

SEEN YOUR NEWS?

WHITMAN COUNCIL ON AGING

P.O. BOX 426

16 HAYDEN AVENUE • WHITMAN, MA 02382

(781) 447-7619 • FAX (781) 447-7633



Patricia Goldmann, *Chairman*
Mary Ann Curby
Robert Titterington



SEPTEMBER 2013

Mae Cousineau, *Vice Chairman*
Jean McDonald
Barbara J. Garvey, *Director*

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:

We are thrilled to welcome Rochelle Sugarman and Christine McLaren of Old Colony Elder Service's Family Caregiver Support Program to present a six-week program for caregivers entitled "Powerful Tools for Caregivers".

If you are a caregiver of an elder, I hope you will consider participating in this timely and informative educational program. If you are an elder being cared for, please pass this along to caregivers who may not otherwise receive this information.

*Fondly,
Barbara*

NEW EVENING CLASSLEARN TO CROCHET

In a class designed for true beginners only, Mary Campbell will be offering a six-week Learn to Crochet course on Wednesday evenings at the Senior Center:

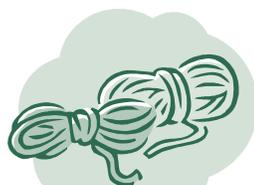
Wednesdays from 6:30 to 7:30 pm on:

October 9, October 16, October 23,
October 30, November 6, November 13

There is no charge for this course, but registration is required by calling Joanne at extension 2.

For the first class, please bring with you:

1 skein of Red Heart yarn
Size G metal crochet hook



'Powerful Tools for Caregivers' Presented by Old Colony Elder Services

Tuesdays, September 3 through October 8
11:00 am to 1:00 pm
At the Senior Center

Are you caring for a spouse, parent, relative or friend? If so, you may want to join this six week educational program designed to help family caregivers take care of themselves.

This class will give you, the family caregiver, tools to:

- Reduce Stress
- Communicate more effectively
- Take care of yourself
- Reduce guilt, anger and depression
- Help you relax
- Make tough decisions
- Set goals and problem-solve

**Registration is required and space is limited.
Call Joanne at extension 2 to reserve your seat.**

Help support the Conley School

Save your Box Tops for Education UPC's.
You can drop them off at the Senior Center any
weekday between 8:00 and 4:00.

HURRICANE PREPAREDNESS

With hurricane season upon us, here are some reminders of the things we should do to prepare for such an occurrence:

Before the Storm:

- Develop a family hurricane plan. Let members of your family not living with you know that you will take appropriate precautions and will contact them when it is possible to do so.
- Keep emergency equipment in good working order: radios, cell phones, flashlights, batteries and emergency tools.
- Stock up on non-perishable food and a 3 day supply of water.
- Make sure you have an ample supply of prescription medicines.
- Have blankets and sleeping bags available.
- Keep trees and shrubbery trimmed.
- Prepare to cover windows and doors with shutters or plywood.
- Fuel and service vehicles.
- Secure or bring in all lightweight objects such as trash cans and lawn furniture.
- Keep extra cash on hand.

During the Storm:

- Listen to the radio for official bulletins.
- Turn refrigerator to its coldest setting and keep it closed.
- Never use candles or open flames indoors.
- Fill bathtub and large containers with water for sanitary needs.
- Turn off propane tanks and unplug small appliances.
- Stay in a small interior room or closet.

After the Storm:

- Listen to the radio for road conditions and instructions.
- Do not attempt to drive through or across flowing water.
- Stay away from standing water (it may be electrically charged).
- Take pictures of any damage to your property and notify your insurance company.
- Have utilities inspected by professionals.
- Use tap water for cooking and drinking only when local officials say it is safe to do so.

FUEL ASSISTANCE

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

Please call Joanne at extension 2 after 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.

COA BUS TRIPS



Saturday, September 7th
Providence Place and WaterFire
Leaves the Senior Center at 3:30

WaterFire is an award winning fire sculpture installation that centers on a series of 100 bonfires that blaze just above the surface of the three rivers that pass through the middle of downtown Providence. The string of fires illuminates nearly two-thirds of a mile of urban public spaces and parks. Bring a blanket or lawn chair to claim your space on the grassy areas along the river and relax while listening to the music and watching the performances. Black-clad performers in boats passing quietly before the flames tend the fires from sunset to midnight.

We will depart from the Senior Center at 3:30 pm and arrive in Providence to spend a few hours shopping and dining at Providence Place Mall before walking across the street to enjoy the WaterFire experience, starting at sunset, approximately 7:15 pm. We will depart Providence at 8:30, arriving home approximately 9:30 pm.



Wednesday, September 18th
Peabody Essex Museum in Salem
Leaves the Senior Center at 9:00

Available for an additional \$5 surcharge to the museum is the special exhibition "Faberge Revealed". The name Faberge is synonymous with refined craftsmanship, jeweled luxury and the Russian imperial family. Over 230 singular treasures created by the House of Faberge in the late 19th and early 20th centuries are featured including enameled clocks, ruby encrusted brooches and four signature imperial eggs made for Nicholas II and the Romanov family.



Thursday, September 26th
Patriot Place & Cracker Barrel Restaurant
Leaves the Senior Center at 9:00

Spend a few hours shopping at Patriot Place in Foxboro where shops include The Christmas Tree Shop, Bass Pro Shop, Life is Good, Cupcake Charlie's, G.H. Bass, Old Navy, Bed Bath & Beyond, Patriots ProShop, and many, many others.

We will depart Patriot Place at 12:00 and travel to the Cracker Barrel Restaurant in Wrentham for lunch.

Call Linda at extension 1 to reserve.

Zumba Gold

Thursdays
 4:30 at the K of C Hall
 1195 Bedford Street
 \$4.00 per session

The Zumba Gold fitness program is a specialty course designed to meet the anatomical, physiological, and psychological needs of an older population. Like the traditional Latin-inspired Zumba workout, the Zumba Gold workout incorporates many of the dance / fitness routines set to Latin and international rhythms but is performed at a lower intensity.

Zumba Gold is certainly good for you, but it's also a lot of fun. Don't let the Zumba name scare you... this class has something for everyone. Many of the movements can even be done while sitting in a chair, so come and check it out.

Join Carol, a certificated Zumba Gold instructor. Give it a try.

New participants should call **Joanne at extension 2** to sign up and register.

FUN and GAMES

BINGO – Mondays at 1:00
 Come for fun and socialization. Refreshments are served and new players always welcome. All dollars that come in go back the same day. Try your luck!

Wii BOWLING – Mondays at 8 AM.

MAH JONGG – Wednesdays at 1:00 PM

FITNESS AND EXERCISE

WALKING GROUP – Meets at the Senior Center every Tuesday and Thursday morning at 8:00 to walk the beautiful Whitman Town Park.

GENTLE CHAIR YOGA WITH JOANNE at the Senior Center on Wednesdays at 9:15 am. Offering is \$4 per class.

ZUMBA at the Knights of Columbus Hall, Rt. 18, on Thursdays at 4:30 p.m. Offering is \$4 per class.

Game Day
Thursday September 26
1:00
at the Senior Center

Join us for the fun game of **Left, Center, Right**. Bring a friend or come on your own. Our thanks to Sachem Center for Health and Rehabilitation for sponsoring this event. Light refreshments will be served. Space is limited so call early.

Call Joanne at extension 2 to reserve your seat.
Don't be left out.

FRIENDS OF THE WHITMAN SENIORS
MONTHLY MEETING OF THE FRIENDS
 at the Senior Center.

Friday, September 13th at 12:30

A Pot Luck luncheon is planned. Anyone interested in attending should call Roberta at 781-261-3930. All are welcome to attend.

The Friends continue to sell Whitman throw blankets as a fund raiser. The cost is still \$35.00. Throws are available in green and blue. Stop by the Senior Center, Duval's Pharmacy, or contact any officer of the Whitman Friends group to purchase a blanket.

Social Lunch

~ ~ ~
 Tuesday, September 10th at 1:00
 To be announced
 Lunch is \$15.00
 Special menu will be provided.
 Attendees will meet at the restaurant.
 If you plan to attend, please call **Terry Seer at 781-413-1879** to reserve.



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, September 24th from 12:00 to 3:00. Please call **Joanne at extension 2** for an appointment

SEPTEMBER 2013

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
LABOR DAY SENIOR CENTER CLOSED	8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 11-1 Caregivers Program –Part 1 11:30 Lunch 12:00 Computer Workshops 1:00 Knitting/Crocheting 8:45 FOOD SHOPPING at STOP & SHOP Transportation to Senior Center Reserve by Monday—ext. 2	9:15 Chair Yoga 11:30 Lunch 12:30 No Crafts 1:00 Mah Jongg 6:00 Scrapbooking 9:00 AROUND TOWN Reserve by Thursday - ext. 1	8:00 Walk the Park 9:30 Hairdresser by Appt 11:30 Lunch 4:30 Zumba Gold at K of C 9:00 WALMART in RAYNHAM & IHOP or CHINESE BUFFET Sign up at ext. 1	11:30 Lunch ~~~~~ Saturday 9/7 Providence Place/ and Waterfire 3:30 — return 9:30 Sign up at ext. 1
9	10	11	12	13
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch 1:00 Bingo 9:00 AROUND TOWN Reserve by Thursday - ext. 1	8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 11-1 Caregivers Program— Part 2 11:30 Lunch 12:00 Computer Workshops 1:00 Knitting/Crocheting 8:45 FOOD SHOPPING at TRUCCHI'S Transportation to Senior Center Reserve by Monday—ext. 2	8:30 Podiatrist by Appt 9:15 Chair Yoga 11:30 Lunch 12-2 Blood Pressure at the Center 12:30 Crafts 1:00 Mah Jongg 9:00 HANOVER MALL Sign up at ext. 1	8:00 Walk the Park 9:30 Hairdresser by Appt 11:30 Lunch 4:30 Zumba Gold at K of C TWIN RIVER CASINO Pickup 8:00 Center; 8:15 Home Return Home 4:00 Sign up at ext. 1	11:30 Lunch 12:30 Friends Meeting 9:30 CASTLE ISLAND Sign up at ext. 1
16	17	18	19	20
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch 1:00 Bingo 9:00 AROUND TOWN Reserve by Thursday—ext. 1	8:00 Walk the Park 9:00 Art Class 9:00 State Rep Geoff Diehl 9:30 Hairdresser by Appt 11-1 Caregivers Program- Part 3 11:30 Lunch 12:00 Computer Workshops 1:00 Knitting/Crocheting 1:00 Hearing Check by Appt 8:45 FOOD SHOPPING at STOP & SHOP Transportation to Senior Center Reserve by Monday – ext. 2	9:15 Chair Yoga 11:30 Lunch 12-2 Blood Pressure at Harvard Ct 12:30 Crafts 1:00 Mah Jongg 9:00 PEABODY ESSEX MUSEUM in Salem Sign up at ext. 1	8:00 Walk the Park 11:30 Lunch 4:30 Zumba Gold at K of C BROWN BAG PICKUP Please Note: Bags will not be available for pickup before 12:30 or after 3:30 9:30 WESTGATE MALL, Market Basket-Brockton Sign up at ext. 1	11:30 Lunch
23	24	25	26	27
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch 1:00 Bingo 9:00 AROUND TOWN Reserve by Thursday—ext. 1	8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 11-1 Caregivers Program—Part 4 11:30 Lunch 12:00 Computer Class 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting 8:45 FOOD SHOPPING at TRUCCHI'S Transportation to Senior Center Reserve by Monday – ext. 2	9:15 Chair Yoga 11:30 Lunch 12:30 Crafts 1:00 Mah Jongg FOXWOODS CASINO Pickup 7:30 Center; 7:45 Home Return Home 7:00 pm Sign up at ext. 1	8:00 Walk the Park 9:30 Hairdresser by Appt 11:30 Lunch 4:30 Zumba Gold at K of C 1:00 Game Day at the Center See page 3 for details Sign up at ext. 2 9:00 PATRIOT PLACE-Foxboro, Cracker Barrel Restaurant-Wrentham Sign up at ext. 1	9:30 Manicurist 11:30 Lunch
30				
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch 1:00 Bingo 9:00 AROUND TOWN Reserve by Thursday—ext. 1				

Eldercare Q & A from OLD COLONY ELDER SERVICES

Questions and Answers about the flu shot

Is it safe for seniors to get a flu shot?

Yes. People age 65 and over account for 9 out of 10 flu-related deaths. As many as 49,000 people die from the flu each year in America and seniors are more vulnerable to influenza (flu). According to the Centers for Disease Control and Prevention, the flu shot is safe and effective, and is the best way to avoid the flu. A flu shot also helps to protect your family and friends since you won't be able to spread the flu to others.

Keep in mind that anyone can catch the flu, even healthy individuals. It is easily transmitted through coughing and sneezing or contact with fluids from an infected person's mouth or nose. As we get older, our immune system weakens; this makes seniors more vulnerable to the flu.

If you're aged 65 or older, you have two options for an annual flu shot:

- The **traditional** flu shot. Some studies have shown that the traditional flu vaccine might not work as well for people age 65+.
- A **higher dose** flu shot designed specifically for people aged 65 and older. This higher dose vaccine addresses the age-related decline of the immune system by triggering a stronger immune response following influenza immunization.

Studies show that side effects from the higher dose vaccine are more common than the traditional dose. However, they are usually mild and temporary—pain, redness, and swelling at the injection site; headache; muscle aches; fever; and malaise are among those reported. Most people have minimal or no side effects after receiving the higher dose vaccine. Ask your health care provider which shot makes more sense for you.

In addition to the flu shot, seniors should take other precautions, like covering coughs, washing hands, and staying away from people who are sick.

The flu vaccine should become available by the early fall. Even if you are unable to get a shot early in the season, don't start thinking that you're too late—vaccination throughout the flu season into the winter months is recommended. Did you get a flu shot last year? You still need to get a new shot this year. The types of flu viruses change from year to year; a new vaccine is produced each year to protect against the latest flu strains. And, because immunity to flu viruses weakens after a year, annual vaccination is necessary.

There are some people who should **NOT** get a flu shot. If you have ever had a severe allergic reaction to eggs, a serious reaction to a previous flu shot, or Guillain-Barré syndrome, do not get a flu shot.

For more information about the flu season this year, go to <http://www.cdc.gov/Flu/>.

Is it OK to get a flu shot at a retail store or clinic instead of at my physician's office?

Yes. You can get a flu shot at many places besides a doctor's office. Influenza vaccines are now widely available at retail stores, pharmacies, workplace flu clinics, and many more places. You should get vaccinated at a place that is most convenient for you.

Can I get influenza from the flu shot?

No. One common myth is that you can get the flu from a flu shot, but the vaccine does not contain the live virus—so it's impossible to get the flu from the shot.

Does Medicare cover the cost of the higher dose option?

Yes. Medicare Part B will pay for either the traditional or the higher dose vaccine, no co-pay is required.

Talk to your health care provider today about the dangers of the flu, the benefits of vaccination and the best vaccine option to meet the needs of your age group.

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 **Linda at extension 1** to sign up no later than 4:00 Thursday.

FOOD SHOPPING / SENIOR CENTER BUS—Our COA bus alternates travels to Stop & Shop or Trucchi's in Abington on **Tuesdays** at **8:45**. The Bus is also available for activities and appointments at the Center. Sign-up is required by calling **Joanne at extension 2** no later than 4:00 Monday.

DIAL-A-BAT—Transportation to medical appointments in Abington, Brockton, Bridgewater, East Bridgewater, West Bridgewater, North Easton, Stoughton, Whitman and Boston. The first pickup in Whitman is 9:30. Call **Joanne at extension 2** at least 2 days prior to your appointment to book.

***Our Newsletter is available online at:
www.seekandfind.com***

BITS AND PIECES by ELEANOR NADELL

Watch out for the school buses! Yes, it is that time of year again. Summer has almost disappeared and Fall is fast approaching. It didn't take long, did it? August was a more comfortable month than July. Hopefully September weather will be just as good. Lots of good day trips in August once again. Boat trips, Casino's, and the always enjoyable Suffolk Downs. Boy those horses are beautiful. So once again we are getting back into our routines; walking in cooler weather, or running if you are able. Perhaps you will be seeing a little less of the grandchildren. It is back to regular church times and activities. All in all, "Here we go again", so, do keep well and enjoy yourselves.

Eleanor

HEALTH AND WELLNESS

BLOOD PRESSURE AND HEALTH CARE SCREENINGS

Free health screening clinics for Whitman residents are provided by Norwell Visiting Nurse Association and Hospice. Screening includes blood pressure and blood sugar testing, vital signs assessment, nutritional counseling, weight assessment and medication review and instruction.

Wednesdays:

September 11	Senior Center	12:00 --2:00
September 18	Harvard Court	12:00 --2:00

Tuesdays & Thursdays at Town Hall (VNA Office, Lower Level)

BLOOD PRESSURE CHECK

We offer a free blood pressure check by a Registered Nurse at the Senior Center every Monday from 11:00 am to 1:00 pm.

OUTREACH

TELEPHONE REASSURANCE – If you would like a phone call and conversation from our office on weekday mornings, please contact **Linda at extension 1**.

BROWN BAG DISTRIBUTION PROGRAM – Thursday, September 19th 12:30 to 3:30 only. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

NUTRITION

Senior Lunches are served every day at the Senior Center at 11:30. Let us do the cooking for you. 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.

HEARING SCREENING – Free hearing screenings and free minor repairs to hearing aids are provided by Board Certified Hearing and Instrument Specialist, John Klefeker on Tuesday, September 17th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST - Dr. William Chan. Wednesday, September 11th by appointment only. Contact **Joanne at extension 2** to make an appointment.
Upcoming dates: October 9, November 13, December 11

HAIR BY MEREDITH

Tuesdays and Thursdays by Appointment

Contact **Joanne at 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)	

MANICURES BY JANE

Jane, a licensed manicurist takes appointments at the Senior Center once a month. She will be here Friday September 27th. There is no charge for her manicure services which include nail cutting, filing, cleaning, hand massage and polishing (please bring your own polish). Both women and men are welcome.

Call Joanne at extension 2 to make a reservation.

**Our Newsletter is now available on the Town's Website at www.whitman-ma.gov.
Check it out!**

COMPUTER WORKSHOPS

By Richard Stanton
at the Senior Center on Tuesdays

Workshops are 45 minutes long and will have no more than three participants in a session. Please contact **Linda at extension 1** to sign up for course of your choice.

PC (Personal Computer) Fundamentals: Become familiar with 'Windows' on a personal computer. Start the PC, start an application, practice with mouse, then shut down PC.

Advanced PC Use: Increase understanding of 'Windows'. Path and Folder use, Single and Multi select in the windows explorer, Use Drag and Drop, Perform backup.

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

Advanced Internet: Safe Browsing, Navigation and handling of E-Mail, Use an attachment, Search the Web.

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

Budget with Excel / Calc Advanced Features: Edit Basic Budget using advanced features.

Basics of Digital Photos on the PC: Learn to retrieve, organize, edit and Print Digital Photos.

Advanced Digital Photo Management: Editing Photos—retrieve photos using Pict Bridge.

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.

Editing MP3 Files: Download free editing software to edit MP3 music.

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.

**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

**J. SACCONI
& SONS, INC.**

Backhoe • Drains
Septic Tanks • Cesspools



15 Commercial Street
Whitman

447-5670



**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

140 Bedford St., Route 18
Bridgewater, MA 02324

508-279-0700

John Klefeker, BC-HIS MA License #127

**Advertising Sponsors make
this newsletter possible**



For Information Call

**Mark
Bell**

1-800-732-8070
ext. 3429

email: mbell@4LPI.com

McGUIGGAN'S PUB

OPEN FOR
LUNCH & DINNER
7 DAYS A WEEK
DAILY SPECIALS
EARLY BIRD SPECIALS
TAKE-OUT AVAILABLE
LIVE IRISH MUSIC
EVERY TUESDAY EVE.
546 Washington Street
Whitman, MA 02382
781-447-7333
www.mcguigganspub.com

MacKinnon

Basic Cremation from: \$1,300. Complete
Veterans Funerals from: \$3,995. Complete

760 Washington St., Whitman, MA
781 447-4141

Visit us at

www.mackinnonfuneral.com

BROCKTON VISITING NURSE ASSOCIATION

Let Us Help You Get Well At Home

• Nursing • Rehabilitation Therapy • Medical Social Services
• Dietician Services • Home Health Aides

508-587-2121 • www.brocktonvna.org



COYNE

Healthcare Center
REHABILITATION & NURSING CARE

Providing the care you need...
With the compassion you deserve.

56 Webster Street • Rockland
781-871-0555 • www.coynehc.com

Come visit our newly renovated facility & receive a gift certificate to Debbie's Kitchen

Old Colony Elder Services

Providing services to the community since 1974

144 Main Street - Brockton, Massachusetts 02301
508-584-1561 TTY 508-587-0280 www.oldcolonyelderservices.org

The cost of printing and mailing this newsletter has been paid in part by the Friends of Whitman Seniors, Inc. and the Massachusetts Executive Office of Elder Affairs.

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

Whitman Council On Aging
PO Box 426
16 Hayden Avenue
Whitman, MA 02382

RETURN SERVICE REQUESTED



MOTORCOACH TOURS

Mohawk Trail

Tuesday, October 1st 7:00 A.M. \$69.00

Enjoy a great foliage trip along the Mohawk Trail. There will be stops for picture taking. Lunch will be at the Williams Inn in quaint Williamstown. Choose from Baked Scrod, Lemon Herb Baked Chicken or Grilled Boneless Pork Loin Chop for lunch.

Bright Nights at Forest Park

Tuesday, December 3rd 9:00 A.M. \$70.00

Start with a stop at the historic Yankee Pedlar Inn for lunch. Lunch choices are baked scrod, roasted turkey with stuffing or Yankee pot roast. Then it is off to the Christmas Tree Shop in Holyoke for some shopping. Finally it is time for a relaxing ride in comfort through Forest Park and more than 2 miles of beautiful Christmas Lights.

Call Linda at extension 1 to reserve your seat.

ABOUT OUR TRIPS AND ACTIVITIES ...

Please know that 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.