

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*
Robert Titterington
Barbara J. Garvey, *Director*

JULY 2015

Mae Cousineau, *Vice Chairman*
Jean McDonald

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:

Lemonade, Cookies and BAGGO!

Yes, Baggo. It's a fun beanbag toss game that anyone can play. We will kick off this popular 'backyard family game' outdoors at the Senior Center on Tuesday morning, July 14th at 10:00 am. We are hoping for enough participation to eventually hold tournaments with prizes being awarded. Come by to check it out—expect a little exercise, some friendly competition, and a lot of fun.

Transportation will be available. Contact Joanne at extension 2 to let us know you're coming and to book a ride if you need one. Hope to see you here!

Barbara

FLU VACCINE NOTICE

Announcement from the Whitman Board of Health:

The Massachusetts Department of Public Health will not be providing towns with free flu vaccine for the 2015-2016 season. Due to this decision, Whitman will not be conducting any flu clinics for the 2015-2016 flu season (this includes the Senior Center). Please make arrangements with your primary care physician to receive your flu and pneumonia vaccines.

If you have any question or concerns, please contact the Board of Health office at 781-618-9755.

PICKLEBALL

Tuesdays and Thursdays
9:00 a.m.

Court in the rear of the Police Station.
Starting date to be determined.

Pickleball is touted as the "fastest growing sport that you've never heard of". It is a fun sport that combines many elements of tennis, badminton and ping-pong and is played with a paddle and plastic ball on a badminton-sized court using a slightly modified tennis net.

The social aspects of the game and the ability to stay active have made Pickleball wildly popular in the senior community. We will soon be hosting outdoor Pickleball in Whitman, so check out the information about the game online to see if you're interested in joining us. Please call Linda at extension 1 to be notified when we're underway.

**All equipment will be provided by the Senior Center ...
no need to purchase your own paddle.**

SUMMER BAND CONCERTS

At the Gazebo in the Town Park
Sponsored by the Whitman Cultural Council
Thursday Evenings from 7:00 to 8:30

July 9 – The Corvairs
July 16 – The Bridgewater Antiphonal Brass Band
July 23 – Wildcat Bog Stompers
July 30 – Ginamark

In the event of rain, concerts will be held at the Town Hall. If there is enough interest, the COA bus may be able to provide transportation.

Contact Joanne at extension 2 if you would be interested in transportation to the concerts.

FUNDING AVAILABLE FOR HOME REPAIRS

The Abington-Whitman Housing Rehabilitation Program has received additional funding to help low- and moderate- income homeowners in Abington and Whitman to make repairs to their homes. ***There is presently no waiting list for Whitman homeowners and eligible applications from Whitman will be assisted immediately.***

The Program can help homeowners repair or replace heating, plumbing, septic and electrical systems; make accessibility modifications, increase energy efficiency and more.

Homeowners can receive up to \$35,000 per housing unit in the form of a 0% interest deferred payment loan (DPL). No interest is charged and no payments are required as long as the owner continues to own and occupy the property. At the end of fifteen years, the loan is forgiven and becomes a grant.

The Program is managed by the Abington Community Development Office, located at the Abington Senior Center, 441 Summer Street in Abington. Office hours are Tuesdays and Thursdays 9:00 a.m. to 4:30 p.m. To apply or learn more call (781) 982-2145 ext 6. Applications are also be available at both the Abington and Whitman Senior Centers.

Act soon while funds are still available.



State Representative Geoffrey Diehl Office Hours

State Representative Geoff Diehl is here at the Senior Center every other month on the third Tuesday at 9:00 a.m. No appointment is necessary.

Upcoming dates are:

July 21st; September 15th and November 17th

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 :

Phone- 617-722-2810, ext. 6326

or by email at: Geoff.Diehl@MAhouse.gov



Movie of the Month

"Alexander"

(And the Terrible, Horrible, No Good, Very Bad Day)

At the Senior Center

Friday, July 17th

1:00 p.m.

11 year old Alexander experiences the most terrible and horrible day of his young life, but when he tells his upbeat family about the misadventures of his disastrous day, he finds little sympathy when his family finds themselves living through their own terrible, horrible, no good, very bad day.

A Disney film starring: Steve Carell and Jennifer Garner

Rated-PG Run Time: 1:21

Call Joanne at extension 2 to reserve your seat .

Space is limited to 12 attendees.



Motorcoach Tours Presents:

Thursday August 13th

Squam Lake, NH

\$84.00 (tip included)

Begin at Harts Turkey Farm for lunch, choice of turkey, roast sirloin or broiled haddock. After lunch, a guided cruise of Squam Lake and after the cruise, a stop at Mills Falls Marketplace in Meredith.

Leaves Whitman at 8:30 and Returns approx. 8:00 p.m.

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Thursday September 24th

Pioneer Valley

\$75.00 (tip included)

A stop at the Bridge of Flowers in Shelburne Falls, then off to Yankee Candle Village. Lunch will be at Chandlers Restaurant. (choice of Roast Sirloin of Beef w/shallots, Baked Haddock, Turkey dinner or Grilled Vegetable lasagna. After lunch, a stop at Atkins Farms in Amherst.

**Call Linda at extension 1 for a reservation.**

Checks should be made payable to Terry Seer.

**NEW~NEW~NEW~NEW~NEW**

**Chair Zumba**  
With Carol

Thursdays at 9:00 a.m.  
at the Senior Center

Cost is \$5.00 per class payable to the instructor

Chair Zumba is a new way to exercise and have fun at the same time. Anyone can do it. You may be sitting down but you will still get a good cardio workout without the stress on the knees.

Try it....you'll like it.

**Contact Linda at extension 1 to register.**



**Sing - A - Long Hour with Barbara Stanton**

Friday, July 24

1:00 P.M. at the Senior Center

Barbara Stanton will lead the group in an uplifting, old fashioned Sing A Long, or Hum A Long.

Contact **Joanne at ext. 2** to make your reservation.

**FUN, GAMES AND FITNESS**

**NEW PROGRAM: CHAIR ZUMBA—Thursdays at 9:00 am**

**TAI CHI – NOTE NEW TIME...Thursdays at 2:00 at the Town Hall. No class on July 9 & 16.** Cost is \$5.00 per class. New Participants please call Linda at ext.1 to register.

**WALKING GROUP—**Meet at the Senior Center on **Tuesdays and Thursdays at 8:00 am** to walk the beautiful Town Park at your own pace and arrive back at the Center for coffee and socialization.

**Wii BOWLING—**Mondays at 8:00 am

**MAH JONGG—**Wednesdays at 1:00 pm.

**CARDS—** Wednesdays at 1:00 (on hiatus during July)

**BINGO—**Mondays at 1:00 pm and the First Friday of each month at 1:00.

**BINGO at Harvard Court—** Wednesdays at 1:00

**COA BUS TRIPS**

**Rockport**

Thursday, July 9th  
Leaves the Center at 9:00  
\$12.00 for transportation

Wear your comfortable shoes and spend the day on your own in Rockport. Shop, eat or just take in the scenery.

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Concord River Cruise

Wednesday, July 15th
Leaves the Center at 9:00
\$40.00 covers cruise, lunch and transportation

Enjoy a relaxing one hour and fifteen minute cruise on the Concord and Sudbury Rivers while enjoying lunch aboard a pontoon boat. View the homes of the 1800's and nature at it's best.

50% deposit required with your reservation. We need a minimum of 10 for this trip to go.

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**Assembly Row Outlets and Marketplace in Somerville and 99 Restaurant**

Thursday, July 23rd  
Leaves the Center at 9:00  
\$10.00 covers transportation only

Shop big box stores like T.J. Maxx, Bed, Bath and Beyond, and A.C. Moore plus many outlets to choose from. All set along the Mystic River. Something for everyone.

**For Reservations, contact Linda at extension 1.**



**Crafts**

**12:30 at the Senior Center**

**Wednesday, July 15th with Erica from Sachem for Health and Rehabilitation**

Reservations are required  
Please call **Joanne at extension 2** if you will be participating.

## JULY 2015

| Monday                                                                                                                                                                                           | Tuesday                                                                                                                                                                                                                                                                                                                                                                                      | Wednesday                                                                                                                                                                                                   | Thursday                                                                                                                                                                                                                                                                                                                                                             | Friday                                                                                                                                    |
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| <p><i>Phone extensions for sign-ups:</i><br/>Linda—ext 1<br/>Joanne—ext 2<br/>Fran (meals) - ext 4</p>                                                                                           | <p><b>Please Note:</b><br/><b>TRIP SIGN UPS BEGIN ON FRIDAY, JUNE 26TH AT 8:00 A.M.</b><br/>...<br/><b>(You may sign up yourself and one additional person)</b></p>                                                                                                                                                                                                                          | <p>1<br/>11:30 Lunch—Tuna Salad on Lettuce Bed<br/>1:00 Mah Jongg<br/>6:00 Scrapbooking<br/><br/>9:00 WALMART RAYNHAM (new store on Rt. 138) and Bella Roma Restaurant in Taunton<br/>Sign up at ext. 1</p> | <p>2<br/>9:00 Chair Zumba<br/>9:30 Hairdresser by Appt<br/>11:30 Lunch—Beef Burgundy<br/>2:00 Tai Chi<br/><br/>PLAINRIDGE PARK CASINO<br/>In Plainville<br/>Pickup 8:00 K of C; 8:15 Home<br/>Return Home 4:00<br/>Sign up at ext. 1</p>                                                                                                                             | <p>3<br/><b>HAPPY INDEPENDENCE DAY!</b><br/><br/><b>Senior Center Closed</b></p>                                                          |
| <p>6<br/>8:00 Wii Bowling<br/>11-1 Blood Pressure<br/>11:30 Lunch—Whole Grain Stuffed Shells with Meat Sauce<br/>1:00 Bingo<br/><br/>9:00 AROUND TOWN<br/>Reserve by 4:00 Thursday at ext. 2</p> | <p>7<br/>9:00 Art Group<br/>9:30 Hairdresser by Appt<br/>11:30 Lunch—Hot Dog w/Bun<br/>11:00 Computer Workshops<br/>1:00 Knitting/Crocheting/Loom<br/><br/>8:30 –12:30 Transportation to and from Senior Center<br/>1:00 FOOD SHOPPING at STOP &amp; SHOP<br/>Reserve by noon Monday – ext. 2</p>                                                                                            | <p>8<br/>8:30 Podiatrist by Appt.<br/>1:30 Lunch—Hawaiian Chicken<br/>12:30-2:00 Wellness Clinic at Senior Center<br/>1:00 Mah Jongg<br/><br/>9:00 HANOVER MALL<br/>Sign up at ext. 1</p>                   | <p>9<br/>Chair Zumba—2:00 (today only)<br/>9:30 Hairdresser by Appt<br/>11:30 Lunch—Roast Pork w/ Fruit Salsa<br/>2:00 NO Tai Chi<br/>7:00 Concert in the Park<br/><br/>9:00 ROCKPORT (see Page 3)<br/>Sign up at ext. 1</p>                                                                                                                                         | <p>10<br/>11:30 Lunch—Chicken Pot Pie</p>                                                                                                 |
| <p>13<br/>8:00 Wii Bowling<br/>11-1 Blood Pressure<br/>11:30 Lunch—Penne Pasta w/ Meatballs<br/>1:00 Bingo<br/><br/>9:00 AROUND TOWN<br/>Reserve by 4:00 Thursday at ext. 2</p>                  | <p>14<br/>9:00 Art Group<br/>9:30 Hairdresser by Appt<br/>10:00 Baggo Kickoff (see Pg. 1)<br/>11:30 Lunch—Potato Crunch Fish<br/>11:00 Computer Workshops<br/>1:00 Knitting/Crocheting/Loom<br/><br/>8:30 –12:30 Transportation to and from Senior Center<br/>1:00 FOOD SHOPPING at SHAWS<br/>Reserve by noon Monday – ext. 2</p>                                                            | <p>15<br/>11:30 Lunch—Swiss Cheese Omelet<br/>12:30 Crafts with Erica<br/>1:00 Mah Jongg<br/><br/>9:00 CONCORD RIVER CRUISE (see Page 3)<br/>Sign up at ext. 1</p>                                          | <p>16<br/>9:00 Chair Zumba<br/>11:30 Lunch—Italian Pot Roast<br/>12:15-1:45 Wellness Clinic at Harvard Ct<br/>2:00 NO Tai Chi<br/>7:00 Concert in the Park<br/><br/>BROWN BAG PICKUP<br/>Please Note: Bags available for pickup at the Senior Center between 12:00 and 3:00 only<br/><br/>9:30 WESTGATE MALL and Market Basket in Brockton<br/>Sign up at ext. 1</p> | <p>17<br/>11:30 Lunch—Chicken Parmesan<br/><br/>1:00 MOVIE at the SENIOR CENTER (see Page 2)<br/>Sign up at ext. 2</p>                    |
| <p>20<br/>8:00 Wii Bowling<br/>11-1 Blood Pressure<br/>11:30 Lunch—Ravioli w/ Meat Sauce<br/>1:00 Bingo<br/><br/>9:00 AROUND TOWN<br/>Reserve by 4:00 Thursday at ext. 2</p>                     | <p>21<br/>9:00 Art Group<br/>9:00 State Rep Geoff Diehl<br/>9:30 Hairdresser by Appt<br/>10:00 Baggo<br/>11:30 Lunch—Salmon Boat w/ Dill Sauce<br/>11:00 Computer Workshops<br/>1:00 Knitting/Crocheting/Loom<br/>1:00 Hearing Check by Appt<br/><br/>8:30 –12:30 Transportation to and from Senior Center<br/>1:00 FOOD SHOPPING at STOP &amp; SHOP<br/>Reserve by noon Monday – ext. 2</p> | <p>22<br/>11:30 Lunch—Chicken Salad on Lettuce Bed<br/>1:00 Mah Jongg<br/><br/>9:00 CASTLE ISLAND<br/>Sign up at ext. 1</p>                                                                                 | <p>23<br/>9:00 Chair Zumba<br/>9:30 Hairdresser by Appt<br/>11:30 Lunch—Shepards Pie<br/>2:00 Tai Chi<br/>7:00 Concert in the Park<br/><br/>9:00 Assembly Row Marketplace &amp; Outlets in Somerville and “99” Restaurant (see Page 3)<br/>Sign up at ext. 1</p>                                                                                                     | <p>24<br/>9:30 Manicurist<br/>11:30 Lunch—Mediterranean Chicken<br/><br/>1:00 Sing -A-Long with Barbara Stanton<br/>Sign up at ext. 2</p> |
| <p>27<br/>8:00 Wii Bowling<br/>11-1 Blood Pressure<br/>11:30 Lunch—Fish Florentine<br/>1:00 Bingo<br/><br/>9:00 AROUND TOWN<br/>Reserve by 4:00 Thursday at ext. 2</p>                           | <p>28<br/>9:00 Art Group<br/>9:30 Hairdresser by Appt<br/>10:00 Baggo<br/>11:30 Lunch—Chicken Marsala<br/>11:00 Computer Workshops<br/>12:00 Atty Whitney by Appt<br/>1:00 Knitting/Crocheting/Loom<br/><br/>8:30 –12:30 Transportation to and from Senior Center<br/>1:00 FOOD SHOPPING at SHAWS<br/>Reserve by noon Monday – ext. 2</p>                                                    | <p>29<br/>11:30 Lunch—Whole Grain Lasagna Rolls<br/>1:00 Mah Jongg<br/><br/>9:00 CHRISTMAS TREE SHOP and KOHL’S with “99” or LONGHORN RESTAURANT in Pembroke<br/>Sign up at ext. 1</p>                      | <p>30<br/>9:00 Chair Zumba<br/>9:30 Hairdresser by Appt<br/>11:30 Lunch—Meatloaf<br/>2:00 Tai Chi<br/>7:00 Concert in the Park<br/><br/>FOXWOODS CASINO<br/>Pickup 7:30 K of C; 7:45 Home<br/>Return Home 7:00 pm<br/>Sign up at ext. 1</p>                                                                                                                          | <p>31<br/>11:30 Lunch—Roast Turkey</p>                                                                                                    |



## Eldercare Q &amp; A from OLD COLONY ELDER SERVICES

**Dealing with your Aging Skin****Q. Are older people thin-skinned?**

**A.** Yes, literally. As you get older, your skin changes too. It loses fat, and gets thinner. It doesn't look as smooth and plump as it did when you were a teenager. Scratches and cuts take longer to heal. If you spent a lot of time outdoors over the years, your skin may be more wrinkled and dry. Prolonged exposure to sunlight can cause age spots, and even cancer. But you can take steps to protect your skin.

Older people often have dry skin on their lower legs, elbows, and lower arms. Dry skin can be caused by something as simple as not drinking enough liquids, smoking, being in very dry air, feeling stressed, or losing sweat and oil glands. Diabetes or kidney disease also can cause dry skin. Using too much soap or anti-perspirants, or perfume, taking hot baths—all can make dry skin worse.

Because older people have thinner skin, their skin will bleed more easily when scratched and bleeding can lead to infection. Some medicines can cause skin to feel itchy. Dry skin happens more often in the winter, because cold air outside and heated air inside cause's low humidity. Forced-air furnaces in your home make skin even drier. When your skin loses moisture, it will crack and peel, or become irritated and inflamed. Bathing too frequently, and using harsh soaps, may make dry skin worse. If your skin feels very dry and itchy, talk to your doctor about how to relieve these symptoms.

Some tips for dealing with dry skin at home: take fewer baths; use milder soap; warm water is less drying than hot water; don't add bath oil to your water--it can make your tub too slippery; use a humidifier to add moisture to a room; moisturizers and emollients should be applied to wet skin; after washing, pat your skin dry, then add moisturizers. Sweating can make dry skin worse, as will strong soaps, detergents, chemicals and solvents. Sud-

den changes in body temperature or stress may cause you to sweat, make your dry skin condition worse.

Bruises are another skin condition that happens more easily with the elderly. It also takes longer for the bruises to heal. Some medicines or illnesses can cause bruising. If you see bruises and you don't know how you got them, especially on parts of your body usually covered by clothing, talk to your doctor.

Wrinkling is another condition of aging skin. Ultraviolet light from the sun will make your skin less elastic. Some things you can't escape---like gravity---which can cause your skin to sag and wrinkle. But there are also some habits you can alter---like smoking---which can wrinkle the skin. Some "cures" for wrinkles can be painful or even dangerous, and should be done by a doctor. Age spots, once called "liver spots," are flat, brown spots often caused by years in the sun. They're bigger than freckles, and show up frequently on areas like the face, hands, arms, back, and feet. Age spots are harmless, but using sunscreen can prevent more sun damage.

Another common feature of aging skin, especially for women, is "skin tags," which are small, usually flesh-colored growths of skin that have a raised surface. They are most often found on the eyelids, neck, and body folds such as the arm pit, chest, and groin. Skin tags are harmless, but they can become irritated. A doctor can remove them if they bother you.

Shingles and pressure ulcers are two other conditions that will affect the skin. For more advice on how to deal with these two conditions, go to <http://www.healthinaging.org/resources/resource:eldercare-at-home-skin-problems/>

**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 travels to various grocery stores on **Tuesdays** at **1:00**. The Bus is also available in the morning for Tuesday activities and appointments at the Center. Sign-up is required by calling **Joanne at extension 2** no later than noon on Monday.

**DIAL-A-BAT**—Transportation to medical appointments in Abington, Brockton, Bridgewater, East Bridgewater, West Bridgewater, North Easton, 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.

Call **Joanne at extension 2** at least two days prior to your appointment to book.

### Humor Corner

Morris, an 82 year old man, went to the doctor to get a physical. A few days later the doctor saw Morris walking down the street with a gorgeous young woman on his arm.

A couple of days later the doctor spoke to Morris and said, "You're really doing great, aren't you?"

Morris replied, "Just doing what you said, Doc: "Get a hot mamma and be cheerful."

The doctor said, "I didn't say that. I said, "You've got a heart murmur. Be careful"

### 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:**

July 8 Senior Center 12:30 --2:00

**Thursday:**

July 16 Harvard Court 12:15 --1:45

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

July 7, 14, 21, 28 3:00—6:00

### 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, July 16th **12:00 to 3:00 only**. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

### Visit the **HARVARD COURT FAYRE**

located in the Gazebo Room of Harvard Court Housing Complex.

The shop is open:

*Mondays, Wednesdays, Thursdays 1 to 4 pm;*

*Great deals on handmade items, new and gently used household items, clothing, knick knacks and much, much more.*

*Stop by to see what's available!*

### 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, July 28th from 12:00 to 2:30.

### 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, July 21th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

### PODIATRIST

Dr. William Chan. Wednesday, July 8th by appointment only. Contact **Joanne at extension 2** to make an appointment.

Upcoming dates: August 12, September 9, October 14

### HAIR BY MEREDITH

Tuesdays and most 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, July 24th. 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 an appointment**

**COMPUTER WORKSHOPS**

By Richard Stanton

at the Senior Center on Tuesdays

Appointments are available at 11:00, 12:00 or 1:00

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'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.

**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 Pact 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.

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| <p><b>Blanchard Funeral Chapel</b></p> <p>Robert A. Tonello,<br/>Steven J Leonard<br/>Funeral Directors</p> <p><b>781-447-0170</b></p> <p>666 Plymouth Street<br/>Whitman</p>                                                                                                                                                | <p>WILLS • TRUSTS • ESTATES<br/>PERSONAL INJURY LAW</p>  <p><b>RONALD N. WHITNEY</b><br/>ATTORNEY AT LAW</p> <p>549 BEDFORD STREET<br/>WHITMAN, MA 02382</p> <p><b>781-447-3899</b></p> | <p><b>J. SACCONI &amp; SONS, INC.</b></p> <p>Backhoe • Drains<br/>Septic Tanks • Cesspools</p>  <p>15 Commercial Street<br/>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<br/>~ Hearing Aids ~ Repairs ~ Ear Wax Removal</p> <p>534 Main Street, Suite 2, Route 18<br/>Weymouth, MA 02190</p> <p><b>781-337-1144</b></p> <p>140 Bedford St., Route 18<br/>Bridgewater, MA 02324</p> <p><b>508-279-0700</b></p> <p>John Klefeker, BC-HIS MA License #127</p> |  |
| <p><b>McGUIGGAN'S PUB</b></p> <p>OPEN FOR<br/>LUNCH &amp; DINNER<br/>7 DAYS A WEEK<br/>DAILY SPECIALS<br/>EARLY BIRD SPECIALS<br/>TAKE-OUT AVAILABLE<br/>LIVE IRISH MUSIC<br/>EVERY TUESDAY EVE.</p> <p>546 Washington Street<br/>Whitman, MA 02382</p> <p><b>781-447-7333</b><br/>www.mcguigganspub.com</p>                 |                                                                                                                                                                                                                                                                            | <p><b>Spotlight Your Special Event Here</b></p> <ul style="list-style-type: none"> <li>• Grand Opening</li> <li>• Special Offer/Sale</li> <li>• Seasonal Event</li> <li>• Anniversary/Birthday</li> <li>• 1- or 2-month ad space available</li> </ul>  <p><b>1-800-888-4574</b></p>                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |
|  <p>For Advertising Information, call<br/><b>LISA TEMPLETON</b> at LPi today!</p> <p><b>1 (800) 888.4574 ext. 3450</b><br/>ltempleton@4LPi.com</p>                                                                                        |                                                                                                                                                                                                                                                                            |  <p><b>DREAM JOB</b></p> <ul style="list-style-type: none"> <li>• Growing company currently hiring Ad Sales Executives</li> <li>• Sales experience preferred</li> <li>• Full-time</li> <li>• Uncapped commissions</li> <li>• Competitive benefits program offered</li> <li>• Overnight travel required</li> </ul> <p>E-mail: jobs@4LPi.com for more information</p> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |
|  <p><b>WEBSTER PARK</b><br/>Rehabilitation &amp; Healthcare Center</p> <p>Providing the care you need...<br/>With the compassion you deserve.</p> <p>56 Webster Street • Rockland<br/><b>781-871-0555</b> • Websterparkhealthcare.com</p> |                                                                                                                                                                                                                                                                            |  <p><b>Old Colony Elder Services</b><br/>Providing services to the community since 1974</p> <p>144 Main Street - Brockton, Massachusetts 02301<br/><b>508-584-1561 TTY 508-587-0280</b> www.oldcolonyelderservices.org</p>                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |

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

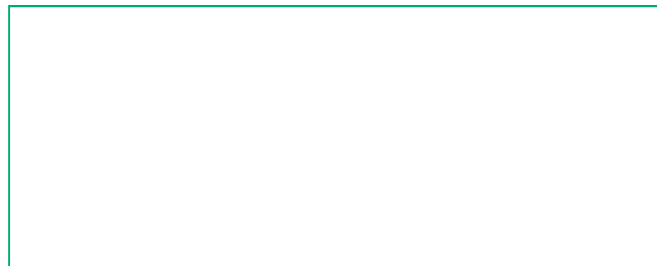
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**Whitman Council On Aging**  
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**Whitman, MA 02382**

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**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.**  
**Call Joanne at extension 2 , if you need a ride.**

#### 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.*

#### Help us go GREEN and save MONEY

Our newsletter is now available online at:  
[www.seekandfind.com](http://www.seekandfind.com)  
and 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 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.