ABINGTON SENIOR CENTER

Come visit us at the Senior Center. The mission of the Abington Council on Aging is to coordinate the needs of Abington's elders with available resources and promote programs. Let us know what we can do for you!

All photos courtesy of Fred Robertson

441 SUMMER STREET  781-982-2145
COME VISIT US AT THE SENIOR CENTER!

JULY 2008
Abington Town Offices
COUNCIL ON AGING
500 Gliniewicz Way Abington, MA 02351
781-982-2145 or 781-982-2146
Office Hours: Monday - Friday 9 a.m. - 3 p.m.
Director: Mary Beth Lawton
Chairman: Atty. George Whiting, Jr.

Inside this issue:
Senior Services' 2
Fr. of Ab. Srs. Fund 3
Summer Concert 4
Trips with Rita 5
Sr. Citizens Assoc. 5
Open House 6
Pizza & Sundae Party 7

COUNCIL ON AGING
- George Whiting, Chairman
- Marie Brown
- Joe Iacobucci
- Kate Kelley
- Bill Kendall
- David Klein
- Lorraine Leventuk
- Jack Libby
- Betty Slinger

Next Meeting
July 16th.
9:00 a.m.
**FAMILY HEARING CENTER**

**....for Sound Advice**

DISCOUNTS TO SENIORS, FREE TESTING - HOME VISITS
MOST HMO'S & STATE GIC ACCEPTED

JOHN KLEFEKER, BC-HIS
Board Certified Hearing & Instrument Specialist
80 North Ave. (Rt. 139)
North Medical Building
Abington, MA
(781) 878-9723

---

**Senior Informer**

**July 2008**

---

**HAPPY BIRTHDAY AND THANK YOU TO OUR COA VOLUNTEERS!**


---

**HEALTH AND ASSISTANCE**

Walk-In Health Screening for Blood Pressure, Sugar Testing, Nutrition and Weight Counseling are held most Tues/Thurs 9-11 at 100 Lincoln Blvd. in the VNA Room; the 3rd. Wed. of the month 10-11 at 585 Chestnut Street, Bldg. 1*2 alternate and the 2nd. Thursday of the month 10-11 at 71 Shaw Avenue.

All 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

Council on Aging Van is door-to-door service to medical appointments, bank, hairdresser, pharmacy, library, etc. $3 round trip. Also available for grocery shopping. Free rides to COA activities & luncheon. 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 Mon-Wed-Fri. BAT rides must be booked thru the COA. Fees vary. Door-to-door-pay driver.

Friday Morning Shopping Bus has been changed to Tuesday Morning Shopping Van. We will be using our trusty van to get you to either the Hanover Mall or Westgate Mall. We will pick you up at either Chestnut Glen or Shaw Ave around 9:15. We will pick you up at the mall at 12:30 getting you home around 1 or 1:15. Cost for trip is $3.00. Each week we will alternate between Hanover and Westgate. I hope this works for everyone so give us feedback if you use the van.

---

**SENIOR NUTRITION**

CALL 781-982-2145

Meals on Wheels delivered to homebound Seniors, lunchtime Mon-Fri, $2.50 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: Lunches at the Senior Center have been put on hold temporarily. We hope to be providing hot lunches on Thursdays starting very soon. Call the Center for more details 781-982-2145.

---

**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 will address questions & offer general guidance. Reverse Mortgage House rich, cash poor? John Fournier at the COA on the 3rd Wednesday monthly to describe reverse mortgage. Must be 62 years of age. No credit or income requirements. Auto Repair expert Mark Jamieson will talk to your mechanic as a "second opinion". Moving? George Weir will give helpful tips about moving. Banking Hal Norton will answer questions concerning all aspects of banking. Elder Real Estate Roger Woods and Sue Johnson provide free consultation analysis.
FRIENDS OF ABINGTON SENIORS FUND

The Abington Senior Center Fund has now officially become Friends of Abington Seniors and would like to thank both past and present members for their support and contributions. JUNE 2008 starts a new membership year with dues of $5.00 payable now and good until JUNE 2009. Please make checks payable to “Friends of Abington Seniors” and mail to P.O. Box 2035, Abington, MA 02351.

With many thanks to families selecting “Senior Center Fund” for memorial gifts

<table>
<thead>
<tr>
<th>Friends of Abington Seniors Fund Donation</th>
<th>New Address!</th>
<th>P.O. Box 2035, Abington, MA 02351</th>
</tr>
</thead>
<tbody>
<tr>
<td>Membership for 2007-2008</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$5.00 per person or $100 for lifetime membership</td>
<td>Mail or bring to the COA</td>
<td></td>
</tr>
<tr>
<td>Name</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Address</td>
<td></td>
<td></td>
</tr>
<tr>
<td>In Memory Of</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Send Acknowledgement To</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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 Fund

In memory of Mary Creighton, by Bob Creighton
In memory of Ellen Iacobucci, by Joseph Iacobucci
In memory of Helen Kelly, by Marjorie Edson & George Snow
In memory of Charles MacAluso, by Annette Griffin
In memory of Georgette MacDonald, by George & Claire Anderson
In memory of Carole Marsh, by Rita Webster
In memory of George Roberts, by Marjorie Roberts
In memory of Dale Whittaker, by David Whittaker

Memberships and Donations

Anthony Bevere, William & Paula Boudreau, Marie & Jack Brown, Angela Chase, Ellen Crevison, George Dunphy, Marjorie Edson, Mr. & Mrs. John Greene, Frances Greenough, Marion Hadley, John Hurley, Joseph Iacobucci, Pat Jackman, Marilyn Kameese, Charlie & Jean Leuchte, Louise MacKenzie, Stanley Mackiewicz, Jr., Anne McCarthy, Shirley McElver, Alberta McLaughlin, Paul McLeod, Maureen Murphy, Elaine Norcott, Dorothy Rosseel, Joseph Sheehan, Harold & Blanche Sims, Marion & LeForest Tisdale, Anne & Gerald Walters, Donald & Mary Wehr. Lifetime Memberships: Anna Fopiano, Rita Webster, David Whittaker

...you have been wondering where the Catholic Channel has gone, turn to Channel 271 on the Verizon Fios line-up. “Going My Way” with Father Chris will be returning to this channel at a time to be determined. Stay tuned for further developments!
2008 ABINGTON SUMMER CONCERT SERIES
At the Catherine & Joseph Nisby Bandstand

**Sundays at 6:00 p.m.**

July 9 (Wed. 7 p.m.) Abington Community Band
July 20..................River Boat Stompers
July 27...............Back Eddy Bluegrass Band
Aug. 3..................South Shore Bay Band (Show Tunes)
Aug. 10..................Joe Bargar and Soul Providers

***August 17***

Coombs’ Teen Concert (Hard Rock).............. Noon to 4 p.m.
The INFRACTIONS and the “HAPPENIN’ HORNS”
Favorites of yesterday and today from 6 to 8 p.m.

Aug. 24..................Dale and the Duds (Oldies Rock & Roll)

***IN THE EVENT OF RAIN***

Concerts will be held in the Abington Senior Center located at 441 Summer Street.....No food or drink will be allowed.

The Abington Council on Aging would like to thank the Cultural Council for their grant to the COA this past year. Proceeds from the grant were used to pay for the wonderful entertainment we had the night of our Open House. Many thanks for your generous donation.

We would like the seniors of Abington to know that on days of extreme heat, the Senior Center at 441 Summer Street has been designated as a “Cooling Center” between the hours of 8:30 and 4:30 for residents without air conditioning. Please call the Center at 781-982-2145 if you have any questions.

Cribbage teams have been formed at the Senior Center and meet each Tuesday morning at 9:30. Call if you have any questions or just come down and join the group each week. Beginners and experienced players welcome !!!

If you would like to play poker or become part of a bridge group, please call the Center. We have had a number of inquiries from people looking to form leagues who are looking for players.
Rita’s Trips Carefree Capers Call 781-982-9102

**July 9-Twin Rivers Casino**—Package includes $10 food coupon, and $15 Keno Play. Bus leaves Rockland Plaza at 10:30 AM $ 27

**August 6-8-Joys of Summer Tour**—Waterville Valley return to the Valley Inn. Includes 6 meals, cruise “On Golden Pond”, summer theatre production of “The Full Monty”, poolside barbecue lunch, Steele Hill “Country Church Supper”, Remick Country Doctor Museum & Farm Tour along with so much more. $ 359

**August 12-Newport, RI**—A visit to two of the mansions, The Marble House & The Breakers with lunch at the Mainstay Inn. $ 65

**August 22-24-Red Sox/Blue Jays**—In Toronto includes tour of Niagara Falls. Excellent seats to the game, hotel accommodations and transportation. $ 319

**August 26-Horizon’s Edge Casino Boat**—Enjoy a 6 hour cruise, over 225 slot machines, with a great buffet lunch. $ 35

We would love to receive articles from you about growing up in Abington, your special memories, recipes or funny/poignant anecdotes that happened here. Either e-mail “MLawton@AbingtonMass.com” or drop off the articles at the Senior Center and we’ll be sure to include them in the next newsletter. As always, we want this newsletter to be **YOUR** newsletter!!

For those of you who attend the Abington Senior Citizen Association meetings each month, there will be no meeting on July 8th. Instead there will be entertainment provided by the OPALS (Old Peoples Active Life Styles) on July 23rd. at 2:00 p.m. at the Senior Center. This choral group with their pianist Elaine Richardson will have you tapping your toes and jogging your memories with their old favorites. Light refreshments will be served. At this performance the Senior Citizen Association will be dedicating the piano they donated in memory of Charlie and Barbara Whitman who both did so much for our organization.
Monday night, June 9th, was the official dedication and opening of the Abington Senior Center. Dignitaries, town officials and seniors met to celebrate and enjoy a buffet dinner on what proved to be the hottest night of the year. The evening’s festivities were capped off by a visit from Secretary of Elder Affairs Michael Festa, cabinet member for Governor Deval Patrick, who proclaimed the Abington Senior Center “the prototype for Senior Centers for the next decade.”
The last congregate lunch for the school year was held at the Senior Center on Thursday, June 5th. Over 75 seniors enjoyed a pizza bash along with banana splits and sundaes all provided by the Abington Rotary Club.

Abington Elderly Services along with Anderson Insulation pose in front of the new COA van.

All Photos Courtesy of Fred Robertson
Line Dance Schedule—Call Barbara Reeves 781-878-7320—Donation $3.00. Mark Your Calendars! Classes are now being held every Friday at the Senior Center located at 441 Summer Street from 12:45 to 2:15. Schedule for the rest of the year is 5/2, 5/9, 5/16, 5/23, 5/30, 6/6, 6/13 is last class. KEEP DANCING!!

ARE YOU O.K.?? Is a free program sure to increase a Senior’s sense of security. The sheriff’s Department telephones by computer to the Senior’s home every day. You choose the time of day. If you don’t answer the phone after 2 calls, help is enlisted to make sure you are O.K. We wish every senior that lives alone would sign up for this.

Senior Citizen’s Association is an active social club for Abington residents. Meets 2nd Monday each month at 12 noon, VFW Hall on Central St. $7 to join, $5 yearly dues. This group has new leadership that are planning some great and different programs. NO upper age limit, but you must be at least 59 1/2 years old. Plan to come to the next meeting around 11:30 for coffee and... Meetings will soon be changing to the Senior Center. STAY TUNED!

Walking Club WOW (Walking on Wednesday-seasonally) meets every Wednesday at 9:00 am at Reilly Field Track next to the Library. Join us when you can, no matter your speed. Call the office (781-982-2145) for info or to sign up. By the way, the Walking Club needs a new coordinator. Anyone??

Senior Center at Massasoit—Call 508-588-9100 Arthritis Aquatics (M-W-F), Senior Chorus (W), Yoga for Seniors (F), History Reading Group and Senior Net Computer Classes for age 50+

Movie Showings—Back By Popular Demand! 10:15 a.m. at the Abington Public Library every 1st. and 3rd. Tuesday of the month. No reservations required and it’s free! Just show up! Any questions, call 781-982-2145.

Support Groups—Open to the Public—No Charge Bereavement Group, Abington, meets once a month at the Library, 1st Th., 6:30 pm; Norma Kent Counseling Center, covered by Medicare, sliding fee, 781-871-2051; Alzheimer’s Support, Colony House, 277 Washington St., monthly, 4th Mon, 5-6 pm and in Brockton at the Emmanuel House’ Assisted Living, 25 E. Nilsson St; Better Breathers, Brockton Hospital assembly room, last Tues, 2-3:15 pm; Caregivers Support, Rockland COA, 394 Union St, 4th Mon, 1 pm; Grandparents Caring for Grandchildren, Brockton, 1st Fri, 10-2, 508-586-1667 (children welcome)