



The

# Senior Informer

MARCH 2012

ABINGTON COUNCIL  
ON AGING

441 Summer Street, Abington, MA 02351  
781-982-2145

ABINGTONSENIORCENTER.COM

Office Hours:

Mon.—Thurs., 9 am - 2:00 pm

Friday, 9 am - 1 pm

Co-Directors:

Suzanne Djusberg & David Klein  
COADirector@Abingtonma.gov

Volume 9

Issue 3

## Council on Aging

### Board of Directors

Marie Brown, Chairwoman  
Bill Kendall Vice-Chair  
Nancy Cavanagh  
Karen DiLorenzo  
Elizabeth Keefe  
Larry Keough  
Jack Libby  
Lurane Ryerson  
Betty Slinger  
Maureen Wall  
Ann Welch  
George Whiting, Chairman Emeritus

### FREE Corned Beef Dinner by ABINGTON LIONS CLUB

March 20, Noon, Sr. Center  
Limited Seating, for reservations  
call Fran at 781-878-1183,  
9 to 3 pm, do not call Sr. Ctr.  
NO reservations before March 5!  
Reservations close March 14.

*"Love begins with a smile, grows  
with a kiss, and ends with a tear-  
drop."* —Anonymous

## ACTIVITIES

Bingo  
Blood Pressure Screening  
Chair Yoga w/Joanne  
Computer Classes  
Cribbage  
Hearing Tests  
Knitting & Crocheting Group  
Legal Assistance  
Quilting Class  
Senior Lunches  
Tai Chi & Zumba  
**COUNCIL ON AGING STAFF**  
Suzanne Djusberg,  
David Klein - Co-Directors  
Valerie O'Loughlin -  
Outreach Coordinator  
Cheryl Cohen -  
Nutrition Coordinator  
Jean Connell -  
Activities Coordinator  
John Freese - Custodian  
Susan Young - General Services  
Jack Brown, David LaCouture  
Linda Elliot - Van Drivers



*U.S. 10th Cavalry  
stopping in Abington  
Square, circa. 1909.  
Painting replicated  
from a photo, donated  
to the Dyer Library by  
the Abington Art Asso-  
ciation. (See page 6  
for further informa-  
tion.)*

—Photo by  
David Klein

## TRICENTENNIAL ART SHOW

The Abington Senior Center Auditorium will be the site of a professional **Art Show** as part of Abington's Tricentennial Celebration. Art is a reflection of a culture. As we look at our history and the development of Old Abington and later the individual towns of Whitman and Rockland we would like to take a look at the artistic work that is thriving in our communities today. The Abington Art Association, the Fourth Floor Artist Assoc. from Rockland, as well as the Tricentennial Committee are working to bring a professional art show to the Senior Center during the last week in April.

The show will be open to all artists residing or working on their art in the towns of Abington, Whitman, and Rockland. Flyers with entry forms and show guidelines will be available in the town halls of Abington, Whitman, and Rockland. Artists will be invited to submit their work for the show on Monday, April 23, between the hours of 3 PM and 7 PM, and the show will open on Wednesday, April 25, running through Sunday April 29. The public is invited to view the show during the hours that the Senior Center is open, on Wed. through Thurs. from 10 AM to 2 PM and on Friday from 10 AM to 1 PM. On Saturday and Sunday April 28 and 29, although the Senior Center itself will not be open, the show will be open from 10 AM to 4 PM. An artist reception will be held on Sunday April 29 from 2 PM through 4 PM. We anticipate a large display of various types of media, many of which will also be for sale.

In conjunction with the Art show, the Thimbles and Friends Quilt Guild will be holding a **Quilt Show** in the Senior Center Cafeteria on Saturday and Sunday, April 28 and 29, during the same times as the Art Show, 10 AM through 4 PM.

Through the work of all these groups the Abington Senior Center will become the site of an amazing display of creativity from April 25 through April 29 as part of our Celebration of the three hundredth birthday of Abington.

—Kathy Bailey

**Thought for the Day** — *Live your life so that when it's time to ask where the time went, you can answer: "It went to joyful moments with family and friends, to my search for passion, to doing work that felt like play, to standing up for what I believe in, and to exploring this beautiful world with an open heart. My time went to LIVING my life!"*  
—via <http://www.marcandangel.com/>

*True strength is very delicate. —submitted by Jean*

**INFORMER NEWS DEADLINE**

Place in Newsletter inbox by 10th of previous month (i.e., 10th of March for the April issue).

**HEALTH AND ASSISTANCE**

Walk-In Health Screening for Blood Pressure, Sugar Testing, Nutrition and Weight Counseling & Medication Instruction are held as follows: Leavitt Terrace, 1st Tues. 9:30 to 12:30; Abington Sr. Ctr., weekly on Mondays 9:30 to 12:30 pm; Blanchard Gardens, 2nd Tues. 9:30 to 12:30; Chestnut Glen, 3rd Tues. 9:30 to 12:30. **The Board of Health states the nurse will be available to ALL Abington residents, regardless of age, and Seniors are welcome at ALL sessions**

Free Hearing Screenings and Hearing Aid Checks are held the first Tuesday of each month at the Senior Center with John Klefeker. Call for appt. 781-982-2145.

**SENIOR TRANSPORTATION—CALL 781-982-2145  
(24 HOUR ADVANCE NOTICE REQUIRED)**

**Council on Aging Van** is door-to-door service to medical appointments, and other needs, \$3 round trip. Call the COA at 781-982-2145 to book rides in advance. **Dial-A-BAT** vehicles travel a bit further out, to Brockton and the Bridgewaters between 9:30 and 4:30 and to Boston Wed. & Fri. BAT rides must be booked thru the COA. Fees vary. Door-to-door-pay driver. **Friday Morning Shopping Van.** We will be using our trusty van to get you to either the Hanover Mall or another mall. We will pick you up starting at 9:15 or shortly after. We will pick you up at the mall at 12:30 getting you home around 1 or 1:15. Cost for round trip is \$3.00. Each week we will alternate between malls.

**SENIOR NUTRITION—CALL 781-982-2145**

**Meals on Wheels** delivered to homebound Seniors, lunchtime Mon-Fri, \$3.00 per meal. Our wonderful volunteers deliver nutritious meals right to your kitchen table. A referral is needed from your doctor, visiting nurse, social worker or case worker.

**Senior Lunches:** Tuesdays & Thursdays at 11:30. Tuesday—cost \$4.00. Thursday suggested donation is \$3.00. Call the Center at 781-982-2145 to make your reservation by Friday of the previous week.

**VOLUNTEER PROFESSIONAL SERVICES—FREE**

FOR APPOINTMENT OR CONNECTION CALL 781-982-2145

**Elder Law Clinic** founded by Atty. George Whiting held at the COA on the **3rd Monday morning** monthly. Meet confidentially-Atty. Whiting

**FUEL ASSISTANCE**

Fuel assistance application help hours are Monday and Wednesday from 9:30 to Noon, and Thursday from 9:30 to 1 P.M. Call the office (781-982-2145) for information and to make appointment.

**TAX ASSISTANCE**

Tax filing assistance will be held starting in February and running through April 15. Please call office (781-982-2145) for appointment.

*Let the words I speak today be soft and tender, for tomorrow I may have to eat them! —submitted by Jean*



**FAMILY HEARING CARE CENTER**  
*...listen to the sounds of life®*

~ Hearing Evaluations ~ Video Ear Inspections  
~ Hearing Aids ~ Repairs ~ Ear Wax Removal

534 Main Street, Suite 2      140 Bedford Street  
Route 18      Route 18  
Weymouth, MA 02190      Bridgewater, MA 02324  
**781-337-1144**      **508-279-0700**  
www.familyhearing.net      1st Tuesday of each month  
John Klefeker, BC-HIS      MA License #127



**Luxurious Lift & Recline Chairs**  
Many Styles & Colors to Choose from

Save \$300 **\$699**

**WARMINGTON FURNITURE.COM**  
459 PLAIN STREET, RTE 139, ROCKLAND  
(Near North Abington Line)  
**1-781-878-5759**

FREE DELIVERY • FREE DISPOSAL



**DON'T KEEP YOUR BUSINESS A SECRET!**  
Sponsor this newsletter today!!!  
Call Today  
**800-732-8070**

**Thank You**



to our **SPONSORS**  
for their support

**George L. Whiting, JR.**  
Attorney at Law  
49 Lincoln Blvd. • Abington, MA 02351  
**Tel: 781-878-1040 • Fax: 781-871-9970**  
legal9186@verizon.net

All the seniors in town are reading this newsletter!

Do they know who YOU are?

Place an ad today! Call 800-732-8070

Protect the environment  
for our children



**Please Recycle**

**FRIENDS OF ABINGTON SENIORS, INC. MEMBERSHIP & DONATIONS**

The Friends of Abington Seniors, Inc. would like to thank both past and present members for their support and contributions.

**JUNE 2011 started a new membership year with dues of \$5.00 payable now and good until JUNE 2012. Please make checks payable to:**

**“Friends of Abington Seniors, Inc.”**

**and mail to P.O. Box 2035, Abington, MA 02351.**

**Many thanks to families selecting “Friends of Abington Seniors” for memorial gifts.**

**Friends of Abington Seniors Membership for 2011-2012: \$5.00 per person or \$100 for lifetime membership.**

**Please send donations to our New Address: P.O. Box 2035, Abington, MA 02351**

**Name \_\_\_\_\_**

**Address \_\_\_\_\_**

**In Memory Of \_\_\_\_\_**

**Send Acknowledgement To \_\_\_\_\_**

**THE BIRTHDAY GIFT THAT KEEPS ON GIVING**

***Do you have a birthday coming ?? Can't think of anything you want or need ??***

**Suggest a donation in your name to the Friends of Abington Seniors, Inc.**

**Memberships:**

John & Cheryl Taylor      James B. Cairns      Paul & Kathleen Cahill      Noreen Jackson

**In Memory of:**

George Snow by Marian Cushing      George Snow by Janet Doran      Mary Wightman by Peg Nicastro  
Edward J. Kiernan by Muriel Kiernan      Richard Cahill by Vinson Blanchard  
Garden Association

**Birthday Remembrance: John McNamara by Betty McNamara**

**SENIOR CITIZENS ASSOCIATION OF ABINGTON**

Our Association has been in existence since about 1961. Regretfully, beyond our control, we must end our fun. We will go out with a bang after this long run, So members be sure to join the food, music and fun.

Friday, March 16, 2012, an Irish Breakfast prepared by Hart’s Catering and served at 11:30. At 1:30 we will be entertained by the OPALS with Irish music. FREE to Association members and \$10 to guests. (Priority given to members, if space dictates.) Van available if needed. Important: Contact Beverly Hartery at 781-681-9896 to RSVP, or at Tuesday or Thursday luncheons. **Don’t miss our last hurrah!**

**VOLUNTEER RECOGNITION**

**Diane Keith:** She puts forth energy and support to all groups needing assistance. She volunteers her time and effort to any candidate running for election. She gives her “all” to the Friends of Abington Seniors’ activities and the Tuesday luncheons. —*Anna Fopiano*  
**Volunteer Recognition—Do You Have a Candidate?** Don’t forget to submit your choice of a volunteer you think should be recognized. Drop the info into the *Informer* box in the main office of the Senior Center. Thanks.

**SUPERFOOD: Basil** Basil thrives in warm weather, so spring/summer is the ideal time to grow it in a pot or buy it at the produce stand. Basil’s deep green color and fresh, herbaceous flavor makes it a perfect match for tomatoes, another summer favorite. The flavonoids in basil have antibacterial properties and have been shown to protect cells from damage by free radicals. Eugenol, an oil in basil, is an anti-inflammatory agent. Enjoy fresh basil in sandwiches and salads, or grind it up with garlic, pine nuts, and olive oil to make a classic pesto.

**BRIDGE IN ABINGTON**

A new activity at your Senior Center began Wednesday, February 1, and the class will meet every Wednesday morning at 10:00 a.m. David Drew has begun teaching Bridge. He has previously taught "Contract or Rubber Bridge" in Abington at Adult Education classes and is currently teaching at the Senior Center in Halifax. He will teach/instruct/facilitate a contract bridge class, starting as if everyone has never played cards before and continuing on through intermediate bridge. The class is usually of a two-hour duration including lecture and play. As the class progresses the lecture session decreases and the facilitation session increases. Halifax is in week 12 and the players are playing bridge and Drew will just "Kibbitz". For info: David G. Drew, 18 Plymouth St., Abington, MA 02351, 781-871-0354.

**OUTREACH WITH VALERIE**

Hello everyone - just wanted to remind you that you can book an appointment with me to apply for the SNAP program (formerly called food stamps) anytime between 9-2 Monday – Thursday. SNAP is a monthly benefit that can help pay for some of your food costs, it is income contingent, so I will need proof of all income when you come to the appointment. Also, just a reminder that I am available to do home visits with anyone who is homebound, disabled, feeling lonely, seeking assistance, or just wants to chat; I am only a phone call away!

Attention Widows of Veterans:

If you are a widow of a Veteran who served honorably on active duty and have not remarried, plus have a monthly income of less than \$1,800, you may be eligible for supplemental Veterans benefits including financial and medical coverage. Your assets (401k, IRA, money market, savings etc.), not including home or vehicle, must be less than \$3,200.

This program is managed by the Department of Veteran Services, a state agency, and managed locally by your town Veterans' Service Officer. Income and asset documentation as well as the Veteran's service record need to be provided. If you have questions or need more information please contact Joe Colantoni, Veteran's Service Officer for the town of Abington, located in Town Hall at 781-982-0056.

**MARCH'S CHUCKLE**

**You Listening Grandpa?** A six year old goes to the hospital with her grandmother to visit her Grandpa. When they get to the hospital, she runs ahead of her Grandma and bursts into her Grandpa's room. "Grandpa, Grandpa," she says excitedly, "As soon as Grandma comes into the room, make a noise like a frog!" "What?" said her Grandpa. "Make a noise like a frog — because Grandma said that as soon as you croak, we're all going to Disney Land!"

**SENIOR COMPUTER LEARNING CENTER**

**-Tip of the Month-**

**What to do when your cursor stops working:**

**Don't panic and reboot. First try this simple "Turn on Mouse Keys" tip before you reboot. Press Alt, Left Shift and NumLock Keys at the same time. Then you may use the arrow keys on your Numeric key-pad (on the right of your keyboard) to navigate and move the cursor. It may be slow, but it can get you out of a jam.**

We have a few openings for the winter workshops for March. The cost is \$10.

Fantastic Freebies, March 5, 9:00 to 11:30 a.m.; Windows Live Photo Slide Show, March 7, 14, 1:00 to 3:00 p.m.; Keep your PC Up To Date, March 12, 9:00 to 11:30 a.m.; Do the Right Thing, March 15, 22, 1:00 to 3:00 p.m.

To register by phone: 508-521-4008, or click on our Website: [www.seniorcomputerlearningcenter.org](http://www.seniorcomputerlearningcenter.org). Click REGISTER at the top and PRINT a registration form. Fill it out, enclose a check made out to SLCL, and mail it, with a check to:

Senior Computer Learning Center, c/o Abington Senior Center, 441 Summer Street, Abington, MA 02351

Pre-printed registration forms are available outside the lab in the COA.

We are looking forward to seeing you at our next Open House on April 4th (10:00-12:00).

**ABINGTON SCHOOLS —Pat Jackman**

On Tuesday, January 31<sup>st</sup>, the Superintendent of the Abington Public Schools, Peter Schafer, came to speak to our senior community about the future of the Abington Schools. He informed us that Abington has been invited by the Massachusetts School Building Authority (MSBA) to be included in an eligibility period to determine the need for new school buildings. This eligibility period requires Abington to complete several tasks that would allow the schools to remain eligible for funding and would work towards gathering information for the taxpayer. This would include the most cost effective and appropriate way to proceed to build. In difficult financial times, residents of all ages worry about how to fund such initiatives.

The MSBA will reimburse the town, at a minimum of 54% of the costs. There are other credits that could be earned that have had some communities reach up to 80% of reimbursement. The MSBA uses 1 penny from every sales tax dollar collected in the state, to fund school building projects throughout the state. In other words, the money that we spend in stores is going to fund school buildings in other communities. Now Abington has a chance of receiving some of that money to help OUR schools, OUR town, OUR property values and improve the education opportunities of OUR children.

Mr. Schafer provided us with many facts that we must consider. First, our school buildings are old. They are not up to date for the facilities needed to advance learning in this day and age. Students are now required to be fluent in technology. Computers and many instructional resources depend on the building facility to support these technological needs in the classroom. Second, Mr. Schafer informed us that Abington has not engaged in any school construction project in over 50 years. Finally, we learned that the average age of an Abington school building is 65 years old.

The town is looking for support to fund a feasibility study that will allow them to gather all the information needed for the MSBA to decide if this is the right investment for Abington. Without the Feasibility Study, we won't have the information to determine what type of building is appropriate and will not be able to proceed with MSBA application for additional funding.


We, as seniors, will have a voice in this process and we thank Superintendent Schafer for valuing our input and partnering with us to improve opportunities for the school children of Abington. We have a chance to give back to the town that has given so much to us. We look forward to being part of this process and the further discussions that will take place.

—Pat Jackman

*By talking to yourself every hour of the day, you can direct yourself to think thoughts of courage and happiness, thoughts of power and peace. By talking to yourself about the things you have to be grateful for, you can fill your mind with thoughts that soar and sing. —Dale Carnegie*

**MARCH 2012 LUNCH & ACTIVITIES**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>FYI:</b> Continued free Tai Chi &amp; Chair Yoga w/ Joanne are sponsored by Friends of Abington Seniors, Inc.</p>	<p><i>Books in the Hall Library— Pick out a book or two for your reading pleasure. No card or return necessary. Pass the books on to other readers.</i></p>	<p><b>Daylight Savings Time begins March 11</b></p> <p><i>March 17, St. Patrick's Day Evacuation Day</i></p>	<p><b>1</b>  <u>9:00 Cribbage</u>  <u>10:00 Chair Yoga w/ Joanne (Free)</u>  <u>11:30 Lunch: TBA</u></p>	<p><b>2</b>  <u>9:00 Cribbage</u>  <u>9:00 Shopping van</u>  <u>11:00 A.M. Tai Chi (Free)</u></p>
<p><b>5</b>  <u>9:00-10:00 Beginners Knitting/ Crocheting Class, (\$5)</u>  <u>10:00 Zumba (\$5)</u>  <u>12:30 Bingo</u></p>	<p><b>6</b>  <u>9:00 Cribbage</u>  <u>11:30 Lunch:</u>                      Oven Beef Stew, Corn Muffins, Dessert, Beverage</p>	<p><b>7</b>  <u>9:00 1st 2012 Craft Fair Mtg.</u>  <u>10:00 Knitting Group</u>  <u>10:00-12:00 Quilting Class</u>  <u>10:00 Bridge Class</u></p>	<p><b>8</b>  <u>9:00 Cribbage</u>  <u>10:00 Chair Yoga w/ Joanne (Free)</u>  <u>11:30 Lunch: TBA</u></p> <p><i>Full Worm Moon</i>  <i>Purim (Jewish Festival)</i></p>	<p><b>9</b>  <u>9:00 Cribbage</u>  <u>9:00 Shopping van</u>  <u>11:00 A.M. Tai Chi (Free)</u></p>
<p><b>12</b>  <u>9:00-10:00 Beginners Knitting/Crocheting Class, (\$5)</u>  <u>10:00 Zumba (\$5)</u>  <u>12:30 Bingo</u></p>	<p><b>13</b>  <u>9:00 Cribbage</u>  <u>11:30 Lunch:</u>                      Corn Chowder, Crackers, Tuna Fish Rolls, Dessert, Beverage  <u>10:30 Meet w/ State Rep. Geoff Diehl</u></p>	<p><b>14</b>  <u>9:00 FOAS Mtg.</u>  <u>10:00 Knitting Group</u>  <u>10:00-12:00 Quilting Class</u>  <u>10:00 Bridge Class</u></p>	<p><b>15</b>  <u>9:00 Cribbage</u>  <u>10:00 Chair Yoga w/ Joanne (Free)</u>  <u>11:30 Lunch: TBA</u></p> <p><i>Beware the Ides of March</i></p>	<p><b>16</b>  <u>9:00 Cribbage</u>  <u>9:00 Shopping van</u>  <u>11:00 A.M. Tai Chi (Free)</u></p> <p><u>11:30 Senior Citizens Assoc., Final Meeting</u></p>
<p><b>19</b>  <u>9:00-10:00 Beginners Knitting/Crocheting Class, (\$5)</u>  <u>10:00 Zumba (\$5)</u>  <u>12:30 Bingo</u></p>	<p><b>20</b>  <u>9:00 Cribbage</u>  <u>11:30 Lunch:</u>                      Free Corned Beef Dinner, Reservations Required!</p> <p><i>Vernal Equinox</i></p>	<p><b>21</b>  <u>9:00 COA Mtg.</u>  <u>10:00 Knitting Group</u>  <u>10:00-12:00 Quilting Class</u>  <u>10:00 Bridge Class</u></p>	<p><b>22</b>  <u>9:00 Cribbage</u>  <u>10:00 Chair Yoga w/ Joanne (Free)</u>  <u>11:00 Lunch: TBA</u></p>	<p><b>23</b>  <u>9:00 Cribbage</u>  <u>9:00 Shopping van</u>  <u>11:00 A.M. Tai Chi (Free)</u></p>
<p><b>26</b>  <u>9:00-10:00 Beginners Knitting/Crocheting Class, (\$5)</u>  <u>10:00 Zumba (\$5)</u>  <u>12:30 Bingo</u></p>	<p><b>27</b>  <u>9:00 Cribbage</u>  <u>11:30 Lunch:</u>                      Chicken Noodle Casserole, Carrots, Rolls, Birthday Cake, Beverage</p>	<p><b>28</b>  <u>10:00 Knitting Group</u>  <u>10:00-12:00 Quilting Class</u>  <u>10:00 Bridge Class</u></p>	<p><b>29</b>  <u>9:00 Cribbage</u>  <u>10.00 Chair Yoga w/ Joanne (Free)</u>  <u>11:00 Lunch : TBA</u></p>	<p><b>30</b>  <u>9:00 Cribbage</u>  <u>9:00 Shopping van</u>  <u>11:00 A.M. Tai Chi (Free)</u></p>



6 Harrison Ave.  
 P.O. Box 68  
 Abington, MA 02351  
**(781) 878-0045**



*Advertising Sponsors make this newsletter possible*

For Information Call  
**Mark Bell**  
 1-800-732-8070 ext. 3429  
 e-mail: mbell@4LPi.com

### TRAVEL OPPORTUNITIES

**March 7-9:** Atlantic City, Tropicana, 2 nights accommodations, \$50 Bonus, 1 Buffet Dinner & Revue Show, Cost: \$159 pp/dbl.  
**March 16:** Boston Flower Show, Featuring "First Impressions", followed by Super meal at Maggiano's. Cost \$75.00  
**April 12-15:** Washington D.C. Cherry Blossom Trip, guided tour, front row seats for Cherry Blossom Parade. Limited Space. Cost: \$469.00 pp/dbl. —Contact Rita Webster @ 781-982-9102 for information on all trips.

### WISH LIST

There's still a need for copy paper for COA and FOAS. Kitchen ladies would also appreciate donations of large Styrofoam take-out containers, small size paper/plastic dessert plates, small 6 to 8 oz. plastic salad bowls, and heavy duty plastic eating utensils. **THANK YOU!** Remember: If you need medical bills copied for tax or year-end purposes, the FOAS will do this at no cost to you. We can also shred papers for you. Please call for appointment.

### DO YOU REMEMBER?

When headlight dimmer switches were on the floor, ignition switches on the dashboard, and heaters mounted on the inside fire wall? Real ice boxes and the neighborhood ice man's wagon? Pant leg clips for bicycles without chain guards? Using hand signals for cars without turn signals? Soldering irons you heated on a gas burner? The old tonic bottle capped by a stopper with lots of holes in it to sprinkle clothes to be ironed? No steam irons then. Let us know what you remember (even if the memory is a bit fuzzy). Put your submission in the *Informer* inbox located in the Sr. Ctr. main office.

### ELIMINATION PUZZLE

All but two of the words listed below fall into one of the following four categories:

**(1) Toys, (2) Reptiles, (3) Music Genres, (4) Words coming before ...FLY.**

**Words:** Rattle, Teddy Bear, Doll, Snake, Hop, Jazz, May, Crocodile, Turtle, Fruit, Fire, Iguana, House, Rock, Butter, Skates, Dragon, Scotch, Blues, Kite, Reggae, Lizard. Put the two leftover words together, and what word or phrase do they make? (Answer on page 8.)

### COMMUNITY GARDENS —Lurane Ryerson

Start pouring over the seed catalogs – the Community Gardens at Griffin's Farm will soon be ready for planting. Each of the 21 plots will be the same size (10 x 6) and will be plowed and disced by mid-May. Depending upon the results of the wetlands survey, the plot size may be increased to 10 x 10, and the number available increased to 42. The soil is very rich and may not need any added nutrients. The Sage organizers suggest that the garden perimeters be lined with marigolds to prevent animal damage. This worked out very well last season. Availability is on a first come-first served basis, and applications may be obtained at **AbingtonSage.com**, or call 781-857-2283 (Lurane), and an application will be forwarded to you.

The Gardens are easily accessible on the Plymouth Street site, behind the old cow barn, with the parking lot to the left of the farm house. Anyone with a garden is invited to sell their extra produce at "The Farmers Market" at the Gardens, which is scheduled to begin on the second Saturday in July, from 9am to Noon, and to continue throughout the growing season.

The Community Gardens is a Sage project. The Chairperson is Susan Brennen, with Lurane Ryerson as Co-Chairperson. As well as providing fresh produce to eat and/or to sell, the gardening itself can be a lot of fun. You can dig in the dirt, get lots of fresh air, and make some new friends. Think about it.

### LET'S TALK TRASH: RECYCLABLES

All Abington residents receiving rubbish service under the municipal contract are required to recycle. In the event you may not be up to date, the following are the items that should be recycled:

- \* Paper, including newspapers, magazines, phone books, glossy paper, and junk mail.
- \* Glass and Plastic, rinsed. On the bottom of each recyclable plastic container is a triangle with a number in it. Only those containers with a number from 1 to 7 are to be recycled. Plastic bags are not accepted.
- \* Tin and Metal cans. Labels do not have to be removed.
- \* Cardboard, cut down to size 3' x 3'

A separate truck will collect recyclable materials on the same assigned day as the rubbish. In the event that the recyclables are collected before the rubbish, residents should leave the recycling container curbside until the trash has been collected.

### TWO FREE MARCH EVENING EVENTS AT SENIOR CENTER

On Thursday evening, March 15th, the South Shore School of Performing Arts will be presenting a FREE performance of the show "Aladdin" at the Senior Center. The show starts at 7:00 PM. Doors open to families and the public by 6:45 PM.

Also, on Thursday, March 29th the South Shore School of Performing Arts will be presenting another FREE show at the Sr. Center. This one will be dance related. It's called "HIP HOP/Cheering" and will be starting at 5:45 with the doors opening at 5:30 PM.

*The proper function for man is to live, not to exist. I shall not waste my days in trying to prolong them. I shall use my time.*

—Jack London submitted by Cheryl

**Illustration Caption continued from page 1.** The cavalry painting was replicated from an actual photo and was a joint effort by various artists. The 13 artists who collaborated on the painting were listed as: Arelina Kehoe, Louise Schmuck, Gail Class, Kathy Boudrow, Everett Slayter, Lillian Slayter, Joseph Kuchinski, Sharon McGrady, Barbara Kelso, Sybil Zakrzewski, Vincent Baier, Ruth McPhlemey, and Helen Kelly.

**FOR YOUR PERUSAL**

**Children's Gift Shop:** Don't forget us when doing spring cleaning. We are in need of gifts for Moms, Dads, as well as beanie babies for children. We are also in need of gift bags.

**Craft Fair:** The first 2012 Craft Fair meeting is March 7, 2012, at 9:00 AM. All volunteers are welcome and strongly encouraged to attend.

**Gifted Hands:** Are you sitting at home on a Wednesday morning with nothing to do? Come join us at the Senior Center from 10 AM to Noon. Bring your knitting, crocheting, or just bring yourself.

**Bingo:** Volunteers are badly needed for set up and for general help. Callers are needed for the first Monday of the month. Bingo is on Mondays at 12:30 PM. Doors open at 11:00 AM.

**Thank You:** A big thank you to the Gifted Hands for their latest monetary donation to the FOAS. Their help is very much appreciated. Stop by their Sr. Ctr. hall boutique for original handmade gifts.

**RECIPE OF THE MONTH — Chinese Chop Suey for Two (Janice Reagan)**

1 cup onions, chopped fine	1 can bean sprouts
1 cup celery, chopped fine	Pork or chicken, cut up small
1/4 cup butter.	

Melt butter in pan, add meal (pork), cook about 5 minutes.  
 Add onion, cook about 10 minutes.  
 Add celery, tsp salt, a little pepper, 1 cup hot water, and drained bean sprouts.  
 Cook 15 minutes.  
 Mix together 1/3 cup water, 2 tbsp. Cornstarch, 2 tsp soy sauce, 1 tbsp brown sugar. Add to chop suey.

**ART, NEAR & FAR—FULLER CRAFT MUSEUM —David Klein**

Looking for something different to do, something to open your mind and spark your imagination. Why not take an hour or two and visit a museum? I know what you're thinking, they're too big to see without spending half your day or they're too far away, or they cost too much. Well of course those things could be true, but certainly not all of the time. Fortunately, there are numerous examples of smaller museums around the country that have wonderful art collections and great stories behind them, but that are also small enough to make you feel glad that you took an hour to visit. Several of these places, such as the Isabelle Stuart Gardner and the Fuller Craft Museums, are in our own back yard. As some of you may be aware, we will be hosting the upcoming Tricentennial Art Show, which will exhibit works from Abington, Rockland, and Whitman artists during the week beginning April 23rd in the Senior Center auditorium.

As a warm up for the Tricentennial Art Show, over the next two months we'll explore several small museums with incredible collections and interesting histories. Next month we'll look at the Isabelle Stuart Gardner Museum in Boston and a spiritual sister museum in the Philadelphia area called the Barnes Foundation. Both were founded near the turn of the 20th Century by wealthy and somewhat eccentric American collectors who actually chose to use their own homes to house their special works. And in a strange sociological twist, in recent decades, both collections have had more than their share of political intrigue.

But, that's just a teaser for the April Informer. This month we're going to tell you a little bit about the Fuller Craft Museum. The Fuller is tucked away on a lake right next door to Abington in a very nice corner of Brockton on 455 Oak Street. It houses a great combination of contemporary crafts and art in an inspirational setting that is particularly pleasurable to visit in nice weather as the collection is both indoor and outdoor. The Fuller has continuously changing exhibits utilizing all manner of mediums and materials, often from local artists. One can find sculptures of bronze and glass as well as textiles and furniture. The Fuller also does demonstrations and workshops. Look them up on the Internet at [www.fullercraft.org](http://www.fullercraft.org) or call their main number at (508) 588-6000 for more information.

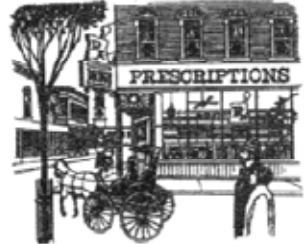
Some of you may already be aware that the Fuller received a grant from the Abington Cultural Council that will pay for tickets and an educational tour for up to 30 Abington Seniors. The Abington Cultural Council is a local agency supported by the Massachusetts Cultural Council, a state agency. Stay tuned for more information as we arrange for a date and transportation for the tour.

**CAMELOT APARTMENTS**  
**COLUMBIAN SQUARE • SOUTH WEYMOUTH**

Convenient to So. Shore Hospital,  
 Restaurants, Church & Shopping

**Predominantly Senior Occupied (WE LOVE SENIORS)**  
 Family Owned and Managed

**DEL REALTY • 781-331-1100**



**William G. Cox RPh**  
**Bemis DRUG CO., INC.**  
 Cor. of North Ave. & Brighton St.  
 6 Brighton St.  
 No. Abington, Mass.  
**781-878-0893**  
 PROFESSIONAL PHARMACISTS  
 PRESCRIPTION DELIVERY  
[www.bemisdrug.com](http://www.bemisdrug.com)

**Sachem Skilled Nursing and Rehabilitation Center**  
 A Kindred Healthcare Community

*Healing, Hope, Dignity*

JCAHO ACCREDITED

66 Central Street  
 E. Bridgewater • MA 02333  
**508-378-7227**

**HURRY!!!**  
 SPONSOR THIS NEWSLETTER!  
 Call 617-254-4545  
[www.seniorpubs.com](http://www.seniorpubs.com)



**Abington COA**  
**441 Summer Street**  
**Abington, MA 02351**

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE PAID  
ABINGTON, MA  
PERMIT #26

### Miscellaneous

**Line Dance Schedule:** Dancing with Dot Dunham at St. Bridget's Parish Hall on Friday afternoons, at 1 p.m. to 2:30p.m. Donation: \$3.00. Call 781-293-7727 for more information.

**Support Groups— Open to the Public— No Charge:** Bereavement Group, Abington, meets once a month at the Library, 1st Tues., 6:30 pm; Caregivers Support Group, Rockland COA, 394 Union St, 4th Mon, 1 pm; Prostate Cancer Support Group, monthly, 3rd Wed., 7 p.m., Brockton Hospital, Assembly Room 2nd floor by café.

**Food Pantry:** St. Vincent dePaul Food Pantry is open on Tuesday evenings from 5:30 to 7:00 p.m. at the old Friary Convent at St. Bridget's, 781-878-1194.

### Supporters of the Abington Seniors

#### Abington Elderly Services, Inc.

Lois Kelley, President; Ann Reilly, Vice President/Van Account Liaison; Eleanor Pappone, Secretary; Mary Graham, Treasurer; Tricia Force; Evelyn Drew; Atty. Edward Reilly

#### Friends of Abington Seniors, Inc.

Larry Keough, President; Diane Keith, Vice President; William Kendall, Treasurer; Jack Libby, Asst. Treasurer; Peggy Keating, Secretary

**Informers Newsletter Staff:** Marie Brown, Joanne Curtis, Betty Slinger, Maureen Wall

### Inclement Weather Policy

If the Abington School District cancels school, all Senior Center activities will be cancelled and there will be no Meals-On-Wheels delivered or lunches served at the Senior Center.

Puzzle answer: Hop and Scotch = Hopscotch Did you get your categories correct?

Toys	Reptiles	Music Genres	Words coming before FLY
Rattle	Snake	Jazz	May
TeddyBear	Crocodile	Rock	Fruit
Doll	Turtle	Blues	Fire
Kite	Iguana	Reggae	Butter
Skates	Lizard	House	Dragon

*Wrinkles — something other people have, similar to my character lines.*