



The Senior Informer

AUGUST 2015

**ABINGTON COUNCIL
ON AGING**
441 Summer Street, Abington, MA 02351
781-982-2145

Website:
ABINGTONSENIORCENTER.COM
Suzanne Djusberg, Director
COADirector@Abingtonma.gov
Hours: 9AM to 2PM Mon. thru Thur.,
9AM to 1PM Fri.

Volume 12

Issue 8

Council on Aging Board of Directors

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NOTE: Change for Aug. Tuesday lunches—See page 3 for info.

NOTE: Thursday lunch will continue through Aug.—Menu: Pizza, Salad, Dessert. \$3.00—11:30AM

SUMMER CONCERTS

ACTIVITIES

Bingo
Blood Pressure Screening
Bocce
Chair Yoga w/Joanne
Chess
Computer Classes
Cribbage
Hatha-Yoga w/Joanne
Hearing Tests
Knitting & Crocheting Group
Legal Assistance
Line Dancing
Quilting Class
Senior Lunches
Tai Chi, Zumba

COUNCIL ON AGING STAFF

Suzanne Djusberg - Director
Karen Butler -
Nutrition Coordinator
Amy Barrett -
Outreach Coordinator
Jean Connell -
Transportation Coordinator
John Freese - Custodian
Jack Brown, David LaCouture,
Jack Libby -Van Drivers

PLYMOUTH (GURNET) LIGHT

The Gurnet light is North America's oldest all wooden lighthouse and one of the 12 original colonial lights. It is also the first known to have a woman lighthouse keeper.

The Gurnet is a 27 acre peninsula forming the northern boundary of Plymouth Bay and is located 3.8 nautical miles northeast of Plymouth Rock.

Under the direction of the Massachusetts Legislature, the first Plymouth lighthouse, a wooden keeper's dwelling measuring 15 by 30 feet, with a lantern at each end of its roof, was erected in 1768. The twin lights, exhibited at a height of 86 feet above the sea, distinguished the station from the single light at Boston.

The lighthouse was built on land rented from John and Hannah Thomas, and John took over the duties of lighthouse keeper. He later joined the Continental Army and died of smallpox in 1776. Hannah then became the first woman lighthouse keeper in America.

Plymouth's worst shipwreck occurred in 1778, when the American privateer *General Arnold* was trapped by a blizzard less than a mile from Plymouth Light. The captain chose to forego the risk of entering Plymouth Harbor and dropped anchor to ride out the storm. The gale rose to hurricane force and the vessel ran aground on White Flats. Before residents of the Gurnet could construct a causeway over the ice to reach the vessel, 72 of its crew of just over a hundred froze to death in view of the light.

After the lighthouse was destroyed by fire in 1801, local merchants funded the construction of a temporary beacon. Congress then appropriated funds to rebuild the lighthouse, and twin 22 foot tall light-houses, spaced 50 feet apart were built in 1803. In 1924, the northeast lighthouse was torn down, and a revolving beacon was installed in the remaining tower. In 1963, the old keepers house was destroyed and a new ranch house built for the Coast Guard crew. On October 1, 1986, a modern beacon was installed, and the station became automated. With cliff erosion threatening, the tower was moved about 140 feet to the north in 1999 and rotated 90 degrees counterclockwise.

Although lighthouse keeping is often thought of as a lonely vigil, some of the keepers had families. Hannah Thomas had three children to raise alone. Frank Davis brought his wife Olive and their three children to the Gurnet in 1925. Olive drove the children over the sand to school every day. She also had the duty of raising storm warning flags and was paid \$11 monthly by the Federal Government for this. Their son became a licensed lobsterman by age nine, and by ten had his own boat and his own traps.

A lease on the lighthouse has been granted to the organization Project Gurnet & Bug Lights, Inc. Occasional open houses are held at the lighthouse to allow the public to visit the site, which is otherwise off limit to the public. (August 7 is National Lighthouse Day.) *Excerpts from Internet, Lighthouse Friends*



SUCCESS FOR ABINGTON'S FIRST FLAG DAY CELEBRATION



Months of planning by a band of dedicated volunteers all came to fruition on June 13th and 14th at Island Grove as the Town gathered to kick off the Summer of 2015 and to witness the unveiling of the restored Civil War Monuments. The events actually got underway on Friday evening as the Civil War Re-enactors began to arrive and set up camp. Tents were erected, fire pits dug, fires lit and friendships renewed among this hardy band. The Grove had also been prepared with bunting on the bridge, flags along the

water's edge and a policing of the grounds by the Boy Scouts. The weather cooperated for the entire weekend and the many visitors on Saturday enjoyed touring the encampment. At two o'clock there was an unveiling of the restored bronze plaque and abolitionist stone out on the point featuring a scholarly address by historian and author Donald Yacavone who spoke on "Historical Memory and the Legacy of Island Grove."
(continued on page 6)

BOOK RECOMMENDATION

Recommended by Maureen Wall: *Some-where Safe with Somebody Good* (a Mitford novel) by Jan Karon. This is the story of small-town characters and multiple story lines. It is yet another of Jan Karon's refreshing and inspiring stories...a delightful read.

**FIRST LADIES OF THE UNITED STATES**

Betty Ford, wife of President Gerald Ford, was born in 1918 in Chicago, Illinois. After graduating high school, she attended the Bennington School of Dance in Vermont. She worked as a fashion model to finance her dance studies, and later taught dance. She was first married to William G. Warren. However, Warren was an alcoholic and subsequently they were divorced. She later met and married Gerald Ford, a lawyer and World War II veteran; they had 4 children. After Spiro Agnew resigned as Vice President in 1973, President Richard Nixon appointed Gerald Ford for the position. He succeeded to the presidency in 1974 upon Nixon's resignation in the wake of the Watergate scandal. Betty Ford served as First Lady from 1974 to 1977; she argued passionately for equal rights for women and it was clear that she took a pro-choice viewpoint. Betty Ford appeared on "60 Minutes" and openly discussed abortion, pre-marital sex, and marijuana. She also raised awareness of breast cancer following her own mastectomy, at a time when such issues were not openly discussed. In 1978, Betty Ford was forced to confront her alcoholism and prescription painkiller abuse. In 1982, after her recovery, she established the Betty Ford Center in California for the treatment of chemical dependency. In 1983, she received the Komen Foundation Award for support of breast cancer education. The award was later renamed the Betty Ford Award. Betty Ford died in 2011 at age 93.



AND A GOOD TIME WAS HAD BY ALL!! Special thanks to our COA Director, Suzanne Djusberg, for hosting a wonderful summer barbeque at the Senior Center on Thursday, June 25th. About 100 seniors were treated to lots of good food catered by **Barretts** with cake provided by **Cake Connection** under a beautiful white tent. Entertainment by "Big Daddy DJ" was provided by **Colony Center for Health and Rehabilitation**. Golf carts donated by Strawberry Valley were available to bring seniors out to the eating area at the back of the grounds. Volunteers, including **BC High and Pembroke High** students, Oskar, Shea, Julia, and Brendan, were most helpful. And just as important is that the weather cooperated. *THANKS, Suzanne!*

WONDERFUL NEWS! From her work at the Abington COA to her advocacy for a state **Rare Disease Advisory Council**, **Valerie Murphy-O'Loughlin** (our former Outreach Coordinator) was very deserving of her **2015 Unsung Heroine** recognition on Beacon Hill on June 17, 2015! We are so proud of you, Val!

**INFORMER NEWS DEADLINE**

Place in Newsletter inbox by 10th of previous month (i.e., 10th of August for the September 2015 issue).

HEALTH AND ASSISTANCE

Walk-In Health Screening for Blood Pressure, Sugar Testing, Nutrition and Weight Counseling & Medication Instruction are held at Abington Sr. Ctr., on the **1st and 3rd Tuesdays of every month**, 10:00 to 12:00 Noon. *The Board of Health states the nurse will be available to ALL Abington residents, regardless of age.* 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 - suggested donation. 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 Bridgewater 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. Although anyone can apply for this service, approval must be given by the recipient's doctor. In winter months, when there is inclement weather and there is no school that day, there will be no prepared meals delivered.

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

MEDICAL EQUIPMENT

Wheelchairs, walkers, and other medical equipment are available at the Senior Center. Call 781-982-2145 for availability.

SENIOR COMPUTER LEARNING CENTER

SAVE THE DATE: Wednesday, September 16, Open House at 10:00 A.M. For info regarding classes, dates, times, etc., call 508-521-4008 or by email go to www.seniorcomputerlearningcenter.org.

***THE LIGHTHOUSE* – Henry W. Longfellow**

The rocky ledge runs far into the sea,
And on its outer point, some miles away,
The Lighthouse lifts its massive masonry,
A pillar of fire by night, of cloud by day.

Even at this distance I can see the tides,
Upheaving, break unheard along its base,
A speechless wrath, that rises and subsides
In the white lip and tremor of the face.

And as the evening darkens, lo! How bright,
Through the deep purple of the twilight air,
Beams forth the sudden radiance of its light
With strange, unearthly splendor in the glare!

Not one alone; from each projecting cape
And perilous reef along the ocean's verge,
Starts into life a dim, gigantic shape
Holding its lantern o'er the restless surge.



Minot's Light

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 2015 started a new/renewal membership year with dues of \$7.00 payable and good until JUNE 2016.

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 2015-2016: \$7.00 per person or \$100 for lifetime membership.

Please send donations to this 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: Roy & Judith Leander Dick & Marge Horgan John Wieliczki Christine & Leo Runkal Elaine Hemenway
 Barbara & James Aikens Francesco & Carla Melandri Otis & Carmen McCorkle Beverly Hartery Jacqueline Whitten
 Patricia Peters Virginia Johnson James & Janet Oriola Mary Whitcher Al & Joan Robbins Annette & Richard Griffin
 Henry Welsh Linda Coulese Gerard & Anne Walters, Sr. Helen Collins Brenda Brown Janet Sundberg Greg Doyon
 Denise Rioux Arthur & Marjorie Galvin Patricia Mahoney Sylvia Abban Shirley Hill Peggy Coronite Paula Hagerty
 Carol McPherson Leo Gowen, Jr. Marjorie Roberts Russell & Phyllis Wheatley Harold MacDurfey William Barry, Jr.
 Jacalynn Mercer

In Memory of: Edward J. Kiernan by Muriel Kiernan Master Sergeant Daniel Vassellian by June & William Buckley
 Mary Clawson by John Clawson

SUMMER CONCERTS

Held at the Catherine & Joseph Nisby Bandstand, Sundays at 6:00PM. In event of rain, concerts will be held in the Abington Senior Center, 441 Summer Street (no food or drink allowed).

August 2: Studio Two (Beatles Tribute Band)

August 9: Hot Tamale Brass Band (New Orleans Dixie Jazz)

August 16: The Infractions & The Happenin' Horns

August 23: A Tribute to Frank Sinatra

August 30: Seniors Night at the Bandstand—Dale and the Duds

BORN IN AUGUST? To be or not to be President!

August 4, 1961-Barack Obama 44th

August 10, 1874-Herbert Hoover 31st

August 19, 1946-Bill Clinton 42nd

August 20, 1833-Benjamin Harrison 23rd

August 27, 1908-Lydon Johnson 36th

GET YOUR FRESH VEGGIES

The **Farmer's Market** began on Saturday, July 11 at the Senior Center. Hours: 9 A.M. to 1 P.M. Contact Dick Hanna for information at 781-857-2347.



OPEN HOUSE FOR COMPUTER CLASSES

Open House, Wednesday, September 16, 10 A.M. Partial list of probable courses to be offered: All About Windows 7, Beginning Kindle, Fantastic Freebies, Genealogy 1, Social Media, Tablets & Smartphones, Using Facebook.

AUGUST SPORTS TRIVIA

August 1, 1941—N.Y. Yankees Lefty Gomez walks most (11) in a shutout. (Yankees-9, St.L.-0)

August 3, 1977—N.E. Patriots' Tom Brady was born—2015 was 38th birthday

August 16, 1870—Fred Goldsmith demonstrated that a curve ball was not an optical illusion at the Capitoline Grounds in N.Y. He set up three poles in a straight line. Then he hurled a baseball that went to the right of the first pole, left to the second pole, and right of the third pole.

August 25, 1960—AFL begins placing players' names on back of their jerseys.

Thanks to St. Vincent de Paul for sponsoring the Annual Senior Cookout at St. Bridgets church hall on July 22. As always, seniors were treated to a wonderful BBQ, raffle, and entertainment. We all look forward to next year's celebration.

AUGUST TUESDAY LUNCHEONS

NOTE: Abington House of Pizza will be providing Tuesday lunches of varied pastas, sub sandwiches, and salads—accompanied by dessert from **Cake Connection** and beverage—at the Senior Center during the month of August. Our "Kitchen Krew" will be enjoying a well earned vacation. Cost: \$4 per person. Come and enjoy the food and the company.

SIXTEEN AGAIN — Pat Jackman

The parking for Nantasket Beach is free because we're Senior Citizens. How great is that? The sun is hot and we walk a little faster to get our spot on the beach. I hope that as soon as we set down the chairs, the cooler, the umbrella and the bag with the sunscreen, towels, napkins, cups, magazines, and the morning paper we'll be able to sit and relax. A whole day of sunshine, water and rest for my husband and me. Just the two of us, and 1,000 sun bathers on Nantasket Beach. We spread out our towels and set up the umbrella near the seawall because the tide is just starting to change and come in. We leave the cooler and bags and move our chairs closer to the water, hoping to feel the cool air from the ocean.



This means that periodically we have to get up, gather the chairs, newspapers, magazines, and sun glasses and inch our way back toward the seawall. The rising tide will wage an assault on our much needed relaxation as we make our retreat through the sand to the safety of the orange "Foxwoods" towels and lime green and white striped umbrella—By now, our little plot of sand has been invaded by complete strangers. We are surrounded by blankets, sand chairs, pails, shovels, mounds of half built sand castles, the smell of coconut oil sunscreen and to top it off, my green sandal is being used as a shovel by a 4-year-old sand sculpture artist. Leaving the beach and heading home is not an option. It took two days and three arguments about what to take for our "day at the beach" to finally get us here—How I long for the days when all I needed to bring was a bathing suit under my shorts, sneakers on my feet, and a towel and a brush.

Our house was on top of a hill in North Weymouth overlooking the Fore River. I was in a bathing suit and bare feet most of the time in the Summer. The shoes usually only came out on Sunday when I went to church. My friends and I spent our days swimming, boating, clamming and, the best fun ever, the jellyfish fights! I could pick up a horseshoe crab by his long pointed tail and never even flinch, skim rocks along the water with the best of them, and find the perfect spot to dig clams just by stepping in the mud in my bare feet—sometimes, just for a change, we would take the bus to Nantasket for the day. We could feel our excitement level climb as we neared the amusement park and spotted the Roller Coaster and the Ferris Wheel through the open windows of the bus—we couldn't wait to enjoy the sights and sounds of Paragon Park. In 1956, the park and the beach were always crowded and filled with excitement.



For 16-year-old-girls, it was a wondrous playground of lights, noise, music, arcades, rides and, of course, BOYS! The crush I had on the boy who worked at the "Ski Ball" arcade cost me a lot of nickels. I don't know if he ever noticed me, but I sure became an expert at Ski Ball. The mouth watering smells of Joseph's hot dogs, the popcorn, pizza, fried clams, and the Frozen Custard (cherry vanilla) are forever imbedded in my memory. How we loved to watch the Salt Water Taffy being spun on the taffy machine and spit out into colorful paper covered treats. Although we tried and tried, we never achieved our goal of winning the coveted stuffed Pink Unicorn sitting on the shelf at the "Ring Toss" concession.

I'm quickly snapped back from my daydreaming by a misdirected Frisbee hitting my shin bone—I think it's time to pack up and leave for home. Standing down by the water to rinse my feet, I turn to look at the Nantasket that was so dear to my heart—Paragon Park has been replaced by hi-rise condominiums.—The Clarion Hotel and many upscale restaurants now dot the skyline—The Merry-Go-Round with its brightly colored horses is all that remains of the Paragon Park I remember. Its Calliope continues to ring out the music that's still bringing joy to one and all. Taking a moment to reflect, I realize how fortunate we were to have experienced the wonder and majesty of Paragon Park—it was truly our Disneyland.

I know that I must say "goodbye" to my Nantasket of yesterday but, as we drive away I look out of the car window and I can still see the Roller Coaster, and the Ferris Wheel—I can hear the Calliope playing "Let Me Call You Sweetheart," and I really think I smell the hot dogs and fried clams. I also wonder if the "Ski Ball" boy ever thinks of that girl who had a crush on him and won all those tickets on that "Once Upon a Time" Summer.

I'm back to reality as soon as I reach home, shake out the sand from the beach chairs, clean out the cooler and start supper. It was a GOOD day! I had taken time to look back—I had forgotten that inside of this "old lady" there is still a young girl who would love to come out and once again take a bus ride with her friends to Nantasket Beach on a hot August day. I guess all the work I had to do for our "day at the beach" was well worth it—after all, I got to be sixteen again—if only for a while.

SAVE THE DATE

October 31, 2015 Abington Community Craft Fair, 10:00 AM to 3:00 PM, Abington Senior Center

This is our largest fund raiser of the year and as always we need your help. Things to think about (ways to help):

1. Gift Baskets are a major portion of our raffles each year. You might choose a theme and create a basket as a donation, or you might choose your items and bring them to Basket Day (October 21). Your items would be placed in a basket and the basket would be decorated. If you are good with cellophane and ribbon, there would be plenty of work for you on Basket Day.
 2. You could volunteer to help out on Cookie Day, October 28. You might bring in uncooked dough to be baked in the center's kitchen. The more cookies the better. In addition, you might help by rolling out dough or with clean up.
- The ladies who make the fudge for the Craft Fair would greatly appreciate any donations of sugar, chocolate chips, sweetened condensed milk, and flour. We thank you for your help.

Any questions, call Darlean at 781-878-2295 for info or to volunteer. Thank you.

GIFTED HANDS PAYMENTS

The Senior Center office no longer accepts payment for items bought from the Gifted Hands boutique. There is a payment box on the small bookcase. You may place your payment (cash or check payable to Gifted Hands) in that box. The members of Gifted Hands appreciate your continued patronage.

AUGUST 2015 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>3</u> 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 11:00 <u>Bingo</u> 6:00 <u>New Beginnings Meeting</u></p> <p><i>National Watermelon Day</i></p>	<p><u>4</u> 9:00 <u>Cribbage</u> 11:30 <u>Lunch:</u> Pasta, Salad, Dessert, Beverage 5:30-6:30pm <u>Zumba (\$5)</u></p> <p><i>US Coast Guard Birthday (1790)</i></p>	<p><u>5</u> 10:00 <u>Knitting Group</u> 10:00-12:00 <u>Quilt Class</u> 10:30-1:00 <u>Chess</u> 5:30 <u>Hatha-Yoga w/ Joanne</u></p>	<p><u>6</u> 9:00 <u>Cribbage</u> 10:00 <u>Chair Yoga w/ Joanne (\$5)</u> 11:30 <u>Lunch:</u> Pizza, Salad, Dessert 4:30-5:30pm <u>Zumba (\$5)</u> <i>Free bread distribution at Sr. Ctr. 1st come, 1st serve</i></p>	<p><u>7</u> 9:00 <u>Cribbage</u> 9:00 <u>Shopping Van</u> 11:00 <u>Tai Chi (\$5)</u> 1:00-2:30 <u>Line Dancing</u></p> <p><i>Purple Heart Day National Lighthouse Day</i></p>
<p><u>10</u> 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 11:00 <u>Bingo</u> 6:00 <u>New Beginnings Meeting</u></p>	<p><u>11</u> 9:00 <u>Cribbage</u> 11:30 <u>Lunch:</u> Pasta, Salad, Dessert, Beverage 5:30-6:30pm <u>Zumba (\$5)</u></p>	<p><u>12</u> 9:00 <u>FOAS Meeting</u> 10:00 <u>Knitting Group</u> 10:00-12:00 <u>Quilt Class</u> 10:30-1:00 <u>Chess</u> 5:30 <u>Hatha-Yoga w/ Joanne</u></p>	<p><u>13</u> 9:00 <u>Cribbage</u> 10:00 <u>Chair Yoga w/ Joanne (\$5)</u> 11:30 <u>Lunch:</u> Pizza, Salad, Dessert 4:30-5:30pm <u>Zumba (\$5)</u> <i>Free bread distribution at Sr. Ctr. 1st come, 1st serve</i></p>	<p><u>14</u> 9:00 <u>Cribbage</u> 9:00 <u>Shopping Van</u> 11:00 <u>Tai Chi (\$5)</u> 1:00-2:30 <u>Line Dancing</u></p> <p><i>VJ Day, Japan Surrenders—End of WWII 1945 New Moon</i></p>
<p><u>17</u> 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 11:00 <u>Bingo</u> 6:00 <u>New Beginnings Meeting</u></p>	<p><u>18</u> 9:00 <u>Cribbage</u> 11:30 <u>Lunch:</u> Pasta, Salad, Dessert, Beverage 5:30-6:30pm <u>Zumba (\$5)</u></p>	<p><u>19</u> 10:00 <u>Knitting Group</u> 10:00-12:00 <u>Quilt Class</u> 10:30-1:00 <u>Chess</u> 5:30 <u>Hatha-Yoga w/ Joanne</u></p> <p><i>National Aviation Day</i></p>	<p><u>20</u> 9:00 <u>Cribbage</u> 10:00 <u>Chair Yoga w/ Joanne: (\$5)</u> 11:30 <u>Lunch:</u> Pizza, Salad, Dessert 4:30-5:30pm <u>Zumba (\$5)</u> <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p><u>21</u> 9:00 <u>Cribbage</u> 9:00 <u>Shopping Van</u> 11:00 <u>Tai Chi (\$5)</u></p> <p><i>Senior Citizens Day</i></p>
<p><u>24</u> 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 11:00 <u>Bingo</u> 6:00 <u>New Beginnings Meeting</u></p>	<p><u>25</u> 9:00 <u>Cribbage</u> 11:30 <u>Lunch:</u> Pasta, Salad, Dessert, Beverage 5:30-6:30pm <u>Zumba (\$5)</u></p>	<p><u>26</u> 10:00 <u>Knitting Group</u> 10:00-12:00 <u>Quilt Class</u> 10:30-1:00 <u>Chess</u> 5:30 <u>Hatha-Yoga w/ Joanne</u></p> <p><i>Women's Equality Day</i></p>	<p><u>27</u> 9:00 <u>Cribbage</u> 10:00 <u>Chair Yoga w/ Joanne: (\$5)</u> 11:30 <u>Lunch:</u> Pizza, Salad, Dessert 4:30-5:30pm <u>Zumba (\$5)</u></p> <p><i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p><u>28</u> 9:00 <u>Cribbage</u> 9:00 <u>Shopping Van</u> 11:00 <u>Tai Chi (\$5)</u></p>
<p><u>31</u> 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 11:00 <u>Bingo</u> 6:00 <u>New Beginnings Meeting</u></p>	<p><i>NOTE: For month of August, Tuesday lunches will feature various Abington House of Pizza pastas, subs, salads, along with dessert and beverage. Cost: \$4.</i></p>	<p>8/9 <i>Booklovers Day</i> 8/29 <i>Full Sturgeon Moon</i></p>		<p><i>Zodiac: Leo/Virgo Birthstone: Peridot/Sardonyx Flower: Gladiolus/Poppy</i></p> <p><i>Menu is subject to change.</i></p>

New management
National HealthCare



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Center for Health & Rehabilitation

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OUTREACH—AUGUST 2015

I hope everyone is enjoying a beautiful start to the summer! The weather has been incredible and it's such a nice time of year to enjoy a walk in the butterfly garden or take in the beauty of Island Grove and the Memorial Bridge. There are lots of lovely spots to enjoy some scenery in our beautiful little town at this time of year. There are summer concerts every Sunday night at the bandstand and many, many more activities to partake in.

I want to remind everyone that I am SHINE certified now and will be able to help and assist most of you with your insurance needs moving forward. I will continue to work with the ladies from OCES and the SHINE people in Middleboro until I have a firm handle on all of the information regarding your Medicare, etc. With that, please be mindful of open enrollment.

It is coming up in October and it is a wonderful time to re-evaluate your health insurance and make sure you are getting the absolute most out of your plan. When coming in for a SHINE appointment please remember to bring your Medicare card and your other insurance cards, if you have one. Also, bring a detailed list from your pharmacy of all prescriptions you are currently taking. That will be very helpful in the process of readjusting and re-evaluating your options during the open enrollment period.

Please feel free to contact me with any questions or concerns regarding your health insurance at 781-982-2145 ext.2
All my very best and enjoy the rest of your summer. —Amy Barrett

AUGUST RECIPE

Fresh Peach Pie —submitted by Joanne Curtis

Mix ½ cup each: brown & granulated sugar; few grains of salt, 3 tablespoons tapioca. Pour over 5 cups sliced fresh peaches. Mix gently, then sprinkle mixture with 1/8 teaspoon almond extract. Line 9 inch pie pan with pastry. Pour in peach mixture; dot with 1 tablespoon butter; cover with top crust. Seal edges by fluting, then prick top with fork. Top crust can be brushed with cold water, then sprinkled with small amount of sugar before putting pie into oven. Bake at 450 for 10 minutes; reduce heat to 375 and continue baking for 40 minutes or until golden brown.

**AUGUST PUZZLES**

Complete the quotation shown below:

“Is life so dear, or peace so sweet, as to be purchased at the price of chains and slavery? Forbid it, Almighty God.”

Can you rearrange each of these sets of letter blocks into a word?

1) ATI TU SI ON 2) WS NE ER PAP 3) SS OLU DI TE 4) RI TE POS OR 5) RIN ST NT GE —See answers on page 8.

AUGUST CHUCKLE

An Air Force officer was riding his scooter when he passed an airman who didn't salute. He stopped, turned around, and glared at the airman. “Thanks for coming back for me,” the airman said, jumping on the back of the scooter. “Airman's mess, sir.”

AUGUST 2015 NOTABLE EVENTS

August 7, 1964-U.S. entered the Vietnam War by the Gulf of Tonkin Resolution.

August 3, 1967-45,000 U.S. soldiers sent to Vietnam.

August 5, 1884-The Statue of Liberty cornerstone was laid.

August 11, 1841-Frederick Douglass, an escaped slave, spoke in the North for the first time during an anti-slavery convention on Nantucket Island at the invitation of William Lloyd Garrison. He gave a powerful speech of his life as a slave and was to become a full-time lecturer for the Massachusetts Anti-Slavery Society.

August 12, 1972-U.S. ground forces were withdrawn from Vietnam.

August 15, 1961-Berlin Wall was created.

August 19, 1977-Groucho Marx of the Marx Brothers died at the age of 87.

August 23, 1969-Floods created by Hurricane Camille killed about 100 people in Virginia.

SUCCESS FOR ABINGTON'S FIRST FLAG DAY CELEBRATION *continued from page 1)*

Music for the ceremony was provided by the Abington Town Choir. The re-enactors offered a 21 gun salute (takes a long time with reloading muskets!) and the Boy Scouts provided a color guard to present the flag. Saturday evening the Memorial Bridge was aglow with luminaria leading the way to a candlelight tour of the encampment and live entertainment by period band “Shades of Gray.” The fun went on late into the evening. On Sunday as the Civil War Folk were breaking camp in the morning, the Abington Lions Club and Ice Cream vendors “Cream” circled their food wagons and prepared for a Sunday afternoon family picnic and concert.

We had word on Friday afternoon that opening act George Lopes had an emergency appendectomy and would not be available. Island Grove neighbor Tony Carchia rode in to save the day with an acoustic guitar and vocal set that got the day off to a great start as families settled in under the pine trees to enjoy the music and food. The South Shore Men of Harmony appeared next with a Patriotic set followed by Abington's own young group “We'll Get Back 2U.” The afternoon wrapped up with an extended set by cover band “Loud and Clear.” The unofficial reviews of the day were all positive and there was already talk about “Next Year.” Flag Day Weekend 2016 is tentatively planned for June 11th/12th. —Doug Ulwick

FOAS OPEN HOUSE—Mark your calendar

Open House, September 30, 9AM-2PM—hosted by Friends of Abington Seniors. Come and see what programs and activities the Center has to offer. Refreshments & coffee available.



6 Harrison Ave.
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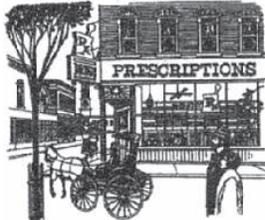


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Friends of Abington Seniors, Inc.

Monthly Meetings at Senior Center

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August 21, Senior Citizens Day—Be kind to the elderly. Take yourself and or some other senior to lunch.

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Miscellaneous

Line Dance Schedule: Dancing with Dotty Belanger at Abington Senior Center on 1st and 2nd Friday afternoons at 1 p.m. to 2:30p.m. Donation: \$3.00. Call 508-746-0079 for more information.

Support Groups— Open to the Public— No Charge: Grief Counseling/Bereavement Group, Abington, meets once a month at the Library, 1st Thursday, 6:30 pm. For further info call 781-982-2139. 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; Mary Graham, Treasurer; Tricia Force; Evelyn Drew; Atty. Edward Reilly

Friends of Abington Seniors, Inc.

Richard McCollum, President; Beverly Hartery, Vice-President; Thomas Bates, Treasurer; Lorraine Leventuk, Asst. Treasurer; Peggy Keating, Clerk; Mary Cordeiro, Secretary

Informer Newsletter Staff: Marie Brown, Joanne Curtis, Lorraine Leventuk, Carol Najarian, Betty Slinger, Maureen Wall.

Answers to puzzles on page 6:

Answer: "I know not what course others may take; but as for me, give me liberty, or give me death." —Patrick Henry, 1775

Answer: 1. Situation 2. Newspaper 3. Dissolute 4. Posterior 5. Stringent



Did you know that August is National Peach Month! The holiday began by a Congressional Proclamation on March 16, 1982, honoring and enjoying the great flavor of juicy peaches. Peaches are native to China and have been cultivated for more than a thousand years and, believe it or not, are part of the rose family. There are over 700 varieties of peaches. While Georgia is known as the Peach State, the most peaches are actually grown in California. So be sure to indulge in and savor the flavor of this wonderful fruit—sliced in cream, on cereals, in peach cobbler or shortcakes and even sample peach ice cream. Have a peach of a day! —Maureen Wall

36TH ANNUAL FALL AND CHRISTMAS CRAFT FAIR—Mark Your Calendars

Sunday, September 20th, 10AM to 3PM, Abington High School Gym (off Route 18)
80 Craft Displays, Sponsored by the Abington Music Parents, Admission-\$2.00 —Seniors-\$1.00

DAWN— Paul Laurence Dunbar

An Angel, robed in spotless white, Bent down and kissed the sleeping Night.
Night woke to blush; the Sprite was gone. Men saw the blush and called it Dawn.