

SEEN YOUR NEWS?

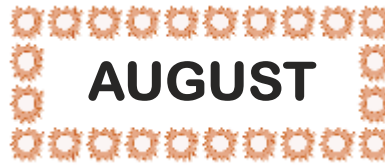


WHITMAN COUNCIL ON AGING
16 HAYDEN AVENUE • WHITMAN, MA 02382
(781) 447-7619 • FAX (781) 447-7633

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*



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:

Let's hope that the recent week-long heatwave won't be repeating itself anytime soon!

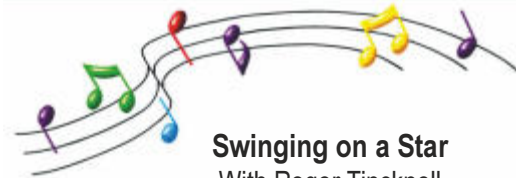
Because of the extreme mid-day heat, we have moved the time for Monday Bocce at the VFW to 10:00 am rather than 1:00 pm.

Again, all ages and abilities of players are welcome to join us for some fun and exercise. We'll have experienced players on hand to teach new players.

We don't take ourselves too seriously—it's all about socialization, fun and exercise. Please call us at 781-447-7619 ext. 2 to let us know you'll be joining us.

Hope to see you there!

Barbara



Swinging on a Star

With Roger Tincknell
At the Senior Center
Wednesday, August 15
2:00 P.M.

Swinging on a star is an upbeat musical program that includes 1930's-1940's swing era classics, songs from movie and stage, and traditional American sing-alongs. The program is performed on guitar, banjo, mandolin, ukulele, and harmonica.

Call extension 2 to reserve your seat.

"KINDNESS ROCKS "

Sponsored by North River Home Care
At the Senior Center
Wednesday, August 22nd at 1:00 P.M.

Enjoy creating a beautiful kindness rock for either your home or the entrance of the Senior Center. These kindness rocks are the new craze of spreading kind thoughts to others along beach paths or popular walking paths. We all need a spiritual lift or a kind thought now and then! Come to this class and put a smile on your face while you paint and many others while they walk!
INSPIRE! BELIEVE! LOVE! BE KIND!

**Call extension 2 to reserve your seat .
Space is limited to 12 attendees.**

LEMONADE SOCIAL

With Kerrin
From Schem Center for Health and Rehabilitation
Thursday, August 9th
at the Senior Center
2:00 P.M.

Free of charge thanks to Schem Center.

What says Summer more than a cold glass of lemonade? Join us for a refreshing glass of lemonade and cookies. Baggio, a fun beanbag toss game will be set up for those who would like to play.

Call extension 2 to sign up.

**“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.



**‘Hot Dog BBQ’ Supper
At the Senior Center
Tuesday, August 28th at 5:00 P.M.**

Enjoy the taste of Summer with a Hot Dog BBQ. Join us for an evening of socialization and an easy summer meal of hot dogs, potato salad, chips, soda and dessert.

Cost is \$5.00. Stop by the Center to buy your ticket **beginning Wednesday, August 1st.** Tickets are limited, so get yours early.

COA Bus Trips



**CASTLE ISLAND
Wednesday, August 1st
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.

**FALMOUTH
Thursday, August 9th
Leaves the Center at 9:00
\$10.00 for transportation**

Wear your comfortable shoes and spend the day on your own in Falmouth. You will have 4 hours to shop, eat, or explore.

~ ~ ~ 2nd of our WALKING GROUP SERIES ~ ~ ~

**WEBB STATE PARK-Weymouth
Thursday, August 16th
Leaves the Center at 9:30
\$5.00 for transportation**

Webb State Park is a peninsula that sticks out into Hingham Bay. After your walk, you will stop at Panera Bread in Hingham for lunch.

**CAPE COD CANAL CRUISE
Thursday, August 30th
Leaves the Senior Center at 10:30**

Trip is \$20.00 and 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.

This trip must be paid for by August 24th.

Call **Linda at extension 1** to sign up for any of these trips. Sign ups for August begin on Friday, July 27th.



**Tech Help with Max
Wednesday mornings 10:30 or 11:00
(two half-hour appointments)**

Max Elfman, our student volunteer from South Shore Vocational Technical High School, will be here to help with your technical needs. Want to learn about Facebook or other social media? Have a cell phone or tablet challenge? Let Max help.

Call extension 2 to make your appointment.

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

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.

Movie of the Month

At the Senior Center
"DARKEST HOUR"
 Thursday, August 23rd
 12:30 P.M.

This riveting historical drama depicts the early days of Winston Churchill's leadership of the U.K. during WWII, as he tries to rally the nation to action while many of his contemporaries advocate peace talk with Hitler.

Starring : Gary Oldman, Ben Mendelsohn, Kristin Scott Thomas

Run Time: 2:05 min Rated PG-13

Call extension 2 to reserve your seat beginning July 27th..

Space is limited to 12 attendees.

Visit with Abner
 The Pet Therapy Dog
 Monday, August 13th

10:30 a.m. at the Senior Center



Fun and Games

LEFT, CENTER, RIGHT

Tuesday, August 14th at 1:00 P.M.

Wednesday, August, 29th at 10:00 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

VOLUNTEER DRIVERS NEEDED

We are in need of volunteer drivers for our home-delivered (Meals on Wheels) program. If you can spare an hour or so one morning a week, please contact Fran in Nutrition at the Senior Center at 781-447-7619 ext. 4. A stipend for mileage is paid.

100% FREE FUN FRIDAYS— COURTESY OF THE HIGHLAND STREET FOUNDATION

August 3rd

Franklin Park Zoo
 Cape Cod Museum of Art
 Paragon Carousel

August 10th

Fuller Craft Museum
 The Greenway Carousel

August 17th

Plimoth Plantation
 Old State House

August 24th

Buttonwood Park Zoo
 Heritage Museum & Gardens

August 31st

Old Sturbridge Village
 USS Constitution Museum

Visit HighlandStreet.org for a complete list and further information

The Travelers Present:

FOSTERS LOBSTERBAKE

Tuesday, September 18th

Leaves the V.F.W. –Time to be determined

\$81.00 per person

This trip is to York Maine for a traditional Lobster Bake. In addition to a wonderful meal, you will enjoy entertainment during your Lobster Bake. There will also be a stop at Stonewall Kitchen and When Pigs Fly Bakery.

Checks should be made to Terry Seer.

Call Linda at extension 1 to reserve a seat.

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

8/7- SHAW'S in BROCKTON
 8/14- STOP AND SHOP in WHITMAN
 8/21- NO SHOPPING
 8/28 -SHAW'S IN BROCKTON



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

AUGUST 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	TRIP and ACTIVITIES SIGN UPS BEGIN Friday, July 27th At 8:00 A.M.	1 9:30 NO Chair Yoga 10:30 Tech Help with Max 11:30 Lunch 12:30 Mah Jongg 6:00 Scrapbooking 9:30 CASTLE ISLAND Sign up at ext. 1	2 11:30 Lunch 1:00 FLY ME TO THE MOON (See Pg. 2) Sign up at ext. 2 9:00 WALMART in HALIFAX, Monponsett Restaurant Sign up at ext. 1	3 11:30 Lunch 1:00 Bingo
6 8:00 Wii Bowling 11:30 Lunch 1:00 Bingo 10:00 Bocce at the VFW 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	7 9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch 1:00 Knitting/Crocheting 8:30 -12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING - ext. 2	8 8:20 Podiatrist by Appt 9:30 Chair Yoga 10:30 Tech Help with Max 11:30 Lunch 12:00-1:00 Wellness Clinic 12:30 Mah Jongg 9:00 HANOVER MALL Sign up at ext. 1	9 11:30 Lunch 2:00 LEMONADE SOCIAL (See Pg. 1) Sign up at ext. 2 9:00 FALMOUTH (See Pg. 2 for details) Sign up at ext. 1	10 10:00 Book Buzz 11:30 Lunch 11:30 Chair Yoga
13 8:00 Wii Bowling 11:30 Lunch 1:00 Bingo 10:00 Bocce at the VFW 10:30 VISIT WITH ABNER 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	14 9:00 Hairdresser 9:00 Art Group 10:00 No Computer Workshop- 11:30 Lunch 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	15 9:30 Chair Yoga 10:30 Tech Help with Max 11:30 Lunch 12:30 Mah Jongg 2:00 SWINGING ON A STAR (See pg. 1) Sign up at ext. 2 9:00 PATRIOT PLACE/ Christmas Tree-Foxboro, Olive Garden Restaurant Sign up at ext. 1	16 11:30 Lunch 12:30-1:30 Wellness Clinic at Harvard Ct BROWN BAG PICKUP Pickup at the Senior Center <u>between 11:00 and 2:00 only</u> 9:30 WEBB STATE PARK, Weymouth/ PANERA BREAD, Hingham (See Pg. 2 for details) Sign up at ext. 1	17 11:30 Lunch 11:30 Chair Yoga
20 8:00 Wii Bowling 11:30 Lunch 1:00 Bingo 10:00 Bocce at the VFW 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	21 9:00 NO Hairdresser 9:00 Art Group 10:00 NO Computer Workshop 11:30 Lunch 1:00 Knitting/Crocheting 1:00 Hearing by Appointment 11:00 MARSHFIELD FAIR Sign up at ext. 1	22 9:30 Chair Yoga 10:30 Tech Help with Max 11:30 Lunch 12:30 Mah Jongg 1:00 KINDNESS ROCKS (See Pg. 1) Sign up at ext. 2 9:30 WESTGATE MALL and Market Basket in Brockton Sign up at ext. 1	23 11:30 Lunch 12:30 MOVIE at the SENIOR CENTER (See Page 3) 9:00 VANITY FAIR OUTLETS, DARTMOUTH MALL/ OLIVE GARDEN Sign up at ext. 1	24 11:30 Lunch 11:30 Chair Yoga
27 8:00 Wii Bowling 11:30 Lunch 1:00 Bingo 10:00 Bocce at the VFW 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	28 9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch 12:30 Atty Whitney by Appt 1:00 Knitting/Crocheting 8:30 -12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING -ext. 2 5:00 HOT DOG SUPPER (See Pg. 2)	29 9:30 Chair Yoga 10:30 Tech Help with Max 11:30 Lunch 12:30 Mah Jongg 1:00 LEFT, CENTER, RIGHT Sign up at ext. 2 TWIN RIVER CASINO Pickup 8:00 K of C; 8:15 Home Return Home 4:00 Sign up at ext. 1	30 11:30 Lunch 10:30 STASH'S RESTAURANT and CAPE COD CANAL CRUISE (See Pg. 2 for details) Sign up at ext. 1	31 11:30 Lunch 11:30 Chair Yoga

Eldercare Q & A from OLD COLONY ELDER SERVICES

Q. ARE VACCINES IMPORTANT FOR OLDER ADULTS?

For adults 65 and older, vaccines are especially important. As you get older, your immune system weakens and it can be more difficult to fight off infections.

Vaccines play an important role in keeping us healthy. They protect us from serious and sometimes deadly diseases and also prevents the spread of these diseases to others. Before a vaccine is recommended for use in the United States, the Food and Drug Administration (FDA) makes sure that it works and that it is safe.

Every year, thousands of adults in the United States get sick and are hospitalized from vaccine-preventable diseases. Getting vaccinated will help you stay healthy and allow you to have more time for your family and friends. Before getting any vaccines, consult with your doctor about which vaccines are right for you. Here are some vaccines to consider.

Influenza (flu): An annual seasonal flu vaccine is the best way to reduce your risk of getting the flu and spreading it to others. When more people get vaccinated against the flu, less flu can spread. Get the flu vaccine each year because the flu virus can change from one year to the next.

Pneumococcal: Older people and those with certain medical conditions are most susceptible to pneumonia. People under 65 will need a booster shot when they reach 65 if more than five years have passed since the initial dose.

Hepatitis A: Recommended for those who travel to other countries or live in a U.S. community with high rates of hepatitis A; or who have chronic liver disease, engage in male-to-male sex, or inject drugs.

Hepatitis B: More contagious than HIV, hepatitis B is the type of hepatitis most often spread through sexual contact. It can also be passed from an infected mother to newborn, the sharing of needles or personal items with an infected person, and other contact involving bodily fluids.

Measles, mumps, rubella (MMR): People born after 1956 and all women of childbearing age who have not had these diseases or been vaccinated against them should get the shots to be protected.

Chickenpox (varicella): Protection is necessary for those born in the U.S. after 1966 and have not had this disease and have not been vaccinated. Adults are at a far greater risk of complications.

Shingles (herpes zoster): Shingles is caused by the same virus that causes chickenpox. People who are over the age of 60 may receive a single dose of the shingles vaccine.

Tetanus, diphtheria, pertussis: Booster doses of tetanus-diphtheria (Td) are needed at 10-year intervals. In place of the Td booster, people age 19-64 and those 65 and older who are in contact with infants should get a one-time dose of tetanus-diphtheria-pertussis (Tdap) to also protect against whooping cough.

Vaccines for international travelers: Many Veterans and other Americans traveling abroad may be exposed to diseases common in those countries. The Centers for Disease Control (CDC) lists current international travel warnings on their website. <https://wwwnc.cdc.gov/travel/notices>.

Vaccines are some of the safest medical products. But like any other medical product, there may be risks. Remember to consult with your health care provider first.

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**. Pickup times cannot be guaranteed unless it is for an appointment.

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

TRUE FANATIC

A man had 50-yard-line tickets for the Superbowl. As he sits down, another man comes down and asks if anyone is sitting in the seat next to him. "No," he says. "The seat is empty."

"This is incredible!" said the man. "Who in their right mind would have a seat like this for the Superbowl, the biggest sporting event in the world, and not use it?"

He says, "Well, actually, the seat belongs to me. My wife was supposed to come with me, but she passed away. This is the first Superbowl that we haven't attended together since we got married."

"Oh ... I'm sorry to hear that. That's terrible. But couldn't you find someone else — a friend or relative, or even a neighbor — to take the seat?"

The man shakes his head. "No. They're all at the funeral."

FRIENDS OF THE WHITMAN SENIORS ANNUAL BBQ LUNCHEON

On Saturday, August 11th, the Friends will host a free BBQ Luncheon for all Whitman Seniors at the Whitman Senior Center at 16 Hayden Avenue from 12:00 noon to 2:00 P.M.

The luncheon will include hot dogs, beans, coleslaw, potato salad, chips, watermelon, ice cream, and drinks.

There will be a sign up sheet available starting July 23rd at the reception counter in the Whitman Senior Center.

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, August 28th 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 August 21st. *You should hear what you're missing.*



PODIATRIST

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

August 8 Senior Center 12:00—1:00

Thursday:

August 16 Harvard Court 12:30—1:30

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

August 7, 14, 21, 28 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, August 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 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.

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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.
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.

