

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*

JUNE 2016

Mae Cousineau, *Vice Chairman*
Jean McDonald
Jill A. Getchell

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:

With the arrival of Spring comes renewed energy, new programs, and new ideas. As always, I welcome your feedback and suggestions on programming.

"BANANAGRAMS" EVENING

At the Senior Center
Tuesday, June 14
5:30 to 7:00 pm

Calling all Word Enthusiasts

Join us at the Senior Center for our first monthly "Bananagrams Evening". Bananagrams is a fun family game that involves arranging lettered tiles into a grid of connected words (think Scrabble or crossword puzzles) faster than one's opponents.

Come prepared to exercise your brain and to have fun, food and socialization. Boxed lunches from Panera Bread will be available for purchase. Seniors and Pre-Seniors alike are welcome and transportation may be available if needed. Pre-registration is required by calling 781-447-7619 ext. 2.

BOCCE anyone?

Would you be interested in playing Bocce? We would like to know how many folks would participate before we undertake the project of building a Bocce court. Please let us know if we could count on your participation by calling 781-447-7619 ext. 2. Thanks!

WALKING GROUP

We are hoping to resurrect our Morning Walking Group and are looking for walkers as well as volunteers to facilitate the program. If interested, please contact me.

I look forward to hearing from you.

Barbara

"Health Care Planning—Honoring Choices"

Offered by the Whitman Board of Health

Presented by Norwell VNA and Hospice

At the Senior Center

Wednesday, June 22 at 9:30

This program takes a realistic look at health care planning. The presentation helps adults open the door to lifelong health care planning discussions. The program informs and empowers competent adults 18 years and older to exercise their right to choose a Health Care Agent and make a personal Health Care Plan. The program will include an educational tool kit.

Questions and answers will follow the presentation.

Call extension 2 to sign up.

This program is also being offered at the Whitman Town Library on June 20th at 6:30 pm

REDUCE PAIN THROUGH SELF-HYPNOSIS

With Joanne Campbell

At the Senior Center

3-week program on Fridays:

June 10, June 17 and June 24 at 10:00 am

\$30.00 total cost for the three one-hour sessions is payable to the instructor at the first class

Joanne Campbell, Certified Consulting Hypnotist, has been a practicing member of the National Guild of Hypnotists since 1996. Her sessions include a relaxing hypnotic induction and a self-hypnotic technique that can be used for any changes you wish to make.

This is a class for individuals with chronic diagnosed pain and/or for individuals who suffer from White Coat Syndrome or have an upcoming medical or dental procedure to help diminish the discomfort through self-hypnosis. Learn how to relax yourself, self-hypnosis skills and tips to release pain. The last class explains how to prepare for doctor's appointments, procedures, etc.

Call extension 2 to sign up and reserve your seat.

Space is limited.

CRUISE NIGHT
WALMART, RT. 106 HALIFAX
FRIDAY NIGHT, JUNE 17, 2016
 Bus leaves the Senior Center at 3:45
 \$5.00 for transportation



Calling all car enthusiasts. Enjoy the 200+ cars that come for this car show. Reminisce about the past or just marvel at the styling of these great classic automobiles. Start the evening at the Lyonville Tavern in Halifax for dinner.

A great way to enjoy a summer evening.

Please call **Linda at extension 1** to sign up.

Coffee Hour with the Police Department
Friday, June 17th, 2016
9:30 at the Senior Center

We will have a representative from the Police Department to discuss law enforcement issues and current scams affecting our elder population.

Stop by to learn about any new issues.

Any questions you may have for the Police Department are welcome.

Call extension 2 to sign up.

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

June 30– Gina Mark

July 7– Shane Wood Jazz Trio

July 14– The Corvairs

July 21– The Bridgewater Antiphonal Brass Band

July 28—Defenders Drum and Bugle Corps

All concerts are free so plan to bring a snack, or purchase food from Trio Café, or an ice cream treat from the truck.

LEFT, CENTER, RIGHT with
Erica
At the Senior Center
Wednesday, June 15th
1:00 P.M.

Left, Center, Right is a simple game played with three dice and a handful of chips. It is a fun game that anyone can play. Come and join us whether you are an expert or have never played before. Just come for the fun and you may even win a prize if luck is on your side. Just be warned – you may become addicted. Please call **extension 2** to sign up.

Pickleball

Reminder that Pickleball has resumed on Tuesdays and Thursdays. The courts are also available for use any day between 8 and 4. Just stop in the Senior Center to sign out the net and equipment.

Any questions, call Linda at extension 1



Visit with Abner
Monday, June 13th
 10:30 a.m. at the Senior Center

Need a little love? Come meet Abner, a pet therapy dog, who has a lot of love to give. Abner and his owner Sylvia will be here for a visit once a month on a Monday at 10:30 am.

Abner is guaranteed to put a smile on your face!

BAGGO ANYONE?
Also know as “Cornhole Toss”

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, June 21st at 10:30 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. Light refreshments will be served.

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

Motorcoach Tours Presents:**Conway Railroad and White Mountain Hotel Tour**

Tuesday, June 21st
 Pickup 7:00 A.M. at the VFW
 \$82.00 (tip included)

Visit the heart of Mt. Washington Valley. Begin with a scenic ride to the White Mountain Hotel and Resort. Take in the views and sit down to a delicious lunch. Choose between Broiled Scrod in white wine and butter sauce or Chicken Cordon Bleu. After lunch it is off to the Conway Scenic Railroad for an hour train excursion then enjoy a little Conway outlet shopping.

Gloucester Schooner

Tuesday, July 19th
 Pickup at the VFW
 \$100.00 (tip included)

Enjoy a 2 hour cruise of Gloucester harbor on the Lannon, a 65 foot wooden schooner that seats 49. You will sail peacefully past lighthouses, castles, working fishing boats, and magnificent waterfront homes. Following this amazing cruise, you will head to lunch at the one and only Gloucester House for a delicious lunch of Baked House Scrod or Baked Stuffed Breast of Chicken. Finally, a brief stop in Rockport before departing for home.

**Call Linda at extension 1 for a reservation.
 Checks should be made payable to Terry Seer.**

**Crafts with Denise
 Wednesday, June 15th
 12:00 at the Senior Center**

A patriotic wreath will be the project.
 (See the sample on display in the Senior Center)
 Cost is \$2.00 per class to help offset supplies expense.
 Reservations are required

**FUN, GAMES
 AND FITNESS**

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

BINGO at Harvard Court— Wednesdays at 12:30

MAH JONGG—Wednesdays at 1:00 pm.

PICKLEBALL— Tuesday and Thursday mornings at 9:00. The courts are behind the Police station. Courts are also available most days from 8 am to 4 pm. Stop by the Senior Center to sign out the net and equipment. Participants please call Linda at ext. 1.

Wii BOWLING—Mondays at 8:00 am

COA BUS TRIPS**NEWBURYPORT**

Wednesday, June 15th
 Leaves the Senior Center at 9:00
 Trip is \$10.00 for transportation

Spend the day on your own in Newburyport. Shop the stores such as Stonewall Kitchen or Life is Good, choose from the many restaurants for lunch or a snack. Be sure to stop by the Marina Walk and enjoy the harbor views.

CAPE COD CANAL CRUISE

Wednesday, June 29th
 Leaves the Senior Center at 10:30
 Trip is \$20.00 includes 2 hour cruise and transportation

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

Call **Linda at extension 1** to sign up.
 Sign up date is May 27th

**Movie of the Month
 At the Senior Center
 "BROOKLYN"
 Friday, June 24th at 1:00 P.M.**

Ellis Lacey is a young Irish immigrant navigating her way through 1950's Brooklyn. Lured by the promise of America, Ellis departs Ireland and the comfort of her mother's home for the shores of New York City. The initial shackles of homesickness quickly diminish as a fresh romance sweeps Ellis into the intoxicating charm of love. But soon, her new vivacity is disrupted by her past, and Ellis must choose between two countries and the lives that exist within.

Starring: Saoirse Ronan, Domhnall Gleeson, Emory Cohen,
 Jim Broadbent, Julie Waters
 Run Time: 1 hour 51 minutes

Rated PG-13

Call extension 2 to reserve your seat.

**FRIENDS OF THE WHITMAN SENIORS
 MONTHLY MEETING OF THE FRIENDS**

**Penny Sale at the Senior Center on
 Friday, June 10th at 1:00 P.M.**

Penny Sale to follow the meeting.
 Desserts will be served.

Anyone with questions please call Roberta at 781-261-3930

JUNE 2016

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| <p>TRIP SIGN UPS BEGIN ON Friday, May 27th AT 8:00 A.M.</p> <p><i>(You may sign up yourself and one additional person)</i></p> | | <p>1</p> <p>11:30 Lunch—Egg Salad w/ Lettuce Bed 1:00 Mah Jongg 6:00 Scrapbooking</p> <p>9:00 AROUND TOWN Reserve by 4:00 Friday at ext. 2</p> | <p>2</p> <p>9:00 Pickleball 9:00 Hairdresser by Appt 11:30 Lunch—Potato Crunch Fish</p> <p>PLAINRIDGE PARK CASINO In Plainville Pickup 9:00 K of C; 9:15 Home Return Home 4:00 Sign up at ext. 1</p> | <p>3</p> <p>11:30 Lunch—Italian Pot Roast 1:00 Bingo</p> <p>9:00 BOSTON'S NORTH END/ HAYMARKET SQUARE Sign up at ext. 1</p> |
| <p>6</p> <p>8:00 Wii Bowling 11:30 Lunch—Sloppy Joe 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p> | <p>7</p> <p>9:00 Pickleball 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch—Cold Roast Chicken with Cucumbers & Tomatoes 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom</p> <p>8:30—12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at SHAWS Reserve by 4:00 Friday – ext. 2</p> | <p>8</p> <p>8:30 Podiatrist by Appt 11:30 Lunch—Breaded Pork with Apple Cabbage Slaw 12:30-2:00 Wellness Clinic at Senior Center 1:00 Mah Jongg</p> <p>9:00 DERBY STREET SHOPS in Hingham Sign up at ext. 1</p> | <p>9</p> <p>9:00 Pickleball 9:00 Hairdresser by Appt 11:30 Lunch—Whole Grain Lasagna w/ Meat Sauce</p> <p>9:00 WALMART in RAYNHAM & IHOP, CHINESE BUFFET or PANERA Sign up at ext. 1</p> | <p>10</p> <p>11:30 Lunch—Greek Chicken 1:00 Friends Meeting</p> <p>10:00 BOOK BUZZ Sign up at ext. 2</p> <p>10:00 REDUCE PAIN THROUGH SELF-HYPNOSIS (Week 1 of 3)</p> |
| <p>13</p> <p>8:00 Wii Bowling 11:30 Lunch—Swiss Cheese Omelet 1:00 Bingo</p> <p>10:30 VISIT WITH ABNER</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p> | <p>14</p> <p>9:00 Pickleball 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch—Meatballs with Pasta 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom</p> <p>5:30 Bananagrams Evening Sign up at ext. 2</p> <p>8:30—12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at STOP & SHOP Reserve by 4:00 Friday – ext. 2</p> | <p>15</p> <p>11:30 Lunch—Spanish Chicken 1:00 Mah Jongg</p> <p>12:00 CRAFTS WITH DENISE</p> <p>1:00 LEFT, CENTER, RIGHT with Erica Sign up at ext. 2</p> <p>9:00 NEWBURYPORT Sign up at ext. 1</p> | <p>16</p> <p>9:00 Pickleball 11:30 Lunch—Corned Beef 12:15-1:45 Wellness Clinic at Harvard Ct</p> <p>BROWN BAG PICKUP Pickup at the Senior Center between 11:00 and 2:00 only</p> <p>9:00 OCEAN STATE-East Bridgewater, Burlington Coat Factory/"99" Restaurant-Bridgewater</p> | <p>17</p> <p>11:30 Lunch—Tuna Salad</p> <p>9:30 COFFEE HOUR WITH THE POLICE DEPARTMENT Sign up at ext. 2</p> <p>10:00 REDUCE PAIN THROUGH SELF-HYPNOSIS (Week 2 of 3)</p> <p>3:45 CRUISE NIGHT and LYONVILLE TAVERN, Halifax</p> |
| <p>20</p> <p>8:00 Wii Bowling 11:30 Lunch—Chicken Marsala 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p> | <p>21</p> <p>9:00 Pickleball 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch—Salmon Filet 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom</p> <p>10:30 Baggio (Sign up at ext. 2)</p> <p>8:30—12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at SHAWS Reserve by 4:00 Friday – ext. 2</p> | <p>22</p> <p>11:30 Lunch—Stuffed Shells 1:00 Mah Jongg</p> <p>9:30 "HEALTH CARE PLANNING—HONORING CHOICES" Sign up at ext. 2</p> <p>FOXWOODS CASINO Pickup 7:30 K of C; 7:45 Home Return Home 7:00 pm Sign up at ext. 1</p> | <p>23</p> <p>9:00 Pickleball 9:00 Hairdresser by Appt 11:30 Lunch—Meatloaf w/ Gravy</p> <p>9:30 CASTLE ISLAND Sign up at ext. 1</p> | <p>24</p> <p>11:30 Lunch—Roast Turkey w/ Gravy</p> <p>10:00 REDUCE PAIN THROUGH SELF-HYPNOSIS (Week 3 of 3)</p> <p>1:00 MOVIE at the SENIOR CENTER (see pg. 3) Sign up at ext. 2</p> |
| <p>27</p> <p>8:00 Wii Bowling 11:30 Lunch—Chicken & Broccoli Penne Alfredo 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p> | <p>28</p> <p>9:00 Pickleball 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch—Shepherd's Pie 11:00 Computer Workshops 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting/Loom</p> <p>8:30—12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at STOP & SHOP Reserve by 4:00 Friday – ext. 2</p> | <p>29</p> <p>11:30 Lunch—Macaroni & Cheese 1:00 Mah Jongg</p> <p>10:30 CAPE COD CANAL CRUISE Sign up at ext. 1</p> | <p>30</p> <p>9:00 Pickleball 9:00 Hairdresser by Appt 11:30 Lunch—Roast Pork w/ Pineapple Raisin Sauce</p> <p>9:30 WESTGATE MALL and Market Basket in Brockton Sign up at ext. 1</p> | |

Eldercare Q & A from OLD COLONY ELDER SERVICES
Q. Are bladder problems a common concern for older people ?

A: Yes. Bladder problems are not a common dinner table conversation, but urinary tract infection (UTI) is one common bladder problem that increases as people age. UTI is the second most common type of body infection. Every year, UTIs cause 8 million visits to health care providers.

Your urinary tract is your drainage system: it removes wastes and extra water. Your urinary tract includes two kidneys, two ureters, a bladder, and a urethra. All of us use our bladder many times each day, but many of us do not know how to recognize problems with our bladder function.

A bladder is very much like a balloon. It is a hollow organ that stores urine. Muscles in the floor of your pelvis help hold urine in your bladder, which is located in your lower abdomen. When you eat or drink, your body can't use all parts of what you consume. Your body takes what it needs from foods and drinks, then gets rid of the left over wastes. Your kidneys help remove these wastes and extra water by filtering them out of your blood to make urine. The urine made in the kidneys travels through the ureters to the bladder. The urine is stored in the bladder until you are ready to urinate. When you urinate, the urine exits the body through the urethra.

On a typical day, adults pass about a quart and a half of urine through the bladder and out of the body. That is the equivalent of four 12 ounce cans of soda. But the exact amount of urine made each day is different for every person. The amount of urine you make depends on how much fluid and food you take in, how much you lose by sweat, how much you lose from physical activity and breathing, and what medicines you take.

Your bladder changes as you get older. It becomes tougher, and less stretchy, which means it can't hold as much urine, which causes you to go to the bathroom more often. Your bladder wall and pelvic floor muscles also can weaken making it harder to empty your bladder fully. Weak pelvic floor muscles can also make it difficult to hold urine in the bladder and can cause urine to leak.

These very common bladder problems can impact your quality of life. When people have bladder problems, they may avoid family events or other social settings. These problems can also make it hard to get tasks done at home or at work. Some of the most common bladder problems include trouble urinating, loss of bladder control, leaking of urine, and frequent need to urinate. The most common type of bladder infection (cystitis) is a urinary tract infection (UTI). When bacteria (or germs) get into the bladder you can get an infection, which brings on strong and sudden urges to urinate or frequent urinating.

Bladder problems occur more often in women, but they are also quite common in men, who have a prostate gland that surrounds the opening of the bladder. Most tissues get smaller with aging, but the prostate gets bigger. If it gets too big, the prostate can restrict the flow of urine through the urethra making it difficult to start urinating, causing the urine stream to be slow, and preventing men from completely emptying the bladder.

UTIs can happen anywhere in the urinary system, but UTIs are most common in the bladder. Infections in the bladder can spread to your kidneys, or less commonly to your urethra.

Most UTIs are not serious. But some, like kidney infections, can lead to severe problems. Bacteria from a kidney infection can enter your bloodstream, causing *septicemia*, which can be very serious. Frequent kidney infections can lead to permanent kidney damage, including scars, poor function, and high blood pressure.

If you are unable to hold your urine, or are leaking urine; if you need to urinate eight or more times in 24 hours; if you are waking up many times at night to urinate; if you have sudden and urgent need to urinate or have a weak stream while urinating; if you have pain or burning before, during, or after urinating, or have cloudy or bloody urine; if you are passing only small amounts of urine after strong urges to urinate—these are all reasons to set up an appointment with your doctor.

TRANSPORTATION

AROUND TOWN – Our COA bus is available from 9:00 to 3:00 on Mondays for transportation to Bingo at the Senior Center and for errands within Town. Please be reminded that in order to take advantage of this free service, you need to call **extension 2** to sign up **no later than 4:00 Thursday**.

SENIOR CENTER BUS— Our COA bus is available in the morning for Tuesday activities and appointments at the Center. Sign-up is required by calling **extension 2 no later than noon on Monday**.

FOOD SHOPPING Our COA bus travels to various grocery stores on **Tuesdays at 1:00**. Due to an increase in riders, we find it necessary to limit the number of passengers to allow sufficient room for both passengers and their purchases. **Sign-up is now required weekly by calling extension 2 no later than 4:00 on Friday**. We will maintain a waiting list and if seats are still available, those on the waiting list will be called on Monday morning.

HUMOR CORNER

After dying in a car crash, three friends go to Heaven for orientation. They are all asked the same question: "When you are in your casket, and friends and family are mourning over you, what would you like to hear them say about you?"

The first guy immediately responds, "I would like to hear them say that I was one of the great doctors of my time, and a great family man."

The second guy says, "I would like to hear that I was a wonderful husband and school teacher who made a huge difference in our children of tomorrow".

The last guy thinks a minute and replies, "I'd like to hear them say.....LOOK, HE'S MOVING!!!!!"

Chuck Brock

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

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, June 28th from 12:00 to 2:30. Please call **extension 2** for an appointment.

HEARING SCREENING

Free hearing screenings and free minor repairs to hearing aids are provided by Board Certified Hearing and Instrument Specialist, John Klefeker on Tuesday, July 19th by appointment. Contact **extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST

Dr. William Chan. Wednesday, June 8th by appointment only. Contact **extension 2** to make an appointment. Upcoming dates: July 13, August 10, September 14

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:

June 8 Senior Center 12:30—2:00

Thursday:

June 16 Harvard Court 12:15—1:45

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

June 7, 14, 21, 28 1:00—4:00

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 – Note Summer Hours-Thursday, June 16th, **11:00 to 2:00 only.** Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

HAIR by KATHY

Tuesdays and Thursdays by Appointment
Contact **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) | |
| Haircuts for Men | \$ 8.00 |

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!*

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 **extension 2** to sign up for the course of your choice.

PC's for the Novice: Five Modules-includes PC overview, How to get help on your device and on Microsoft's web site, How to use input devices, Storing and retrieving your documents, and Managing your data.

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.

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

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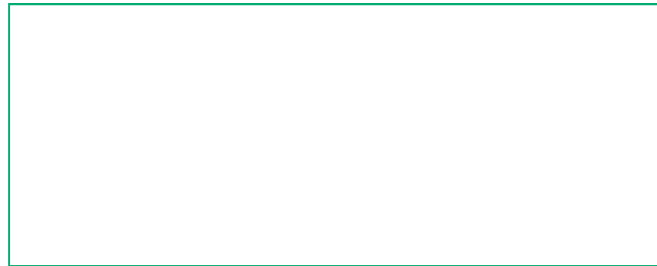


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Whitman Council On Aging
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Whitman, MA 02382

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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.



ABOUT OUR TRIPS AND ACTIVITIES ...

Participation in the activities and trips we offer is not limited to seniors over age 60. Based on availability, Pre-Seniors, Baby Boomers and folks from surrounding towns are always welcome.

Just give the Center a call at 781-447-7619.

Help us go GREEN and save MONEY



Our newsletter is now available online at:
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