wednesday, February 7th.

**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.

