



The Senior Informer

APRIL 2015

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

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ABINGTONSENIORCENTER.COM
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Hours: 9AM to 2PM Mon. thru Thur.,
9AM to 1PM Fri.

Volume 12

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Council on Aging Board of Directors

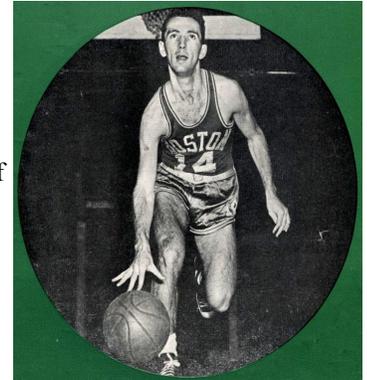
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Ann Welch
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Chairman Emeritus

Rescheduled
Valentine's Brunch
April 14, 11:30 AM
Reservations Filled

FOAS Membership Info
See page 3.

THE CELTICS AND BOB COUSY

When I was in my early 20s, I stopped at the Cottage Farm Howard Johnson's on Commonwealth Avenue adjacent to the Cottage Farm Bridge which crossed over the Charles River in Boston. The Cottage Farm Bridge and Howard Johnson's were landmarks at that period of time. I parked my 1952 Buick in the parking lot and went in and sat down at the counter. It was like so many Howard Johnson's of that era, with heavily varnished tables and chairs, probably small and dark by today's standards, but clean and inviting. I enjoyed a cup of coffee and a donut in the early morning and talked to the waitress. I noticed that she and the other waitresses kept looking into the dining room which was adjacent to the counter area. I asked her what she was looking at. "Some of the Celtics are having breakfast in there," she said, "and all the girls want to go in and wait on them." I turned and looked into the dining room through the planter and ivy adjacent to the bar, and sure enough, there was Tom Heinsohn, K.C., and Sam Jones, the great Bob Cousy, and Frank Ramsey sitting and eating breakfast. At the time, of course, I was a great Celtics fan and used to go into the basketball games at the Boston Garden about every week. Their names were household words and, of course, the object of much adulation by sports fans in the Boston area. As I drank my coffee and chatted, I watched the famous players eating their breakfast and thought how much they must enjoy the simple pleasures of a good meal just like everyone else, and how much they looked so much more like ordinary people eating scrambled eggs than they did on the basketball court. I finished my coffee and got up to leave, turning to get a clearer look at the players as I pushed open the door into the cold morning. Once outside, I realized that I had been so preoccupied that I had forgotten to leave the waitress a tip. I went back in and left a quarter and a dime next to my coffee cup and went out to my car. At that point in my life, some friends and I played basketball about every weekend, and, as a result of this I had a basketball in my trunk as luck would have it. I sat in my old Buick in the parking lot of the Cottage Farm Howard Johnson's and watched the door. It wasn't long before the great Bob Cousy came out of the restaurant and stood in the parking lot waiting for his teammates. Quick as a flash, I jumped out of the car and ran around and opened my trunk. I took out my well worn basketball. With it under my arm and a cold wind coming off the Charles River across the parking lot, I walked up to Bob Cousy. He saw me coming and smiled. "Hey. What have you got there?" he asked. "Well, we play a lot of basketball, Bob," I replied. "Would you mind signing this?" "Not at all." I don't remember now who had the ballpoint pen, but luckily one of us did. "Anything special you'd like on it?" he asked. My mind reeled trying to think of something. "Just your autograph," I said. "OK." As he was signing, the other players came out of the restaurant behind him and started for their cars. "Hey, you guys, get over here," Cousy said. "Sign this basketball for this fella." They all ambled over, and there I was, standing in the parking lot with all those great players. One by one, they passed the ball between them, each signing as though I was somebody important. As one can imagine, I was at a loss for words and stood there trying to look pleasant, my hands in my pockets. "Good luck in the playoffs," I said. They were on their way to work out at a local college. "Thanks a lot, we'll do our best," one of them said. "Take care," I said, looking at the basketball and turning it slowly in my hands. "You bet." They were across the parking lot into their cars. I turned to watch as they drove out onto Commonwealth Avenue and disappeared into the traffic. I returned to my car, but I didn't put the basketball into the trunk this time. It rode home on the seat beside me that Saturday morning. "Hey, you guys, get over here and sign this." The words rang in my head all the way home. I couldn't wait to tell my pals.



— Nobody Else Cares...But I Do – Treasured Memories —Russell Wheatley

ACTIVITIES

Bingo
Blood Pressure Screening
Bocce (new)
Chair Yoga w/Joanne
Chess
Computer Classes
Cribbage
Hatha-Yoga w/Joanne (new)
Hearing Tests
Knitting & Crocheting Group
Legal Assistance
Line Dancing, Mah Jongg
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

BOOK RECOMMENDATION

Chicken Soup for the Golden Soul—an oldie, copyright 1999, but a goodie; many short stories make for quick reading. “Nourishment for the heart and mind should not end at age 60. This book provides inspiration for maintaining a healthy lifestyle throughout the golden years of our lives.” — Denton A. Cooley, M.D.



FIRST LADIES OF THE UNITED STATES

Martha Jefferson was born Martha Wayles, in 1748.



Known for her beauty and grace, she was married at age 18 to her first husband Bathurst Skelton in 1766; he died four years later, when she was 22, leaving her a wealthy young widow at the age of 22. Martha Wayles Skelton married Thomas Jefferson on New Year’s Day in 1772. At that time Jefferson was a successful lawyer. The couple shared an interest in music and literature and went off to live at his estate known as Monticello, located near Charlottesville,

Virginia. During their decade-long marriage, they had six children, only two of whom survived till adulthood. During the early years of their marriage, Thomas Jefferson served as a member of the House of Burgesses in Richmond. It is likely that she accompanied him there, handling the social responsibilities of a politician’s wife. Her husband became the governor of Virginia during the American Revolution. Martha did what she could to support her husband; however she became increasingly ill over the years. Some consider her last pregnancy in 1782 to be a contributing factor in her death. Her husband stayed close by, watching over her as her health continued to deteriorate. Martha Jefferson died on September 6, 1782, at Monticello at age 33, 20 years before Thomas Jefferson was elected president.

While Martha Jefferson never served as a U.S. First Lady, she has posthumously been given the title by many historians and organizations. Jefferson never remarried after her death. When Thomas Jefferson became President in 1801, he sometimes relied on future First Lady Dolley Madison (wife of James Madison) for assistance with social affairs.

CHAIR YOGA

Chair Yoga—Thursday mornings 10:00-11:00A.M. New to Chair Yoga? Come and try a complimentary class. *Joyanne* will gently guide you through safe movement with breath while seated in your chair. Open to all—no experience needed. Cost \$5, pay as-you-go. Questions? Call Joyanne @ 508-208-9963.

HELP! HELP!

Looking for volunteers to fold, tape, and label *The Senior Informer* newsletters to send to our readers. The newsletters come in about the 25th of each month. We start at 9AM and end when finished (approx. 4 hrs.) or whatever time can be given. The more the merrier and the shorter the time. Please call 781-982-2145 to have your name added to the *Senior Informer* call list.

INFORMER NEWS DEADLINE

Place in Newsletter inbox by 10th of previous month (i.e., 10th of April for the May 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 Mondays of every month, 9:00 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 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. 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 is \$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.

FUEL ASSISTANCE SIGN-UPS Call 781-982-2145.

SENIOR COMPUTER LEARNING CENTER

For info regarding classes, dates, times, etc., call 508-521-4008 or by email go to www.seniorcomputerlearningcenter.org.

POETRY CORNER

SOLITUDE --Byron

There is a pleasure in the pathless woods,
There is a rapture on the lonely shore,
There is society where none intrudes
By the deep sea, and music in its roar.



I love not man the less, but nature more,
From these our interviews in which I steal
From all I may be, or have been before,
To mingle with the universe, and feel
What I can ne'er express, yet cannot all conceal.

LEST WE FORGET...

We must acknowledge the efforts of all our **Meals on Wheels** volunteers for their hard work and dedication to this very important program. Let's face it, this has NOT been the best winter with all the snow coming in such a fashion. These drivers are out regardless of the weather, trudge thru the messy conditions, and bring a happy face and a few kind words to those who can't make their own meals or be out themselves. AND, a very special thanks to Karen Butler, our COA Meals on Wheels Coordinator for all her work in making this program such a wonderful success. —*Maureen Walls*

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 2014 started a new membership year with dues of \$7.00 payable and good until JUNE 2015. 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 2014-2015: \$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: Edith Doughty Judy Roy Sheila Lambert Jean Bumpus Veronica & Amelian Pastuszak

Donations: Valerie Barry

Lifetime Membership: Stephen Berardinelli

In Memory of: Edward J. Kiernan by Muriel Kiernan Dorothy Perkins by Vinson Blanchard Garden

Charles Doughty, Jr. birthday by Edith Doughty

APRIL NOTABLE EVENTS

April 3, 1860 First Pony Express began its route between St. Joseph, Missouri and Sacramento, California. For \$5 an ounce, letters were delivered 2,000 miles to California within 10 days.

April 4, 1968 Martin Luther King, Jr. assassinated in Memphis, TN. He had championed non-violent resistance to end racial oppression and had been awarded the Nobel Peace Prize in 1964.

April 11, 1794 Orator Edward Everett (d. 1865) was born in Dorchester, Massachusetts. In 1863, at the dedication of the Gettysburg Battlefield, he delivered the main address lasting two hours. He was then followed by President Lincoln who spoke for about two minutes, delivering the Gettysburg Address.

April 13, 2015 Monday, Opening Day @ Fenway Park: Washington Nationals vs. Boston Red Sox.

April 18, 1775 Midnight ride of Paul Revere and William Dawes.

April 18, 1906 The San Francisco earthquake struck at 5:13 AM, followed by a massive fire from overturned wood stoves and broken gas pipes which raged for three days, resulting in the destruction of 10,000 acres of property and the loss of 4,000 lives.

April 24, 1800 Library of Congress established and is America's oldest federal cultural institution and the world's largest library. Among the 145 million items in its collection are more than 33 million books, 3 million recordings, 12.5 million photographs, 5.3 million maps, 6 million pieces of sheet music, and 63 million manuscripts. About 10,000 new items are added each day.

IMPORTANT DATES FROM ABINGTON S.A.G.E. COMMITTEE

E-Waste Day is Saturday, April 4th from 9:00 a.m. to 3 p.m. at the Town Barn—accepting *anything* with a plug. NO HAZARDOUS WASTE. Donations of paper products for our Food Pantry would be appreciated.

For Seniors Only: An Eagle Scout and B.C. students have offered to help get your E-waste to drop off for you. Call Sr. Center at 781-982-2145 to make your request and provide address. Sponsored by S.A.G.E.

Abington Clean Up Day is Sat., April 11th, 9a.m. to Noon.

VOLUNTEERS NEEDED

Volunteers needed for Thursday morning bread run to Sudbury Farms in Randolph. May be only every 8 weeks. Call 781-857-2209 and ask for Tom or Pat for details. This is for the Thursday free bread distribution at the Senior Center.

DONATE YOUR UNUSED SURPLUS YARN TO A GOOD CAUSE --Pat Beaulieu

The **Gifted Hands** are looking for donations of yarn--all colors. Any donations would be greatly appreciated. All money from the sales in our boutique at the senior center are donated to the Friends of Abington Seniors. Please visit our boutique for all your handmade needs.

HULA DANCE DEMONSTRATION

Thursday, April 2 at 11:00 AM at the Abington Senior Center there will be a hula dance demonstration. Fun and good exercise. Please wear your Hawaiian shirts and shorts to join in the fun. Presented by Colony Center for Health and Rehabilitation.

My boss was honest with me today. He pulled up to work with his sweet new car this morning and I complimented him on it. He replied, "Well, if you work hard, set goals, stay determined and put in long hours, I can get an even better one next year."



OUTREACH—APRIL 2015

Technology. Aaaahhhh....wonderful, useful, helpful, terrifying, nerve wracking technology! We live in a society of tablets and smart phones... and it seems as though when it comes to this subject, you are either all the way in or all the way out! Some people can't live without their devices and some people are scared to touch them. I have done some research and found that baby boomers and seniors are alike having an open mind to learning, exploring and utilizing computers and smart phones.

Did you know that 52% of seniors are online and average 19 hours a week on the internet which is more than with TV, newspapers, and radio; 59% of seniors are using social networking with Facebook being the most popular; 82% of seniors say YouTube is their preferred video streaming site; and 77% use their mobile devices with their computers or tablets? Those seem to be pretty high statistics which tells me that seniors are getting on board!

There are many ways that technology and using tablets can be useful for seniors. If you have a tablet you can change font size and print size so things are easier to see. You can adjust the brightness and screen settings very easily. You can download books as well as newspapers and magazines. You can also use your smart devices for alarms and reminders. You can set reminders on a calendar for appointments, events or meetings and you can set alarms for medicine reminders...these audible alarms are great! Another benefit is having the ability to store and restore photos and documents. They are easy to access and stored safely all the time!

As with anything, always be aware that with internet use comes some risks, and going into a technological situation you must always make sure you know the website is safe and secure and never ever give out any personal information in a chat room or public forum. These chat rooms can be such a great way to communicate with people about your like interests, and are helpful sometimes when using them for hobbies and research, but please be advised, never ever give out personal information online.

There are many seniors starting to use more technology because it is a fabulous way to stay connected to friends and family. There is social media which allows you to socialize with many people at the same time, which is really wonderful especially if you don't get out much. Staying connected is so important. There are also private family web sites that can be set up so only the family members have access to the website. This is great because you can privately share photos with each other and important dates and events. These sites are easy to set up and perfect for a family that has relatives all over the country or maybe even the world! Skype and Facetime are also wonderful—this is video chatting in real time and when you haven't seen a loved one or friend in a long time, it's so nice to talk almost in person!

There are many apps that very helpful for a senior. Elder 411 is an app that helps you find elderly exercise programs, elderly care, and legal advice for elderly individuals. Elder 911 will help you get through a variety of emergencies with your elderly relatives such as crisis preparation and a checklist for what to ask the hospital in an emergency. Another great app is Edamam for food and recipes. This app provides large color pictures of the dish as well as the link so you can find the recipe. Edamam also provides all of the nutritional information such as calories, carbs, sugar, and protein and most define whether or not they are gluten free or low glycemic index. There are many recreational apps also and some of the more popular ones are Words with Friends, Draw Something and Angry Birds. Keeping an open mind to many possibilities of technology, whatever you may be interested in, is the key. If you enjoy something Google it. Look it up, and the possibilities are limitless!

With all of this being said, we here at the Abington COA have a wonderful network of people that run a technology/computer training program right here at the center. If you have any interest (which I hope you do) please call 508-521-4008 or if you have access you can e-mail at seniorcomputerlearningcenter.org and their website is www.seniorcomputerlearningcenter.org Take good care and all of my very best to you. —Amy Barrett

APRIL PUZZLE

What letter appears once only in each of the first two words, but not at all in the last two?

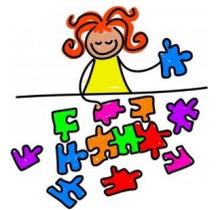
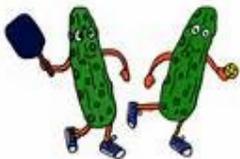
FRUITAGE	INTERPLAY	but not in	INTERMISSION	OSTEOPOROSIS
RIPCORD	SHIELDING	but not in	WISTFUL	OCTAGONAL
PINNACLE	COMPLAISANT	but not in	PINCERS	MATCHBOX
IMPLICATION	MULTIFOLD	but not in	STAMINA	WARDSHIP
YEOMANLY	VALENCE	but not in	SPADEWORK	CARAMELIZE

PICKLEBALL

Pickleball is now alive and well in Abington! On Tuesdays and Thursdays from 4 PM to 5:45 PM in the Woodsdale School gymnasium “pickleball” can be enjoyed by all those who want to stay active, healthy, and have fun!

Pickleball is a game played with a paddle larger than a ping pong paddle, a whiffle ball the size of a baseball, and is played on a court 20 by 44 feet—smaller than a tennis court whose dimensions are 60 by 120. It is particularly popular among older folk who wish to stay active and enjoy a friendly atmosphere. It is played similar to tennis in that you serve cross court; however, you must serve underhand and it must bounce before it is returned and it must also bounce on the opposite side after the return of serve. After the two bounces, one on each side, play continues by volleying or just returning the ball within the dimensions of the court. Only the server gets a point: the first to score 11 wins the game although you must win by 2.

Please come and join us! Wear your sneakers and comfortable athletic clothes. The first three sessions are at no cost; however, beginning the fourth session a \$3 fee will be collected at the beginning of each session. All levels are encouraged to participate—equipment will be provided. For more information on Pickleball go to usapa.com. By the way "Pickleball" is named after a dog named "Pickle" who chased the balls on the court! —Ann Reilly



APRIL 2015 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4/4 <i>Full Pink Moon</i> 4/4 <i>First Day of Passover</i> 4/5 <i>Easter</i> 4/9 <i>Army of Northern Virginia surrendered, Appomattox Court House, 1865</i> 4/12 <i>Orthodox Easter</i></p>	<p>4/23 <i>Playwright Shakespeare born, 1564</i></p>	<p><u>1</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilt Class</u> <u>10:30-1:00 Chess</u> <u>5:30 Hatha-Yoga w/ Joanne (\$5)</u></p> <p><i>April Fool's Day</i></p>	<p><u>2</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$4)</u> <u>11:00 Hula Dance Demo</u> <u>11:30 Lunch: TBA</u> <i>Free bread distribution at Sr. Ctr. 1st come, 1st serve</i></p> <p><i>Full Worm Moon</i></p>	<p><u>3</u></p> <p style="text-align: center;"><i>GOOD FRIDAY</i></p> <p><i>SR. CENTER CLOSED</i></p> <p><i>Passover begins at sundown April 5—Easter Sunday</i></p>
<p><u>6</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u></p>	<p><u>7</u> <u>9:00 Cribbage</u> <u>11:30 Lunch: Shepherd's Pie, Rolls, Dessert, Beverage</u> <u>5:30-6:30pm Zumba (\$4)</u></p>	<p><u>8</u> <u>9:00 FOAS Meeting</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilt Class</u> <u>10:30-1:00 Chess</u> <u>5:30 Hatha-Yoga w/ Joanne (\$5)</u></p>	<p><u>9</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$4)</u> <u>11:30 Lunch: TBA</u> <i>Free bread distribution at Sr. Ctr. 1st come, 1st serve</i></p>	<p><u>10</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (\$5)</u> <u>1:00-2:30 Line Dancing</u></p>
<p><u>13</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u></p> <p><i>Thomas Jefferson born, 1741</i></p>	<p><u>14</u> <u>9:00 Cribbage</u> <u>11:30 Lunch: Postponed Valentine's Day Brunch (Res. Closed)</u> <u>5:30-6:30pm Zumba (\$4)</u> <u>6:00pm COA meeting at Town Hall</u></p>	<p><u>15</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>10:30-1:00 Chess</u> <u>5:30 Hatha-Yoga w/ Joanne (\$5)</u></p> <p><i>President Abraham Lincoln died, 1865</i></p>	<p><u>16</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$4)</u> <u>11:30 Lunch: TBA</u></p> <p><i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p><u>17</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>10:00 Senator Keenan</u> <u>11:00 Tai Chi (\$5)</u></p> <p><i>Benjamin Franklin died, 1790</i></p>
<p><u>20</u></p> <p style="text-align: center;"><i>PATRIOTS DAY</i> <i>Sr. Center Closed</i></p> <p><i>119th Boston Marathon</i></p>	<p><u>21</u> <u>9:00 Cribbage</u> <u>11:30 Lunch: Soup, Egg Salad Sandwich, Chips, Dessert, Beverage</u> <u>5:30-6:30pm Zumba (\$4)</u></p>	<p><u>22</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>10:30-1:00 Chess</u> <u>5:30 Hatha-Yoga w/ Joanne (\$5)</u></p> <p><i>Earth Day</i></p>	<p><u>23</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$4)</u> <u>11:30 Lunch: TBA</u></p> <p><i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p><u>24</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (\$5)</u></p> <p><i>4/25 Town Election</i> <i>4/25 Abington Art Association demonstration, 10:00 AM at Sr. Ctr., Open to all.</i></p>
<p><u>27</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u></p> <p><i>Babe Ruth Day</i></p>	<p><u>28</u> <u>9:00 Cribbage</u> <u>10:00 Living with COPD</u> <u>11:30 Lunch: Chicken, Potato, Gravy, Stuffing, Cran. Sauce, Veg., B-Cake, Beverage</u> <u>5:30-6:30pm Zumba (\$4)</u></p>	<p><u>29</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>10:30-1:00 Chess</u> <u>5:30 Hatha-Yoga w/ Joanne (\$5)</u></p>	<p><u>30</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$4)</u> <u>11:30 Lunch: TBA</u></p> <p><i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p><u>April</u> <i>Birthstone: Diamond (Innocence)</i> <i>Flower: Daisy/Sweet Pea</i> <i>Zodiac Sign: Aries/Taurus</i></p> <p><i><u>Fuel Assistance call 781-982-2145</u></i> <i>Menu subject to change.</i></p>

TRAVEL OPPORTUNITIES

Penn Dutch, May 21-23, great seats for “Joseph,” guided Amish Country Tour, Chalk Talk with Artist Elva Hurst in her Studio, admission to the lovely Longwood Gardens, \$398 per person, double occupancy.

Captain Jack’s & Mohegan Sun, July 1, \$15 Bonus, Choice of lobster or prime rib at Captain’s Jack’s, \$72.00. Contact Rita Webster at 781-924-5531 for further information.

**APRIL RECIPE**

Blueberry Pudding (serves 9) Submitted by Joanne Curtis

2 cups fresh or frozen blueberries 1 tsp. ground cinnamon 1 tsp. lemon juice 1 cup all-purpose flour ¾ cup sugar
1 tsp. baking powder ½ cup milk 3 tbs. butter or margarine, melted

Topping: ¾ cup sugar 1 tbs. Cornstarch 1 cup boiling water

Toss the blueberries with cinnamon and lemon juice; place into a greased 8 inch square baking pan. In a bowl, combine flour, sugar and baking powder; stir in milk and butter. Spoon over berries. Combine sugar and cornstarch; sprinkle over batter. Slowly pour boiling water over all. Bake at 350 for 45-50 minutes or until cake tests done.

**APRIL CHUCKLE**

Wife texts husband on a cold winters morning; “Windows frozen, won't open.”

Husband texts back; “Gently pour some lukewarm water over it and gently tap edges with hammer.”

Wife texts back 5 minutes later; “Computer really messed up now.”

CAREGIVERS GROUP

Many folks, both men and women, have become caregivers – of parents, a spouse, a disabled relative or friend, or a senior who is having problems. The caregiver title itself indicates both responsibility and compassion, but at times the job can become overwhelming. With this in mind, we are considering forming a caregivers group—a chance to share your burden and concerns, an opportunity to relax and have a cup of coffee with people who can become friends. A time to just sit back and smile and realize you are not alone.

If you are interested in becoming part of this support group, please call Amy Barrett at 781-982-2145. The group would meet at the Senior Center.

KITCHEN WISH LIST: Paper Towels, Paper Napkins, Large Foil Pans, Coffee

SENIOR COMPUTER LEARNING CENTER—OPTIONAL LATE REGISTRATION

To accommodate students who missed the Open House and Course Registration due to the heavy snow, we have expanded our registration sign up periods. Students may register anytime up to the starting date of the first class. For example, Computer Cleanup with CCleaner will start on May 12, 2015 from 9:00 to 11:00. Students may register for that course anytime up to the first day of the course (or earlier). Click on www.seniorcomputerlearningcenter.org to register by mail by printing the Registration Forms from our registration page and mailing with your check.

You may also register for any of our courses on-site at the Abington Senior Center whenever it is open. The Senior Center hours are 9AM to 2PM Mon. thru Thur., 9AM to 1PM on Fri. Outside our classroom, there is a supply of registration material (registration forms, directions for filling out the form, and course lists and descriptions). Once you have filled out the registration form(s), you can deposit it along with your payment in the locked mailbox.

If Abington schools are closed due to inclement weather, the Senior Center as well as the SCLC will also be closed. Link to school closings: <http://www.myfoxboston.com/link/576471/massachusetts-school-closings>

Openings are currently available for the following courses and workshops:

Amazing Kindle Fire; Computer Cleanup w/CCleaner; iPad and iTunes; Bring Your Laptop; iPad Tips and Tricks; Organizing Information w/Excel; Using Tablets and Smartphones; Using Email in Windows 8; Scanning Documents and Photos; Surf the Internet with Windows 8; Buying/Selling on eBay; Simple Ways to Copy Files; Advanced Photo Editing (PSE12); Genealogy; Safe Downloading; Magic of Photo Shop Elements.

TAKE A DEEP BREATH--LIVING WITH COPD

Living with COPD, designed and presented by clinicians from Norwell VNA (NVNA) and Hospice takes a realistic look at life with Chronic Obstructive Pulmonary Disease (COPD). The presentation outlines COPD's effects and risk factors and offers a review of medications and suggestions for disease self-management. Questions and answers follow the presentation. This free program is offered by NVNA and Hospice and the Abington Board of Health at the Abington Senior Center on Tuesday, April 28, 2015 from 10:00 to 11:00 AM

Save the Date: Tuesday, May 12 from 10 - 11AM, a free program on **Managing Your Blood Pressure**.

HELPFUL SUGGESTIONS IF YOU ARE PLANNING TO MOVE --George Weir (The Moving Coach)

Moving in bad weather doesn't have to be a nightmare. If you have to move when it's raining, cardboard boxes are quite durable. As long as the boxes are sealed with packing tape, everything inside should survive the move. Loose items like clothes on hangers, furniture, art work, won't survive the elements as well. There are Self Move companies that sell or rent many items to help you move in the rain. And you have many items to use--plastic trash bags, heavy blankets for furniture, towels for floors at new residence, etc. Check the roof of the truck and your car trunk for leaks. Seal with duct tape. If you have helpers, make sure they are wearing all weather sneakers or boots to avoid slipping and falling. When we were young and needed to move, we borrowed a pickup truck or rented a small U-Haul and asked our friends to help. Now older, with a houseful of furniture, electronics, fine china and family heirlooms, the self move gives you pause. You think that a professional moving company may be your best choice. I will share my 50 -years experience with you and suggest excellent movers I have worked for and with during my many years. My services for you are FREE. Text me at: 781-878-2631. Do not accept any moving ESTIMATE unless you have met the Mover's estimator when they came to your home to do an ON-SITE written survey.

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

**Non-Profit
Organization
U.S Postage Paid
Abington, MA
Permit #26**



**Abington Clean Up Day
Sat., April 11, 9am-noon
at Town Barn
Sponsored by S.A.G.E.**

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, Betty Slinger, Maureen Wall.

Answer to puzzle on page 4: 1) A ; 2) D; 3) L; 4) O; 5) N

SONGS OF WORLD WAR II —Sung by Ruth Harcovitz

On Tuesday, May 12 Ruth Harcovitz will perform songs from the WWII era at the Senior Center. The free performance will begin at 12:30 PM and light refreshments will be available after the show. All seniors, members of the local VFW, American Legion, historical society, etc. are invited to attend and let the music transport us back to bygone days. Van will be available at show's end to return seniors home.

—Some information for various articles was taken from internet sources.

When someone shares something of value with you and you benefit from it, you have a moral obligation to share it with others.

Being in politics is like being a football coach. You have to be smart enough to understand the game, and dumb enough to think it's important. —Former US Senator Eugene McCarthy