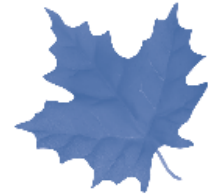


# SEEN YOUR NEWS?



## 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

### OCTOBER 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:

The Whitman Board of Health has received a mini-grant from the Massachusetts Department of Public Health in collaboration with the Massachusetts Association of Health Boards to provide the following two health education programs to residents of Whitman.

**Thursday, October 3**  
10:00 to 11:00 am  
**"Get Up and Move!"**

**Thursday, October 24**  
10:00 to 11:00 am  
**"Healthy Eating as We Age"**

These programs examine the importance and impact of physical activity and nutrition as we age and will be presented by NVNA and Hospice clinicians and nutritionists.

Karen Lynch, RN, Whitman Board of Health Nurse, will be on hand to provide blood pressure screenings.

Both programs will be held at the Whitman Police Station Training Room at 20 Essex Street.

For more information, please call Elaine Williams at the Whitman Board of Health at 781-618-9755.

NVNA and Hospice is a non-profit home health and hospice agency serving over 27 communities on the South Shore and providing public health services to several towns, including Whitman.

#### MEDICARE OPEN ENROLLMENT October 15—December 7, 2013

During open enrollment time, changes may be made to your current health and prescription plans. These changes will be effective January 1, 2014. Please read all information mailed to you regarding your current coverage and whether you can expect changes for the new year. If you have any questions about any mailings you receive, feel free to call me for assistance. During this open enrollment period, you may make an appointment with me to "tweak" current coverage or change your coverage in order to save you money for next year.

As always, I will be happy to meet with you and discuss any questions you may have.

**You may reach me at extension 3.**

*Terry Altieri, Social Worker*

#### It's Back by popular demand ... Jeopardy

**At the Senior Center**  
1:00 p.m.  
**Thursday, October 24th**

Exercise your brain a little and have some fun in the process. Join us for a game of Jeopardy sponsored by Sagem Center for Health and Rehabilitation.

**Call Joanne at extension 2 to reserve your seat because space is limited.**

**CONGRATULATIONS TO OUR ARTISTS**

The art students from Dot Roth's Tuesday Art Class at the Senior Center were awarded the following prizes at the Marshfield Fair this August.

- Peter O'Brien.....1st prize & 2nd prize
- Mary Rinkulis.....2nd prize
- Steve Zulon.....2nd prize

A representative from Tufts Health Plan Medicare Preferred will have an information table at the Senior Center on Tuesday, October 22nd from 9:30 to 11:30 to answer any questions on their 2014 Medicare plans. No appointment is necessary.

**Help us go GREEN and save MONEY**

Our newsletter is now available online at:  
[www.seekandfind.com](http://www.seekandfind.com)  
Or on the Town of Whitman website  
[www.whitman-ma.gov](http://www.whitman-ma.gov)

If you read your newsletter online or choose not to receive a newsletter at this time, please call Joanne at extension 2 to have your name taken off of the mailing list.

**COA BUS TRIPS**



**Thursday, October 3rd**  
**Wareham Crossing & Ansel Gurney House**  
Leaves the Senior Center at 9:00

Start at Wareham Crossing for some shopping. The L.L. Bean Outlet is always a favorite. Then enjoy lunch at the historic Ansel Gurney House. The gardens and gift shop are also not to be missed.



**Friday, October 11th**  
**Tower Hill Botanical Gardens**  
Leaves the Senior Center at 9:00

Enjoy the Fall colors in the beautiful gardens and the surrounding hills. Bring a snack or enjoy lunch at the Twigs Café, which has lovely salads and sandwiches. You will be returning home approximately 3:00

~~~~~  
**Call Linda at extension 1 to reserve.**

**DOLLARS FOR SCHOLARS  
ELECTRONIC RECYCLING DAY  
Saturday, October 5  
9 am to 1 pm**

Dollars for Scholars will be holding an electronic recycling day at the Maquan School in Hanson on Saturday, October 5, from 9AM to 1PM. Residents and non-residents can dispose of their unwanted electrical items which they may not be able to do away with by conventional trash methods. A fee will be assessed which will support DFS' scholarship awards program.

Televisions can be discarded for \$20. Computers, VCRs/DVDs, window air conditioners, printers/copiers, fax machines, and dishwashers can be disposed of for \$10. Cellphones (\$1), keyboards(\$2), microwaves(\$7), and computer monitors(\$8) cost a lesser amount. Most items not listed will be accepted. Please ask for pricing. Additionally, discounts will be available for multiple donations.

Those unable to attend may call ahead for special arrangements. Only regularly sized items which can fit into an automobile are available for pickup. For more information, please contact Mike at 781-252-9683.

For our seniors who are unable to bring their items to the Maquan School, Mike Ganshirt has kindly offered to pick up your items, provided they can fit in his automobile.

**NEW EVENING CLASS .....LEARN TO CROCHET**

*~ ~ ~ This class is full.  
Check future newsletters for the next six-week series ~ ~ ~*

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

**IT'S IN THE STARS**

**Astrology Presentation**  
**Thursday, October 18th at 1:00**  
**At the Senior Center**

Where is MY moon? And why do I need to know? Come learn a little about, not only your sun sign, but your moon sign too.

It is because the birth charts are so complicated and individual that they're so interesting...your Zodiac birth chart is as distinctive as you are!!  
Jane Murray will be here to enlighten you on this fascinating topic.

**Call Joanne at extension 2 to reserve your seat.**  
**Space is limited so call early.**

**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. New Participants call Linda at ext 1 to register.

**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

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

**Friday, October 11th at 1:00**  
A Penny Sale 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, October 8th at 1:00  
Loughorn Restaurant  
Lunch chosen from the menu.  
Attendees will meet at the restaurant.  
If you plan to attend, please call **Terry Seer at 781-413-1879**

**FREE LEGAL ADVICE**

Attorney Ronald N. Whitney is available to meet with elders once a month at the Senior Center for assistance with wills and personal legal issues. This month, Attorney Whitney will be at the Center on Tuesday, October 22nd from 12:00 to 3:00.  
Please call **Joanne at extension 2** for an appointment

**OCTOBER 2013**

| Monday                                                                                                                                                                                | Tuesday                                                                                                                                                                                                                                                                                                                                                                                           | Wednesday                                                                                                                                                                                                                                                                                               | Thursday                                                                                                                                                                                                                                                                                                                                                                | Friday                                                                                                                                                                                                                                                                                                                           |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                      | <p>1</p> <p>8:00 Walk the Park<br/>9:00 Art Class<br/>9:30 Hairdresser by Appt<br/>11:30 Lunch-Tortellini w/meat sauce<br/>12:00 Computer Workshops<br/>1:00 Knitting/Crocheting<br/>7:00 TOPS</p> <p><b>8:45 FOOD SHOPPING at STOP &amp; SHOP</b><br/>Transportation to Senior Center<br/>Reserve by Monday—ext. 2</p>                                                                           | <p>2</p> <p>9:15 Chair Yoga<br/>11:30 Lunch—Sweet and Sour Chicken<br/>12:30 Crafts<br/>1:00 Mah Jongg<br/>6:00 Scrapbooking</p> <p><b>9:00 WALMART in Plymouth, Woods Restaurant</b><br/>Sign up at ext. 1</p>                                                                                         | <p>3</p> <p>8:00 Walk the Park<br/>9:30 Hairdresser by Appt<br/>11:30 Lunch—Omelet w/cheese<br/>4:30 Zumba Gold at K of C</p> <p><b>9:00 Wareham Crossing / Ansel Gurney House</b><br/>Sign up at ext. 1</p>                                                                                                                                                            | <p>4</p> <p>11:30 Lunch— Fish w/ lemon pepper sauce</p>                                                                                                                                                                                                                                                                          |
|                                                                                                                                                                                       | <p>7</p> <p>8:00 Wii Bowling<br/>11-1 Blood Pressure<br/>11:30 Lunch— Stuffed shells w/ meat sauce<br/>1:00 Bingo</p> <p><b>9:00 AROUND TOWN</b><br/>Reserve by Thursday - ext. 2</p>                                                                                                                                                                                                             | <p>8</p> <p>8:00 Walk the Park<br/>9:00 Art Class<br/>9:30 Hairdresser by Appt<br/>11:30 Lunch— Cheeseburger<br/>12:00 Computer Workshops<br/>1:00 Knitting/Crocheting<br/>7:00 TOPS</p> <p><b>8:45 FOOD SHOPPING at TRUCCHI'S</b><br/>Transportation to Senior Center<br/>Reserve by Monday—ext. 2</p> | <p>9</p> <p>8:30 Podiatrist by Appt<br/>9:15 Chair Yoga<br/>11:30 Lunch—Roast Turkey<br/>12-2 Blood Pressure at the Center<br/>12:30 Crafts<br/>1:00 Mah Jongg<br/>6:30 Crochet Class</p> <p><b>9:00 HANOVER MALL</b><br/>Sign up at ext. 1</p>                                                                                                                         | <p>10</p> <p>8:00 Walk the Park<br/>9:30 Hairdresser by Appt<br/>11:30 Lunch—Chilled tuna plate<br/>4:30 Zumba Gold at K of C</p> <p><b>10:00 Medication Issues Presentation by Abigail Adams Adult Day Health Director at the Senior Center</b><br/>Sign up at ext 2</p> <p><b>9:30 CASTLE ISLAND</b><br/>Sign up at ext. 1</p> |
| <p>14</p> <p><b>COLUMBUS DAY HOLIDAY</b></p> <p><b>SENIOR CENTER CLOSED</b></p>                                                                                                       | <p>15</p> <p>8:00 Walk the Park<br/>9:00 Art Class<br/>9:30 Hairdresser by Appt<br/>11:30 Lunch—BBQ Beef Riblet<br/>12:00 Computer Workshops<br/>1:00 Knitting/Crocheting<br/>1:00 Hearing Check by Appt<br/>7:00 TOPS</p> <p><b>8:45 FOOD SHOPPING at STOP &amp; SHOP</b><br/>Transportation to Senior Center<br/>Reserve by Monday – ext. 2</p>                                                 | <p>16</p> <p>9:15 Chair Yoga<br/>11:30 Lunch—Pier 17 Fish<br/>12:30 Crafts<br/>1:00 Mah Jongg<br/>6:30 Crochet Class</p> <p><b>9:00 AROUND TOWN</b><br/>Reserve by Thursday - ext. 2</p>                                                                                                                | <p>17</p> <p>8:00 Walk the Park<br/>11:30 Lunch—Grilled Chicken w/ Florentine sauce<br/>11-1 Blood Pressure at Harvard Ct<br/>4:30 Zumba Gold at K of C</p> <p><b>BROWN BAG PICKUP</b><br/>Please Note: Bags will not be available for pickup before 12:30 or after 3:30</p> <p><b>10:00 Christmas Tree-Pembroke, Fairview Inn-Marshfield</b><br/>Sign up at ext. 1</p> | <p>18</p> <p>11:30 Lunch—Meatloaf with gravy</p> <p><b>1:00 Astrology Presentation at the Senior Center</b><br/>Sign up at ext. 2</p>                                                                                                                                                                                            |
| <p>21</p> <p>8:00 Wii Bowling<br/>11-1 Blood Pressure<br/>11:30 Lunch—Reduced Sodium hotdog on a bun<br/>1:00 Bingo</p> <p><b>9:00 AROUND TOWN</b><br/>Reserve by Thursday—ext. 2</p> | <p>22</p> <p>8:00 Walk the Park<br/>9:00 Art Class<br/>9:30 Hairdresser by Appt<br/>11:30 Lunch—Teriyaki Chicken<br/>12:00 Computer Class<br/>12:00 Atty Whitney by Appt<br/>1:00 Knitting/Crocheting<br/>7:00 TOPS</p> <p><b>9:30-11:30 Tufts Health Medicare Preferred</b></p> <p><b>8:45 FOOD SHOPPING at TRUCCHI'S</b><br/>Transportation to Senior Center<br/>Reserve by Monday – ext. 2</p> | <p>23</p> <p>9:15 Chair Yoga<br/>11:30 Lunch—American Chop Suey<br/>12:30 Crafts<br/>1:00 Mah Jongg<br/>6:30 Crochet Class</p> <p><b>9:00 CAPE COD THRIFT SHOPS-Falmouth</b><br/>Sign up at ext. 1</p>                                                                                                  | <p>24</p> <p>8:00 Walk the Park<br/>9:30 Hairdresser by Appt<br/>11:30 Lunch—Wild Salmon w/ lemon dill sauce<br/>4:30 Zumba Gold at K of C</p> <p><b>1:00 Jeopardy At the Senior Center</b><br/>Sign up at ext. 2</p> <p><b>9:30 SOUTH SHORE PLAZA, Cheesecake Factory-Braintree</b><br/>Sign up at ext. 1</p>                                                          | <p>25</p> <p>9:30 Manicurist<br/>11:30 Lunch—Hawaiian P</p> <p><b>1:00 Presentation, Pie Tasting &amp; Raffle by All American Assisted Living of Hanson</b></p>                                                                                                                                                                  |
| <p>28</p> <p>8:00 Wii Bowling<br/>11-1 Blood Pressure<br/>11:30 Lunch— Greek Chicken<br/>1:00 Bingo</p> <p><b>9:00 AROUND TOWN</b><br/>Reserve by Thursday—ext. 2</p>                 | <p>29</p> <p>8:00 Walk the Park<br/>9:00 Art Class<br/>9:30 Hairdresser by Appt<br/>11:30 Lunch—Fish Sticks<br/>12:00 Computer Class<br/>1:00 Knitting/Crocheting<br/>7:00 TOPS</p> <p><b>8:45 FOOD SHOPPING at STOP &amp; SHOP</b><br/>Transportation to Senior Center<br/>Reserve by Monday – ext. 2</p>                                                                                        | <p>30</p> <p>9:15 Chair Yoga<br/>11:30 Lunch—Macaroni &amp; Cheese<br/>12:30 Crafts<br/>1:00 Mah Jongg<br/>6:30 Crochet Class</p> <p><b>FOXWOODS CASINO</b><br/>Pickup 7:30 Center; 7:45 Home<br/>Return Home 7:00 pm<br/>Sign up at ext. 1</p>                                                         | <p>31</p> <p>8:00 Walk the Park<br/>9:30 Hairdresser by Appt<br/>11:30 Lunch-Ghoulis Goulash<br/>4:30 Zumba Gold at K of C</p> <p><b>9:00 Good Days Restaurant and Food Shopping at MARKET BASKET in West Bridgewater</b><br/>Sign up at ext. 1</p>                                                                                                                     | <p>NOV 1</p> <p>11:30 Lunch</p>                                                                                                                                                                                                                                                                                                  |

Eldercare Q &amp; A from OLD COLONY ELDER SERVICES

**HERE COMES ONE CARE****What is the new One Care health plan?**

Starting October 1<sup>st</sup>, Massachusetts will offer a new health care option for people between the ages of 21 and 64 who are on Medicare Parts A & B and either MassHealth Standard or CommonHealth.

One Care plans will coordinate all your Medicare and MassHealth medical and pharmacy services, plus personal care attendants, mental health services, substance abuse, adult day care, nursing facility care, dental services, hearing aids, vision care, chiropractic care, podiatry, and many other supports. You will also have a Care Coordinator to help you get the complete care you need.

There are currently 3 providers offering One Care plans, but not all plans will be available in all areas. Some parts of the state will not have any One Care plans available.

One Care is not a mandatory program. If you are eligible, you should receive a One Care information packet. If you don't choose a plan, MassHealth may sign you up for a plan. Keep in mind, you have the right to tell MassHealth that you want a different plan or that you do not wish to join any plan, but want to keep receiving your care the same way you do now. Individuals who join the plan before turning 65 can **stay** in the plan beyond the age of 65, but other plans for seniors are also available and should be investigated.

Before joining any plan, you can check to see if your current doctor or other providers are in that plan. You can also check to see if the medications you need are offered by that plan and whether or not you have to pay part of the cost for your prescriptions. Before joining any plan, you have the right to a free counseling session with a SHINE Counselor (Serving the

Health Information Needs of Everyone) to help choose a plan.

Basic home care services—like help with bathing, dressing, toileting and walking—are available from One Care plans. To help you determine what long term services you need, you can opt to have a Long Term Services Coordinator on your care team. This coordinator is your advocate and is not an employee of the One Care plan. This LTS Coordinator is a new position not found in other health care plans. You can add a LTS Coordinator at any time.

Working with your team, you will help develop a Personal Care Plan which will list your goals for remaining independent. Only people you want will be on your care team.

MassHealth will be mailing out an enrollment guide about each One Care plan to qualified individuals. The guide will include phone numbers to call for more information. When you get this information, you should choose a plan or inform MassHealth that you do not want to join any plan. If you do nothing, MassHealth may choose a plan for you. If you want to change what MassHealth selects, you will have two months to ask for another plan or to indicate that you do not want to be in a One Care plan.

If you get a packet in the mail, call **1-800-841-2900** to ask a MassHealth customer service representative any questions you have. **Learn more at:** <http://www.mass.gov/masshealth/onecare>.

**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 **Joanne at extension 2** 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](http://www.seekandfind.com)***

**BITS AND PIECES by ELEANOR NADELL**

Hard to believe it is now October. Always a glorious time of the year. I just had my niece here from Minnesota for a weeks stay. I love it when family gets together. We did a lot of tripping. Fun times reminiesing and loads of laughs. (I don't believe that I spelled that correctly). That's alright, you tell me when you see me. So were you at the friends cookout in August? Once again, we had a good amount of friends there. It is always nice to see them all. I am waiting for a nice trip to the North Country. Know of any? Give me a call. It's time for a change of scenery. In the meantime, there is always the mini-bus trips. See you there.

Best wishes to one and all,  
**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:**

|         |    |               |              |
|---------|----|---------------|--------------|
| October | 9  | Senior Center | 12:00 --2:00 |
| October | 17 | Harvard Court | 12:00 --2:00 |

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

|         |                                 |           |
|---------|---------------------------------|-----------|
| October | 1, 8,10, 15, 17, 22, 24, 29, 31 | 2:00—4:00 |
|---------|---------------------------------|-----------|

**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, October 17th 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.

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**Halloween Eve Lunch**



On Wednesday, October 30th, those that are signed up for lunch are encouraged to wear a costume to help us celebrate Halloween. Prizes will be awarded. Lunch reservations need to be made no later than October 23 by calling Fran at extension 4.

**HEARING SCREENING** – Free hearing screenings and free minor repairs to hearing aids are provided by Board Certified Hearing and Instrument Specialist, John Klefer on Tuesday, October 15th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

**PODIATRIST** - Dr. William Chan. Wednesday, October 9h by appointment only. Contact **Joanne at extension 2** to make an appointment.  
Upcoming dates: 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 October 25th. 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.**

**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.

<p><b>Blanchard Funeral Chapel</b></p> <p>Robert A. Tonello, Steven J Leonard Funeral Directors</p> <p><b>781-447-0170</b></p> <p>666 Plymouth Street Whitman</p>	<p>WILLS • TRUSTS • ESTATES PERSONAL INJURY LAW</p>  <p><b>RONALD N. WHITNEY</b> ATTORNEY AT LAW</p> <p>549 BEDFORD STREET WHITMAN, MA 02382</p> <p><b>781-447-3899</b></p>	<p><b>J. SACCONI &amp; SONS, INC.</b></p> <p>Backhoe • Drains Septic Tanks • Cesspools</p>  <p>15 Commercial Street Whitman</p> <p><b>447-5670</b></p>	 <p><b>FAMILY HEARING CARE CENTER</b></p> <p><i>...listen to the sounds of life®</i></p> <p>~ Hearing Evaluations ~ Video Ear Inspections ~ Hearing Aids ~ Repairs ~ Ear Wax Removal</p> <p>534 Main Street, Suite 2, Route 18 Weymouth, MA 02190</p> <p><b>781-337-1144</b></p> <p>140 Bedford St., Route 18 Bridgewater, MA 02324</p> <p><b>508-279-0700</b></p> <p>John Klefeker, BC-HIS MA License #127</p>
<p><b>Advertising Sponsors make this newsletter possible</b></p>  <p>For Information Call <b>Mark Bell</b></p> <p>1-800-732-8070 ext. 3429</p> <p>email: mbell@4LPi.com</p>	<p><b>McGUIGGAN'S PUB</b></p> <p>OPEN FOR LUNCH &amp; DINNER 7 DAYS A WEEK DAILY SPECIALS EARLY BIRD SPECIALS TAKE-OUT AVAILABLE LIVE IRISH MUSIC EVERY TUESDAY EVE.</p> <p>546 Washington Street Whitman, MA 02382</p> <p><b>781-447-7333</b> www.mcguigganspub.com</p>		
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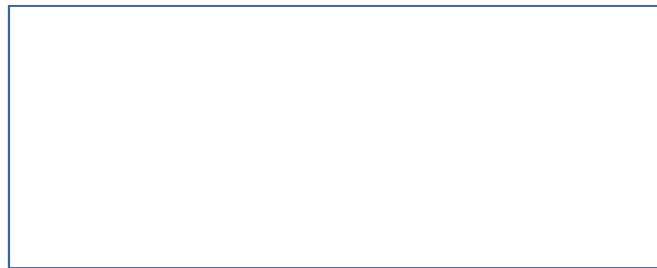
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**PO Box 426**  
**16 Hayden Avenue**  
**Whitman, MA 02382**

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**RETURN SERVICE REQUESTED**



### MOTORCOACH TOURS



**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.**  
Checks should be made out to Terry Seer.

**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.*