

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*

AUGUST 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:

Due to the morning heat (that we all said we would never complain about after last winter's six feet of snow), Pickleball is getting underway at 8:00 am rather than 9:00 on Tuesdays and Thursdays for the summer.

If you'd prefer to escape the heat, I hope you'll join us at the Senior Center in air conditioned comfort to 'Cruise the Mediterranean' as described below.

*Stay Well,
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.

Cruising the Mediterranean Friday, August 14 at 2:00 p.m. at the Senior Center



Come join us for a multimedia presentation with photos from nine Mediterranean ports in Gibraltar, Spain, France, Italy and Portugal. See the Barbary Apes of Gibraltar, the ruins of Rome, and the beauty of the French Riviera while sharing their experiences on a 16-night cruise in the Mediterranean Sea.

This presentation is being presented by Ed and Cindy Esposito who took all of the photographs and created the slideshow with music by Kevin MacLeod. Ed and Cindy are long-time Whitman residents, selling their photography directly to individuals and through stock agencies. Ed is a former president of the Duxbury Camera Club, and both Ed and Cindy are currently members of the South Shore Camera Club. Both recently retired, their interest is primarily in nature and travel photography.

Coffee and Mediterranean inspired desserts will be provided.
Seats are reserved. Call Joanne at ext. 2 to sign up.

WATD

The South Shore Morning Tour comes to WHITMAN!

Stop by **Whitman Town Hall** to catch a **live broadcast** of the **South Shore's Morning News** with Rob Hakala and Lisa Azizian of **95.9 WATD**, the South Shore's radio station. Catch up with notable residents and your favorite local businesses to hear about what's new in your town. **Spin the prize wheel** for a chance to win **gift certificates**, and pick up some complimentary **Honey Dew Donuts** coffee and cinnamon sticks!

Whitman Town Hall

Friday, August 28, 6 a.m. - 10 a.m.
www.959watd.com/morningtour

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.

Annual Friends of the Whitman Seniors Barbecue

At the Senior Center
Saturday, August 15, 2015
12 noon to 2 pm

This event is open and free to all Whitman Seniors
Menu: hot dogs, potato salad, coleslaw, baked beans, chips, drinks and dessert.

Transportation is available.
Sign up sheet is located at the Whitman Senior Center.



Movie of the Month

“WOMAN IN GOLD”

At the Senior Center
Friday, August 28th
1:00 p.m.

Jewish refugee Maria Altmann is forced to flee Vienna during World War II. Decades later, determined to salvage some dignity from her past, Maria has taken on a mission to reclaim a painting the Nazis stole from her family: the famous Lady in Gold, a portrait of her beloved Aunt Adele. Based on a true story.

Starring: Helen Mirren, Ryan Reynolds, Jonathan Pryce
Rated-PG –13 Run Time: 1:49

**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.**



**HAPPY BIRTHDAY**

If you were born in July or August we'd like to help you celebrate by treating you to a free lunch at the Senior Center on Thursday, August 27th. Lunch will be Roast Turkey with gravy, stuffing and whipped potatoes.

Please call **Fran at extension 4** to reserve no later than Wednesday, August 19th. Lunch is served at 11:30 and you are welcome to bring a guest.

The lunch cost for a guest is \$2.50

**FUN, GAMES AND FITNESS**

**BAGGO**-Tuesdays at 10:00 am.

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

**BINGO at Harvard Court**— Wednesdays at 12:30

**CHAIR ZUMBA**—Thursdays at 9:00 am  
Cost is \$5.00 per class, payable to the instructor.

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

**MAH JONGG**—Wednesdays at 1:00 pm.

**PICKLEBALL**— Tuesday and Thursday morning at 8:00. The court is behind the Police station. New participants please call Linda at ext. 1 to register.

**TAI CHI** — Thursdays at 2:00 at the Town Hall. Cost is \$5.00 per class. New Participants please call Linda at ext.1 to register.

**Wii BOWLING**—Mondays at 8:00 am

**COA BUS TRIPS**



**Newport, Rhode Island**

Thursday, August 13th  
Leaves the Center at 9:00  
\$12.00 for transportation

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

**Cape Cod Canal Cruise**

Wednesday, August 26th  
Leaves the Center at 10:30  
\$20.00 includes 2 hour cruise and transportation

Start with lunch right at the dock in Onset at Stash's Restaurant with beautiful waterviews. After a relaxing lunch, head over to board the boat for a 2 hour cruise along the Cape Cod Canal.

We need a minimum of 10 for these trips to go.  
Call **Linda at extension 1** to sign up.



**Crafts**

**12:30 at the Senior Center**

**Wednesday, August 5th with Denise**



Cost is \$2.00 per class to help offset supplies expense.

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

## AUGUST 2015

| Monday                                                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                       | Thursday                                                                                                                                                                                                                                                                                                                                                 | Friday                                                                                                                                                                                                                                                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p style="text-align: right;"><b>3</b></p> 8:00 Wii Bowling<br>11-1 Blood Pressure<br>11:30 Lunch— <b>Eggplant Parmesan w/ meat sauce</b><br>1:00 Bingo<br><br><b>9:00 AROUND TOWN</b><br>Reserve by 4:00 Thursday at ext. 2 | <p style="text-align: right;"><b>4</b></p> 9:00 Art Group<br>9:30 Hairdresser by Appt<br>10:00 Baggo<br>11:30 Lunch— <b>Aloha Chicken</b><br>11:00 No Computer Workshops<br>1:00 Knitting/Crocheting/Loom<br><br>8:30 –12:30 Transportation to and from Senior Center<br><b>1:00 FOOD SHOPPING at STOP &amp; SHOP</b><br>Reserve by noon Monday – ext. 2                                         | <p style="text-align: right;"><b>5</b></p> 11:30 Lunch— <b>Egg Salad on Lettuce Bed</b><br><b>12:30 Crafts with Denise</b><br>1:00 Mah Jongg<br>6:00 Scrapbooking<br><br><b>9:00 WALMART in Plymouth, Woods Restaurant</b><br>Sign up at ext. 1 | <p style="text-align: right;"><b>6</b></p> 9:00 Chair Zumba<br>9:30 Hairdresser by Appt<br>11:30 Lunch— <b>Beef Bourguignon</b><br><b>2:00 Tai Chi</b><br><br><b>9:30 DERBY STREET SHOPS and BERTUCCI'S in Hingham</b><br>Sign up at ext. 1                                                                                                              | <p style="text-align: right;"><b>7</b></p> 11:30 Lunch— <b>Macaroni &amp; Cheese</b><br><b>1:00 Bingo</b>                                                                                                                                                                                                                  |
| <p style="text-align: right;"><b>10</b></p> 8:00 Wii Bowling<br>11-1 Blood Pressure<br>11:30 Lunch— <b>Greek Chicken</b><br>1:00 Bingo<br><br><b>9:00 AROUND TOWN</b><br>Reserve by 4:00 Thursday at ext. 2                  | <p style="text-align: right;"><b>11</b></p> 9:00 Art Group<br>9:30 Hairdresser by Appt<br>10:00 Baggo<br>11:30 Lunch— <b>Sloppy Joe</b><br>11:00 NO Computer Workshops<br>1:00 Knitting/Crocheting/Loom<br><br>8:30 –12:30 Transportation to and from Senior Center<br><b>1:00 FOOD SHOPPING at SHAWS</b><br>Reserve by noon Monday – ext. 2                                                     | <p style="text-align: right;"><b>12</b></p> <b>8:30 Podiatrist by Appt.</b><br>1:30 Lunch— <b>Cheese Ravioli</b><br>12:30-2:00 Wellness Clinic at Senior Center<br>1:00 Mah Jongg<br><br><b>9:00 HANOVER MALL</b><br>Sign up at ext. 1          | <p style="text-align: right;"><b>13</b></p> 9:00 Chair Zumba<br>9:30 Hairdresser by Appt<br>11:30 Lunch— <b>Roast Pork w/ Apricot Glaze</b><br><b>2:00 Tai Chi</b><br><br><b>9:00 NEWPORT</b><br>Sign up at ext. 1<br><br><b>Motorcoach Trip to Squam Lake</b>                                                                                           | <p style="text-align: right;"><b>14</b></p> 11:30 Lunch— <b>Potato Crunch Fish</b><br><br><b>10:00 Book Buzz</b><br>Sign up at ext. 2<br><br><b>2:00 Cruising the Mediterranean Presentation, see pg 1</b><br>Sign up at ext. 2<br><br>~~~~~<br><b>Saturday, August 15</b><br><b>12-2</b><br><b>Annual Friends Cookout</b> |
| <p style="text-align: right;"><b>17</b></p> 8:00 Wii Bowling<br>11-1 Blood Pressure<br>11:30 Lunch— <b>Chicken Cacciatore</b><br>1:00 Bingo<br><br><b>9:00 AROUND TOWN</b><br>Reserve by 4:00 Thursday at ext. 2             | <p style="text-align: right;"><b>18</b></p> 9:00 Art Group<br>9:30 Hairdresser by Appt<br>10:00 Baggo<br>11:30 Lunch— <b>Tuna Salad on Lettuce Bed</b><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><b>1:00 FOOD SHOPPING at STOP &amp; SHOP</b><br>Reserve by noon Monday – ext. 2 | <p style="text-align: right;"><b>19</b></p> 11:30 Lunch— <b>Swiss Cheese Omelet</b><br>1:00 Mah Jongg<br><br><b>FOXWOODS CASINO</b><br>Pickup 7:30 K of C; 7:45 Home<br>Return Home 7:00 pm<br>Sign up at ext. 1                                | <p style="text-align: right;"><b>20</b></p> 9:00 Chair Zumba<br>11:30 Lunch— <b>Italian Pot Roast</b><br>12:15-1:45 Wellness Clinic at Harvard Ct<br><b>2:00 Tai Chi</b><br><br><b>BROWN BAG PICKUP</b><br>Please Note: Bags available for pickup at the Senior Center between 12:00 and 3:00 only<br><br><b>9:00 CASTLE ISLAND</b><br>Sign up at ext. 1 | <p style="text-align: right;"><b>21</b></p> 9:30 Manicurist<br>11:30 Lunch— <b>Chicken Parmesan</b>                                                                                                                                                                                                                        |
| <p style="text-align: right;"><b>24</b></p> 8:00 Wii Bowling<br>11-1 Blood Pressure<br>11:30 Lunch— <b>BBQ Pork Patty</b><br>1:00 Bingo<br><br><b>9:00 AROUND TOWN</b><br>Reserve by 4:00 Thursday at ext. 2                 | <p style="text-align: right;"><b>25</b></p> 9:00 Art Group<br>9:30 Hairdresser by Appt<br>10:00 Baggo<br>11:30 Lunch— <b>Salmon Boat</b><br>11:00 Computer Workshops<br>12:00 Atty Whitney by Appt<br>1:00 Knitting/Crocheting/Loom<br><br><b>11:00 MARSHFIELD FAIR</b><br>Sign up at ext. 1                                                                                                     | <p style="text-align: right;"><b>26</b></p> 11:30 Lunch— <b>Chicken Salad on Lettuce Bed</b><br>1:00 Mah Jongg<br><br><b>CAPE COD CANAL CRUISE</b><br>Sign up at ext. 1                                                                         | <p style="text-align: right;"><b>27</b></p> 9:00 Chair Zumba<br>9:30 Hairdresser by Appt<br>11:30 Lunch— <b>Birthday Lunch-Roast Turkey-Congregate only</b><br><b>2:00 Tai Chi</b><br><br><b>9:00 Good Days Restaurant and MARKET BASKET in West Bridgewater</b><br>Sign up at ext. 1                                                                    | <p style="text-align: right;"><b>28</b></p> 11:30 Lunch— <b>Mediterranean Chicken</b><br><br><b>WATD at Town Hall</b><br>6-10 am (See pg 1)<br><br><b>1:00 MOVIE at the SENIOR CENTER</b><br>(see Page 2)<br>Sign up at ext. 2                                                                                             |
| <p style="text-align: right;"><b>31</b></p> 8:00 Wii Bowling<br>11-1 Blood Pressure<br>11:30 Lunch— <b>Whole Grain Lasagna Rolls</b><br>1:00 Bingo<br><br><b>9:00 AROUND TOWN</b><br>Reserve by 4:00 Thursday at ext. 2      |                                                                                                                                                                                                                                                                                                                                                                                                  | <p style="text-align: center;"><b>TRIP SIGN UPS BEGIN ON WEDNESDAY, JULY 29 AT 8:00 A.M.</b><br/>           ...<br/> <b>(You may sign up yourself and one additional Person)</b></p>                                                            |                                                                                                                                                                                                                                                                                                                                                          | <p style="text-align: center;"><b>Phone extensions for sign-ups:</b><br/> <b>Linda—ext 1</b><br/> <b>Joanne—ext 2</b><br/> <b>Fran (meals) - ext 4</b></p>                                                                                                                                                                 |

Eldercare Q & A from OLD COLONY ELDER SERVICES  
**Q. Report Ranks Massachusetts 6th Healthiest for Seniors:  
 Is MA a healthy state for seniors?**

**A. Yes.** According to a new national study, Massachusetts ranks 6<sup>th</sup> in the nation as healthiest for seniors. Vermont came in 1<sup>st</sup>, and New Hampshire 2<sup>nd</sup>. Connecticut ranked 10<sup>th</sup>, Maine 11<sup>th</sup>, and Rhode Island 14<sup>th</sup>. According to the United Health Foundation's "America's Health Rankings® Senior Report," the New England states were one of the healthiest regions in the nation. The least healthy states were Louisiana (50), Mississippi (49), Kentucky (48), Arkansas (47) and Oklahoma (46).

The Foundation's report is a comprehensive analysis of senior population health across 35 measures of elder health. Researchers evaluate a historical and comprehensive set of health, environmental and socioeconomic data to determine national health benchmarks and state rankings. The Report shows positive trends nationwide for senior health, especially for measures that look at whether seniors are getting the right care in a setting of their choice.

**Key findings include:**

- Preventable hospitalizations dropped 8.6% to 59.3% of discharges in 2015.
- More seniors are spending their last days in the setting they prefer. Hospice care increased to 50.6% of decedents aged 65 and older, while hospital deaths decreased to 22.8% of decedents.
- The number of home health care workers increased 9.3% compared to last year, as home care became an increasingly accessible option for today's seniors.
- 62.8% of seniors took the flu vaccine this year, a 4.5% increase over last year.
- 85% of Massachusetts Medicare beneficiaries aged 65 to 75 with diabetes had a blood lipids test—the 2<sup>nd</sup> highest rate in the nation.  
Seniors in the report state they are feeling better: a 4.8% increase in self-reported high health status to 41.8%. But 58.2% of seniors say they are not feeling better.

**The United Health Foundation study found there are challenges remaining in Massachusetts:**

- Physical inactivity rates increased in 2015. One-third of seniors did not engage in any physical activity or exercise outside of work—a 15.3% increase in inactivity over last year.
- 37.6% of seniors have four or more chronic conditions.
- 26.7% of Massachusetts seniors are obese.

- 8.7% of seniors smoke.
- 16.1% of seniors have had all of their teeth removed due to tooth decay or gum disease.  
Per capita community-support spending for seniors that helps older adults stay in their homes, has fallen by 23.9% over the past two years.

**Strong points in Massachusetts included:**

- 5<sup>th</sup> in dental visits among people age 65+.
- 6<sup>th</sup> in home delivered meals to elders living in poverty.
- 3<sup>rd</sup> in community-support dollars spent on people age 65+ in poverty.
- 2<sup>nd</sup> in elders involved with diabetes management.
- 5<sup>th</sup> in the number of people 60+ in poverty receiving food stamp benefits.  
Hip fractures dropped 17% from 6.5 to 5.4 hospitalizations per 1000 Medicare members.

**Negative points in Massachusetts include:**

- 8<sup>th</sup> in the number of elders who are considered obese.
- 6<sup>th</sup> in food insecurity among elders.
- 4<sup>th</sup> in hospitalizations for hip fractures per 1,000 Medicare population.
- Smoking in adults aged 65+ increased from 8.4% to 9.6%.  
Physical inactivity in adults aged 65+ increased by 27% from 26.1% to 33.1%.

"Progress in key metrics such as preventable hospitalizations and hospice care show that more seniors are aging comfortably and receiving preferred types of support," a medical adviser to United Health Foundation said.

See more at: <http://www.americashealthrankings.org/Senior/MA>

To see the state Rankings in full, visit: [www.americashealthrankings.org/senior](http://www.americashealthrankings.org/senior)

## 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**

**ADVANTAGES OF BEING OVER 50**

- 1) Kidnappers are not very interested in you.
- 2) In a hostage situation you are likely to be released first.
- 3) No one expects you to run into a burning building.
- 4) People no longer view you as a hypochondriac.
- 5) There's nothing left to learn the hard way.
- 6) Things you buy now won't wear out.
- 7) You enjoy hearing about other people's operations.
- 8) You get into a heated argument about pension plans.
- 9) You quit trying to hold your stomach in, no matter who walks into the room.
- 10) Your eyes won't get much worse.
- 11) Your joints are more accurate meteorologists than the guys with the Live Doppler 10,000.
- 12) Your secrets are safe with your friends because they can't remember them either.

**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, August 25th from 12:00 to 2:30. Please call **Joanne at 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 on Tuesday, August 18th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

**PODIATRIST**

Dr. William Chan. Wednesday, August 12th by appointment only. Contact **Joanne at extension 2** to make an appointment.

Upcoming dates: September 9, October 14, November 12

**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:**

August 12 Senior Center 12:30 --2:00

**Thursday:**

August 20 Harvard Court 12:15 –1:45

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

August 4, 4:00—7:00

August 11,18,25 1:00– 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, August 20th **12:00 to 3:00 only**. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

**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, August 21st.

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

Please Note: There will be no computer classes on August 4th or 11th

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.


**Blanchard Funeral Chapel**

Robert A. Tonello,  
Steven J Leonard  
Funeral Directors

**781-447-0170**

666 Plymouth Street  
Whitman

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John Klefeker, BC-HIS MA License #127

**DREAM JOB**

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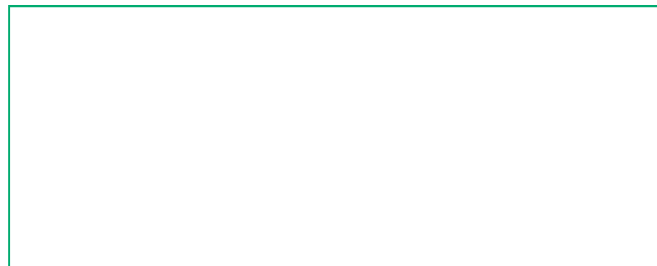
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**RETURN SERVICE REQUESTED**



### 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)  
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