

SEEN YOUR NEWS?



WHITMAN COUNCIL ON AGING
16 HAYDEN AVENUE • WHITMAN, MA 02382
(781) 447-7619 • FAX (781) 447-7633

SENIOR CENTER HOURS

Monday 8-4
Tuesday 8-7
Wednesday 8-4
Thursday 8-4
Friday 8-1

Patricia Goldmann, *Chairman*
Jill A. Getchell
Barbara J. Garvey, *Director*



JULY

2018

Mae Cousineau, *Vice Chairman*
Thomas G. Ford
Denise K. Bagley

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:

Our Bocce group is finally underway and we are looking for players! The Whitman VFW has kindly offered us the use of their courts while we search for space to construct our own.

Thank you to Wayne Robertson who has volunteered to facilitate the Bocce group on Mondays at 1:00 at the VFW on Essex Street.

All ages and abilities of players are welcome to join us for some fun and exercise. Don't worry if you don't know how to play—we will have experienced players on hand to teach you.

Please contact us at 781-447-7619 ext. 2 to let us know you'll be joining us.

Barbara



ICE CREAM SOCIAL
At the Senior Center
Tuesday, July 17th at 6:00 P.M

What better way to cool off than with an ice cream sundae? Join us for an old fashioned make your own sundae with a variety of toppings and of course, whipped cream.
Tickets are \$2.00

Come in to the Senior Center beginning July 2nd to buy your ticket.
Space is limited.



EXPERIENCE THE MAGIC OF JACK RYAN
1:30 P.M. at the Senior Center
Wednesday, July 18th

Jack Ryan is a professional magician and past president of the Society of American Magicians, Boston, which was founded by Harry Houdini in 1922. Some of his credits are: The Big Brother Association, Holy Cross College, the Ritz Carlton Hotel, Milton Academy, TV and numerous Senior groups!

Jack has been entertaining with Magic for over 30 years. He enjoys performing magic and promoting magic among young & old alike. Jack studies and loves Extra Sensory Perception. Therefore, his shows include a little ESP or "magic of the mind" as well as classic magic performed with his own unique style.

Jack's shows are a lot of fun with great magic, humor and audience participation! Entertaining seniors is his specialty. He has performed over 60 shows this past year for seniors. His Magic is interspersed with stories of the great Magicians of old, many of whom you may have seen.

Call extension 2 to reserve your seat.
Space is limited.

Please be reminded ...

If you have signed up for lunch or have an appointment here at the Senior Center (hairstylist, podiatrist, fuel assistance, computer class, etc.) or if you signed up for one of our many trips and are unable to keep the appointment or make the trip, **please** call as soon as possible to let us know that you won't be coming in. Many of our programs have waiting lists and we would like to offer your appointment or space to someone else if you can't attend.

Thanks!

"Fly Me to the Moon – A Day in American History"

Presented by Gerard Dupont
At the Senior Center
Thursday, August 2nd at 1:00 P.M.

"The most hazardous, dangerous and greatest adventure on which humanity has ever embarked".

That is how our 35th President described America's commitment to send men to explore the moon.

"New knowledge and new hopes for peace is there" he said.

Gerard Dupont, a patron of our Senior Center, had two old friends who were astronauts that flew on one of those missions, Apollo 15. It's launch on July 26, 1971 was also witnessed by Gerard at age 14.

Relive the story of this great adventure through vintage NASA film which Gerard will present at the Senior Center on August 2nd.

Please call extension 2 to reserve your seat.

SUMMER BAND CONCERTS
At the Gazebo in the Town Park
Sponsored by the Whitman Cultural Council
Thursday Evenings from 6:30 to 8:00

June 28– The Corvairs
July 12– Defenders Drum and Bugle Corps
July 19– The Elbow Room Band
July 26– Dale and the Duds
Aug. 2— Gina Mark

All concerts are free so plan to bring a snack, or purchase food from Burts Ice Cream Truck

**100% FREE FUN FRIDAYS–
COURTESY OF THE HIGHLAND STREET FOUNDATION**

July 6th

Boston Children's Museum
Peabody Essex Museum
Battleship Cove

July 13th

Larz Anderson Auto Museum
The Sports Museum

July 20th

Museum of Fine Arts, Boston
The Gardens at Elm Bank
Chatham Shark Center
The Hall at Patriot Place

July 27th

Isabella Stewart Gardner Museum
Fitchburg Art Museum
Arnold Arboretum

Visit HighlandStreet.org for a complete list and further information

COMPUTER WORKSHOPS

By Richard Stanton
at the Senior Center on Tuesdays

Appointments are available at 10:00, 11:00 or 12:00

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

PC's for the Novice

Internet Basics

Basics of Budgeting with Excel / Calc

iTunes for Digital Music / Video

Add and Remove Software

Ease of Access

Online Education

Manage Digital Photos

Send and Receive Photos over the Internet

Backup your personal Data:

Organize your photos using picassa 3

COA Bus Trips**CASTLE ISLAND**

Thursday, July 12th

Leaves the Center at 9:30

\$8.00 for transportation

You will have 2 1/2 hours to enjoy at Castle Island once you arrive.

You can use it to walk the scenic pathways, sit and enjoy the sights and sounds of Boston Harbor, or enjoy lunch at Sullivan's.

PORTSMOUTH, NEW HAMPSHIRE

Wednesday, July 18th

Leaves the Center at 8:30

\$12.00 for transportation

Wear your comfortable shoes and spend the day on your own in downtown Portsmouth, or get dropped off at Prescott Park and enjoy the beautiful waterfront park.

CHARLES RIVER BOAT CRUISE

Wednesday, July 25th

Leaves the Senior Center at 9:30

Trip is \$28.00 for the cruise and transportation

Enjoy a 70 minute narrated sightseeing tour of the Charles River.

You will have a few hours after the cruise for lunch or shopping at the Cambridgeside Galleria Mall.

Call **Linda** at **extension 1** to sign up for any of these trips.

Remember to check the Bulletin Board at the Senior Center for Activities and Events that may not be listed in this Newsletter due to space or publishing deadline constraints.

Crafts

with Denise
Wednesday, July 11th
at the Senior Center
12:30 P.M.

Cost is \$4.00 per class to help offset supplies expense.

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**with Kerrin**

**From Sachem Center for Health and Rehabilitation**  
**Tuesday, July 31st**  
**at the Senior Center**  
**12:30 A.M.**

Free of charge thanks to Sachem Center.

Space is limited so please call extension 2 to sign up.  
In order to assure that we have enough supplies,  
please sign up no later than the week before.

**Visit with Abner**  
**The Pet Therapy Dog**  
**Monday, July 9th**  
**10:30 a.m. at the Senior Center**



**Fun and Games**

**LEFT, CENTER, RIGHT**  
**Tuesday, July, 24th at 1:00 P.M.**

**Sign up at extension 2.**

**Weekly Activities**

- ART GROUP**– Tuesdays at 9:00
- BINGO**—Mondays at 1:00
- BINGO at Harvard Court**– Wednesdays at 12:30
- CHAIR YOGA**– Wednesdays at 9:30, \$4.00 to the instructor
- Also on Fridays at 11:30 ( except the first Friday of the month)
- KNITTING GROUP**– Tuesdays at 1:00
- MAH JONGG**—Wednesdays at 12:30
- Wii BOWLING**—Mondays at 8:00

**The Travelers Present:**

**GLOUCESTER SCHOONER**  
**Tuesday, July 17**  
**Leaves the V.F.W.—time to be determined**  
**\$105.00 per person**

Sail Gloucester Harbor on the Gloucester Schooner followed by lunch at the Gloucester House restaurant. There will be time for shopping in Rockport after lunch.

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RHODE ISLAND LIGHTHOUSE CRUISE

Thursday, August 9th
Leaves the V.F.W. 10:00 A.M.
\$92.00 per person

More details to follow.

Call Linda at extension 1 to reserve a seat.

Movie of the Month

At the Senior Center
“WONDER”
Thursday, July 26th
12:30 P.M.

A young boy with a facial deformity begins the fifth grade in a mainstream school . The challenges he faces help others learn to not judge a book by it’s cover.

Starring : Julia Roberts, Jacob Tremblay, Owen Wilson
Run Time: 1:53 min **Rated PG**
Call extension 2 to reserve your seat beginning July 5.
Space is limited to 12 attendees.

FOOD SHOPPING—Tuesdays at 12:30
(see page 5 for more details)

- 7/3 - STOP AND SHOP in WHITMAN**
- 7/10 SHAW'S in BROCKTON**
- 7/17- STOP AND SHOP in WHITMAN**
- 7/24- SHAW'S in BROCKTON**
- 7/31 - STOP AND SHOP in WHITMAN**



Reminder: 4 bag limit please. Reserve your seat by 11:30 on the previous Friday.

JULY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
8:00 Wii Bowling 11:30 Lunch—Chicken Meatballs w/ Marinara Sauce & Penne Pasta 1:00 Bingo 1:00 Bocce at the VFW 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch—Hot Dog w/ Beef Chili, Mac & Cheese 1:00 Knitting/Crocheting 8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2	4TH OF JULY SENIOR CENTER CLOSED	11:30 Lunch—Beef Stew 9:00 WALMART in Plymouth, Woods or Isaac's Restaurant Sign up at ext. 1	11:30 Lunch—Chicken Bruschetta, Herbed Brown Rice 1:00 Bingo
9	10	11	12	13
8:00 Wii Bowling 11:30 Lunch—Unstuffed Beef, Rice & Pepper Casserole 1:00 Bingo 1:00 Bocce at the VFW 10:30 VISIT WITH ABNER 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch—Chicken Scallopini 1:00 Knitting/Crocheting 8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2	8:20 Podiatrist by Appt 9:30 Chair Yoga 11:30 Lunch—BBQ Pork Patty, Mashed Potatoes 12:00-1:00 Wellness Clinic 12:30 Mah Jongg 6:00 Scrapbooking 12:30 CRAFTS WITH DENISE (See Pg. 3) 9:30 SOUTH SHORE PLAZA, Braintree Sign up at ext. 1	11:30 Lunch—Vegetable Soup, Tuna Salad on Lettuce Bed, Pasta Salad 9:30 CASTLE ISLAND Sign up at ext. 1	10:00 Book Buzz 11:30 Lunch—Italian Pot Roast 11:30 Chair Yoga
16	17	18	19	20
8:00 Wii Bowling 11:30 Lunch—Greek Chicken, Parslied Bowtie Pasta 1:00 Bingo 1:00 Bocce at the VFW 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch—Alaskan Pollock, Brown Rice, Vegetable Pilaf 1:00 Knitting/Crocheting 1:00 Hearing by Appointment 8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2 6:00 ICE CREAM SOCIAL (See Pg. 1)	9:30 NO Chair Yoga 11:30 Lunch—American Chop Suey, Broccoli 12:30 Mah Jongg 1:30 JACK RYAN, MAGICIAN (SEE PG. 1) Sign up at ext. 2 8:30 PORTSMOUTH, NEW HAMPSHIRE (See Pg. 2) Sign up at ext. 1	11:30 Lunch—Roast Pork w/ Apple Glaze, Whipped Sweet Potatoes BROWN BAG PICKUP Pickup at the Senior Center <u>between 11:00 and 2:00 only</u> 9:00 GOOD DAYS RESTAURANT and MARKET BASKET in West Bridgewater Sign up at ext. 1	11:30 Lunch—Chicken Salad on Lettuce Bed, Tricolor Pasta Salad 11:30 Chair Yoga
23	24	25	26	27
8:00 Wii Bowling 11:30 Lunch—Macaroni & Cheese, Roman Vegetable Blend 1:00 Bingo 1:00 Bocce at the VFW 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch—Lasagna Rolls w/ Meat Sauce, Italian Vegetables 12:30 Atty Whitney by Appt 1:00 Knitting/Crocheting 1:00 LEFT, CENTER, RIGHT Sign up at ext. 2 8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2	9:30 Chair Yoga 11:30 Lunch—Spanish Chicken, Herbed Brown Rice 12:30 Mah Jongg 9:30 CHARLES RIVER BOAT CRUISE and CAMBRIDGESIDE GALLERIA (See Pg. 2) Sign up at ext. 1	11:30 Lunch—Turkey Salad on Lettuce Bed, German Potato Salad 12:30-1:30 Wellness Clinic at Harvard Ct 12:30 MOVIE at the SENIOR CENTER (See Page 3) FOXWOODS CASINO Pickup 7:30 K of C; 7:45 Home Return Home 7:00 pm Sign up at ext. 1	11:30 Lunch—Minestrone Soup, Salmon with Dill Sauce, Lemon Orzo w/ Vegetables 11:30 Chair Yoga
30	31			
8:00 Wii Bowling 11:30 Lunch—Sloppy Joe, Italian Roasted Potatoes 1:00 Bingo 1:00 Bocce at the VFW 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch—Swiss Cheese Omelette, Home Fries 1:00 Knitting/Crocheting 12:30 Crafts with Kerrin (See Pg. 3) 8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2			TRIP and ACTIVITIES SIGN UPS BEGIN Thursday, June 28th At 8:00 A.M.

Eldercare Q & A from OLD COLONY ELDER SERVICES
Q. WHAT IS THE PROTECTIVE SERVICES PROGRAM?

22 Aging Services Access Point (ASAP) agencies have been designated by the Executive Office of Elder Affairs to operate the Protective Services (PS) program throughout Massachusetts. PS staff from these local agencies respond to reports of abuse and neglect of people age 60 and older living in the community. Staff investigate allegations of neglect, physical, sexual and emotional abuse, as well as financial exploitation of older residents. During state fiscal year 2017, 30,739 reports of abuse and neglect were received, of which 9,799 cases were confirmed.

Elder Abuse Reports can be filed 24 hours a day by phone at (800) 922-2275. For more information visit <https://www.mass.gov/report-elder-abuse>

To report abuse of a person with a disability under the age of 60, call the Disabled Persons Protection Commission (DPPC) at (800) 426-9009. To report abuse of a person in a nursing facility or hospital, call the Department of Public Health (DPH) at (800) 462-5540. For any age or setting, call 911 or local police if you have an emergency or life-threatening situation.

Limited conservatorship and guardianship services are available for older residents who require assistance in managing their financial and/or personal affairs and who are at risk of further abuse without a guardian. Through local ASAP/PS agencies, trained staff and volunteers operate the Money Management Program to help older adults who need assistance managing their finances.

The Whitman Senior Center is looking for volunteers to help with preparing our newsletter for mailing. If you have an hour or two once a month to help with the labeling, folding and taping of the newsletter, please call Linda at 781-447-7619, ext. 1. Thank you in advance.

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**; **pickups begin at 12:30**. 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 11:30 on Friday**. We will maintain a waiting list and if seats are still available, those on the waiting list will be called by Noon on Monday. There is a 4 bag limit.

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

Trips to **Boston** are provided on Wednesdays and Fridays only. Call for additional details.

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

HUMOR CORNER

SIGNS THAT YOU ARE NO LONGER A KID ...

- You're asleep, but others worry that you're dead.
- Your back goes out more than you do.
- You quit trying to hold your stomach in, no matter who walks into the room.
- Your arms are almost too short to read the newspaper.
- You sing along with the elevator music.
- You almost enjoy hearing about other people's operations.
- You consider coffee one of the most important things in life.
- You no longer think of speed limits as a challenge.
- People call at 9 pm and ask, "Did I wake you?"
- You have a dream about prunes.
- You send money to PBS.
- You take a metal detector to the beach.
- You can't remember the last time you laid on the floor to watch television.
- Your ears are hairier than your head.
- You talk about "good grass" and mean someone's lawn.
- You get into a heated argument about pension plans.
- You got cable for the weather channel.
- You can go bowling without drinking.

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 11 Senior Center 12:00—1:00

Thursday:

July 19 Harvard Court 12:30—1:30

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

July 3, 10, 17, 24, 31 1:00—2:30

OUTREACH

SAFETY ASSURANCE PROGRAM— The Plymouth County Sheriffs Dept. has a free computerized telephone system to call participants at a prearranged time each day. Call 508-830-6256 to sign up.

BROWN BAG DISTRIBUTION PROGRAM – Thursday, July 19th, 11:00 to 2:00 only. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

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: July 17th, September 18th

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 at (617) 722-2810, ext. 6326 or by email at: Geoff.Diehl@MAhouse.gov

FRIENDS OF THE WHITMAN SENIORS

Friends of the Whitman Seniors will not meet during the month of July 2018. Anyone with questions, please call Roberta at 781-261-3930.

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 24th from 12:30 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. Contact **extension 2** to make an appointment for July 17th. *You should hear what you're missing.*

PODIATRIST

 Dr. William Chan. Wednesday, July 11th by appointment only. Contact **extension 2** to make an appointment. Upcoming dates: August 8, September 12, October 10

HAIR by Sue

Tuesdays 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

HARVARD COURT FAYRE HAS REOPENED

located in the Gazebo Room of Harvard Court Housing Complex.

The shop is open: Mondays 10-2

Closed Tuesdays

Wednesdays 10-3

Thursdays 10-2 & 4-7 pm;

Fridays and Saturdays 10-2

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!

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Whitman, MA 02382

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.
Stop by the Senior Center to pick up a menu.



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:
www.OurSeniorCenter.com
and on the Town of Whitman website
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.