

## THE CONSTANT CORNER

### “GET A HOBBY”

During one of my visits to a multifamily residential building in the central part of the City of Nashua known as Palm Square,(I was given permission to use their name) I had the opportunity to learn a valuable lesson from a resident there who identified himself as “Frank”.

As I was speaking with Frank outside the building, where there are several nice benches for residents to sit and socialize with others, I noticed that he spoke a lot about gardening. I have my own garden and I asked him a question about how to attract more bees for pollination of my fruit trees, vegetables, and herbs.

I was amazed at his incredible depth of knowledge on the various names, including genus and species, and bee attracting qualities of many annuals and perennials. I was even more amazed when he showed me the absolutely beautiful garden full of colorful annual and perennial flowers and shrubs right in front of Palm Square. “Frank” told me that he was given permission by the management of Palm Square to use his creativity through his hobby of gardening to create this most beautiful space right within one of the most central parts of the city.

Frank’s words of wisdom are: “GET A HOBBY”.” A hobby will allow you to be creative, stay busy and engaged with life and people, stay healthy, and be happy.”

These are great words of wisdom, and I wanted to share it with you so that you can find and develop your own hobbies. Not only will having a hobby be good for you, it will bring much joy to many others, known and unknown to you, who will be able to appreciate the unique talents that you share.

P.S. And Christmas is just around the corner just waiting for you to share the bounty of your new hobby!!!!!!!!!!

From the desk of Jane Constant

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