



The

Senior Informer

NOVEMBER 2011

**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 8.5

Council on Aging

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BREAKFAST WITH SANTA

Sat., Dec. 3, 8:00 a.m.—12:00 Noon

Admission: \$5.00

Abington Senior Center

NOTE: Tues. Lunch Price

now \$4.00 Still a bargain!

*Yesterday is a cancelled check.
Tomorrow is a promissory note.*

*All I have is today, so I try to
spend it wisely!*

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

COUNCIL ON AGING STAFF

Suzanne Djusberg,
David Klein - Co-Directors
Norma Clark -
Outreach Coordinator
Cheryl Cohen -
Nutrition Coordinator
Jean Connell -
Activities Coordinator
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Jack Brown, David LaCouture
Linda Elliot - Van Drivers

**Our Symbol
Standing Guard**

Photo taken at the National Cemetery in Minneapolis on a June morning -- as it appeared in the *Minneapolis Star/Tribune*. Talk about a picture being worth a thousand words! It says everything without a single word.



A SOLDIER DIED TODAY

He was getting old and paunchy
And his hair was falling fast,
And he sat around the Legion
Telling stories of the past,

Of a war that he once fought in
And the deeds that he had done,
In his exploits with his buddies,
They were heroes, every one.

And 'tho sometimes to his neighbors
His tales became a joke,
All his buddies listened quietly
For they knew whereof he spoke.

But we'll hear his tales no longer,
For old Bob has passed away,
And the world's a little poorer,
For a Soldier died today.

He won't be mourned by many,
Just his children and his wife,
For he lived an ordinary
Very quiet sort of life.

He held a job and raised a family,
Going quietly on his way,
And the world won't note his passing,
'Tho a Soldier died today.

When politicians leave this earth,
Their bodies lie in state,
While thousands note their passing,
And proclaim that they were great.

Papers tell of their life stories
From the time that they were young,
But the passing of a Soldier
Goes unnoticed and unsung.

He was just a common Soldier,
And his ranks are growing thin,
But his presence should remind us
We may need his like again.

For when countries are in conflict,
We find the Soldier's part
Is to clean up all the troubles
That the politicians start.

If we cannot do him honor
While he's here to hear the praise,
Than at least let's give him homage
At the ending of his days.

Perhaps just a simple headline
In the paper that might say,
**"OUR COUNTRY IS IN MOURNING,
A SOLDIER DIED TODAY"**



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All the seniors in town are reading this newsletter!

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That sense of being unmoored, of not knowing where the bottom lies, is what transforms a tragedy into an epochal calamity. —Neil Swidey

INFORMER NEWS DEADLINE

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

HEALTH AND ASSISTANCE—NEW HOURS

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 10 to 1 pm & 4th Tues. 10:00 to 1:00 pm; Blanchard Gardens, 2nd Tues. 9:30 to 12:30; Chestnut Glen, 3rd Tues. 9:30 to 12:30. **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 will be available beginning on November 1. Hours are Monday, Wednesday, and Thursday from 9:00 to Noon. Call the office (781-982-2145) for information and to make appointment.

There are people that make things happen, there are people that watch things happen, and there are people who say, "What happened?" —Ed Parker (submitted by Cheryl)

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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.

Lifetime Membership:

Joseph H. Saulenas, Jr.

Memberships:

Beth & Doug Godfrey

Paula Neville

Patricia Mahoney

Roger & Judith Roy

Marlene Foley

Mary & Ken Laidlaw

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Patricia McCarthy

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Mary Lou & Bill Jones

In Memory of:

Barbara Reichert by American Legion Auxiliary Unit #112

Wilma & David by Joseph Bentley

Constance H. West by Helene W. Meehl

Gordon F. Slinger birthday remembrance by Betty Slinger

SENIOR CITIZENS ASSOCIATION OF ABINGTON

The Abington Senior Citizens Association's next meeting on Tuesday, November 8, 2011 will be groceries for ourselves. We will continue our sign-ups for the Christmas party on Wednesday, December 14. The cost is \$15 for members and \$20 for non-members. The choice is roast stuffed breast of chicken or roast loin of pork tenderloin. Entertainment by the OPALS. No gift exchange. But, if you wish to bring a stuffed animal, approx. 12" to 14", we will be donating them to the Abington Police and Fire Departments for children in peril.

NOTE: Computer classes during November will be held Monday through Friday. Please call 508-521-4008 for schedules of specific classes and sign up information. Schedules are available online at seniorcomputerlearningcenter.org.

Count Your Blessings!

(1) Keep a pen and notebook at your bedside and each night write a single phrase: "Today, I am grateful for (fill in the blank)." Singling out one good thing will help you sleep better and wake up happier. (2) Express gratitude! Praising others helps you, too, experts have found. Simply saying something kind to a co-worker or stranger will shed light on your strengths, too. (3) Acting as if you feel blessed . . . by smiling with your mouth and eyes, speaking cheerfully, and walking confidently. Going through the motions, even if you have to force it, can turn a negative outlook into a positive one.

OUTREACH—S.H.I.N.E.

LIVING TO 100: WHAT'S THE SECRET? —Harvard Medical School

A Study on “Living to 100” by Harvard Medical School states that centenarians (100 year-old seniors) exceeded 70,000 in the year 2000, and it is estimated in 2020 there will be 214,000 centenarians in the U.S. There were 131,000 in 2010.

In Okinawa life expectancy (81.2 years) is the highest in the world! Also in Okinawa, where they do Tai Chi and Karate, physical activity is believed to be most important. The eldest are walkers, bikers, and golfers.

People who live to be 100 also exercise their brains – by reading, painting, and playing musical instruments. Women, on average, live longer than men—estrogen, perhaps? Or is it because women are more social than men? However, men who do reach 100 are far less likely to have dementia or other serious medical problems.

Most centenarians still die from heart disease and would have died sooner without the medicines now available to control cholesterol and high blood pressure.

Some things that have contributed to Okinawans’ long life expectancy—they don’t smoke or drink heavily. If they did smoke, it wasn’t for long. Also, they gained little or no weight during adulthood—they don’t overeat, and they consume 10-20% fewer calories per day. They eat many fruits and vegetables. They do regular physical activity for as long as able, they challenge their minds, they have a positive outlook (they have shed-stress-easily personalities). An inability to control environmental stress has been linked to memory loss and heart disease. Okinawans are friendly and maintain close ties with family and friends. Positive relationships are associated with lower rates of depression and may result in lower rates of heart disease.

Standard Health Commandments: Don’t smoke; Manage stress; Keep trim; Avoid social isolation; Get exercise.

Adapted from Harvard Medical School’s “Living to 100: What’s the Secret?” and “Trusted Advice for a Healthier Life” by Norma Clark.

NOVEMBER’S CHUCKLE

As a senior citizen was driving down the freeway, his car phone rang. Answering, he heard his wife's voice urgently warning him, 'Herman, I just heard on the news that there's a car going the wrong way on Interstate 77. Please be careful!' 'Heck,' said Herman, 'It's not just one car. It's hundreds of them!'

Life has got to be lived—That’s all there is to it. —Humanitarian, Eleanor Roosevelt



SHE LIKES IT HERE

In August of 2009 Cheryl Cohen came to the Abington Senior Center to become the new Meals on Wheels Coordinator.

Cheryl is a local lady. The second of four children, she grew up and went to school in Holbrook and furthered her education at Massasoit, graduating as a certified medical laboratory technician. Her background and greatest love is work in the field of medicine. She worked for two years at the Pondville Hospital in Walpole, followed by a medical records technician assignment at Tufts Hospital.

Her medical career was interrupted by a disastrous car accident which left her badly injured and in a coma. Only through determination and sheer grit did she finally learn to walk and talk once again. She was eventually able to resume working, first for doctors at the Brigham Hospital, a job she loved, and then supervising the operation of the Quest medical laboratories for a number of years.

After caring for her husband through a terminal illness, Cheryl felt she would like to work with people and found her spot at our Senior Center. She arranges for meals to be delivered to the people who need that service. Her job includes interviewing the applicants, making the financial arrangements, scheduling drivers to deliver, ordering the meals, and completing all the necessary reports. When necessary, she delivers the meals herself. The Thursday luncheons at the Center are also part of her responsibilities.

Cheryl helps out in many ways. She never hesitates to lend a hand with cleaning, serving, laundry, any and all other chores, and she is always there when someone needs a hug. She feels comfortable here and is especially fond of the cribbage players, although she does not hesitate to remind them of their manners when they line up for lunch.

She credits her parents with providing her with a wonderful upbringing. Her mother and one sister live in Florida; her brother and her other sister live locally. She loves sports, although her favorite team is the Yankees, and she likes to play poker and is an accomplished knitter. Because of her injury, she still requires some therapy.

Cheryl likes it here, and we like Cheryl.


THINK ABOUT IT!

Quiz: 1. Name the 5 wealthiest people in the world? 2. Name the last 5 Heisman trophy winners? 3. Name the last 5 winners of the Miss America contest? 4. Name 10 people who have won the Nobel or Pulitzer Prize? 5. Name the last half dozen Academy Award winners for the best actor and actress? 6. Name the last decade's worth of World series winners? How did you do? The point is, none of us remembers the headliners of yesterday. These are no second rate achievers. They are the best in their fields. But the applause dies. Awards tarnish. Achievements are forgotten. Accolades and certificates are buried with their owners.

Here's another quiz. See how you do on this one: 1. List a few teachers who aided your journey through school? 2. Name three friends who have helped you through a difficult time? 3. Name five people who have taught you something worthwhile. 4. Think of a few people who have made you feel appreciated and special? 5. Think of five people you enjoy spending time with? 6. Name half a dozen heroes whose stories have inspired you? Easier? The people who make a difference in your life are not the ones with the most credentials, the most money, or the most awards. They are the ones that cared.

NOVEMBER 2011 LUNCH & ACTIVITIES

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| <p>Reminder: Tuesday lunches are now \$4.00. <i>Still a great bargain!</i></p> <p>Daylight Savings Time ends Nov. 6</p> | <p><u>1</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> American Chop Suey, Salad, Italian Bread, Dessert, Beverage <u>Price: \$4.00</u></p> | <p><u>2</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u></p> | <p><u>3</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (Free)</u> <u>11:30 Lunch: TBA</u></p> | <p><u>4</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi (Free)</u></p> |
| <p><u>7</u> <u>9:00-11:00 Beginners Knitting/ Crocheting Class, (8weeks)</u> <u>12:30 Bingo</u></p> | <p><u>8</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Tomato Soup, Sandwich, Crackers, Dessert, Beverage <u>12:00 Coping with Grief</u> <u>1:00 Senior Citizen Assn Meeting</u></p> | <p><u>9</u> <u>9:00 FOAS Mtg.</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u></p> | <p><u>10</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (Free)</u> <u>11:30 Lunch: TBA</u></p> <p>Full Beaver Moon</p> | <p><u>11</u></p> <p><u>CLOSED</u></p> <p><u>VETERANS DAY</u></p> <p><i>Honor our Vets!</i></p> |
| <p><u>14</u> <u>9:00-11:00 Beginners Knitting/ Crocheting Class, (8weeks)</u> <u>12:30 Bingo</u></p> | <p><u>15</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Turkey with Dressing, Gravy, Mashed Potato, Cranberry Sauce, Peas, Butternut Squash, Dessert, Beverage</p> | <p><u>16</u> <u>9:00 COA Mtg.</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>10:00-11:30 Grief Support</u></p> | <p><u>17</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (Free)</u> <u>11:30 Lunch: TBA</u></p> | <p><u>18</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi (Free)</u></p> |
| <p><u>21</u> <u>9:00-11:00 Beginners Knitting/Crocheting Class (8weeks)</u> <u>12:30 Bingo</u></p> | <p><u>22</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Corn Chowder, Crackers, French Bread, Dessert, Beverage <u>10:30 Meet w/State Rep. Geoff Diehl</u></p> | <p><u>23</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>10:00-11:30 Grief Support</u></p> <p><u>EARLY CLOSING</u></p> | <p><u>24</u> <u>CLOSED</u></p> <p><u>HAPPY THANKSGIVING DAY!</u></p> | <p><u>25</u> <u>CLOSED</u></p> <p><i>FYI: In November black bears head to winter dens, lobsters move to offshore waters, and skunks hibernate. Winston Churchill was born Nov. 30, 1874.</i></p> |
| <p><u>28</u> <u>9:00-11:00 Beginners Knitting/Crocheting Class (8 weeks)</u> <u>12:30 Bingo</u></p> | <p><u>29</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Hamburgers and Beans, Cole Slaw, Birthday Cake, Beverage</p> | <p><u>30</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>10:00-11:30 Grief Support</u></p> | <p>Note: Fuel Assistance begins Nov. 1, Mon., Wed., Thur., from 9:00 to Noon. Call office for appt.</p> <p>Abington Art Association Demo, Nov. 12, 12:00 noon—5pm</p> | <p>FYI: Free Tai Chi & Chair Yoga w/Joanne are sponsored by Friends of Abington Seniors, Inc.</p> <p>Reminder: Xmas House Tour December 11</p> |



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ABINGTON OLDTOWN FOOTBALL —Carol Doherty

In 1919, the Big War had ended. A group of veterans, recently returned from the service got together, and encouraged and supported by a number of businessmen in town, formed what became known as the Abington Oldtown Football Team.

One notable name, Arthur Barry, with his financial collections of \$300.00 and enormous enthusiasm, was the leading force that established the start of the Oldtown Football Association, an organization that would last for many years.

From its inception the team was mandated to be strictly amateurs. Only Abingtonians were allowed on the team. The players were not paid. Nor were the managers, support staff and ticket sellers. Their only reward at the end of the season was a banquet and perhaps a jacket, sweater or ring. Only coaches received any monetary compensation. Notably, a former Abington High and Georgetown University football star, Charlie Walsh, was persuaded to take over the coaching job in 1932. During the next eleven years, he enjoyed an impressive record of 86 wins, 18 losses and 11 ties.

Most games were played at home at the field behind what is now the Abington Junior High or Middle School. The hill behind the school provided a great place for fans to stand and watch. Across the field was the famous “Whiskey Hill”, sometimes known as “Alcohol Hill” or “Booze Hill” where visiting fans could watch. And, of course, where those who wished to, could party after a win or commiserate with one another after a loss. The present Memorial Field was not built until 1937.

Over the years a number of great rivalries evolved with Whitman, Rockland and Bridgewater among others. Interestingly, no Rockland team ever defeated the Oldtown. Think of that the next time the High School team plays Rockland and your grandson (or great-grandson) is racing down the field for a T.D.!

In the forty years the Oldtown team was active the number of players, coaches, management and support staff swelled into the hundreds. Names are far too many to mention individually. Those in town and in surrounding towns will remember with great fondness all the beautiful fall afternoons watching the Oldtown play. Eddie Doherty always spoke nostalgically of the times as a boy when he went to games with his dad. It sparked a lifelong love of football.

There is no doubt that the Abington Oldtown teams provided many years of exhilarating games, time with friends, an impressive number in the “win” column and, most of all, wonderful memories. Those who came along later salute the men whose dedication and enthusiasm created a rough and exciting game played without pay, all because they loved the game of football.

RECOMMENDATION: ARIANA FRANKLIN'S “MISTRESS OF THE ART OF DEATH” Book Series and KEN FOLLETT'S “PILLARS OF THE EARTH” —David Klein

Have you recently thought of picking up a book that takes place during the 12th century? If your answer is no, don't worry you're probably part of the large majority. Earlier this year at the Senior Center I stumbled upon Ken Follett's “Pillars of the Earth” and despite its daunting thickness I took it home and began reading...and reading. Yes, it took a while, but “Pillars of the Earth” not only has interesting and compelling characters, but Follet cleverly uses the 12th century as a backdrop to reveal how some of the western world's great cathedrals were built. In many cases the construction of these incredible buildings took at least a generation, if not several, to complete. Of course there's politics involved, so in some respects things have changed very little.

If you enjoy historical fiction such as “Pillars of the Earth”, Ariana Franklin's four piece mystery series may be even more satisfying. Beginning with the first book in the series, “Mistress of the Art of Death”, the author's female protagonist, Adelia Aguilar, who is part Agatha Christie's Miss Marple and part Quincy Medical Examiner, has her hands full discovering who's responsible for a series of local murders. I love a mystery as much as the next reader, but what sets Ms. Franklin's character apart is that she has to deal with all of the bias and limitation that women had to face in the 12th century. The fact that she struggles and ultimately triumphs with humanity and wit is timeless. The other three novels in the series are in chronological order: “The Serpant's Tale”, “Grave Goods”, and “A Murderous Procession”.

All four novels take place during the reign of King Henry the 2nd. And like any good piece of historical fiction, it's fun to learn about the real life characters of their time; even Arthur and Guinivere make cameos of sorts. It turns out that this King Henry, father of Richard the Lionhearted, although not without flaw, was very forward thinking and was responsible for many of the reforms of law that we take for granted today, including the use of a jury system and a method of trials that is now standard in many areas of the world. It is at least partially what we know of as “common law”. Author, Franklin uses the backdrop of 12th century England as a way of examining some tragic and yet compelling storylines while all the while setting up suspenseful conclusions as the bad guys are finally revealed at each conclusion.

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TRAVEL OPPORTUNITIES

December 4-5, 2011: A trip to the Hudson Valley to see and enjoy the stained glass windows designed by Henri Matisse and Marc Chagall, and visiting and dining at the Lyndhurst Castle. The trip also includes the Rockettes at the Radio City Hall Christmas Spectacular Show. Price: \$349.00 pp/dbl.

December 11-13, 2011: A trip to the White Mountain Hotel in New Hampshire for a Christmas celebration. Meals and entertainment will be provided at the Hotel. A tour of the Mt. Washington Observatory's Weather Discovery Center is also included. Price: \$365.00 pp/dbl. Reservations and Deposit required for all trips. Contact Rita Webster @ 781-982-9102.

November 12: Foxwoods Trip, Free Lunch & Keno at Foxwoods, Sponsored by Rockland Ladies Auxiliary, \$30 Donation; Call Joan Sprague @ 781-878-2354.

COPING WITH GRIEF DURING THE HOLIDAYS

Beacon Hospice is offering a special support group for people who are grieving the death of a loved one during the upcoming holiday season.

Sessions will be held on Wednesday mornings from 10:00-11:30AM beginning November 16, 2011 for six weeks at the Abington Senior Center, 441 Summer Street.

Pre-registration is required. This group is free of charge and is open to anyone in the community. Please call Scott Ciosek, Bereavement Coordinator, at 508-747-7222.

CHRISTMAS WITH SANTA

Our annual children's Xmas party will be held on Saturday, December 11, from 8AM to 12 Noon. Admission is \$5, with children under 2 admitted free. The admission fee includes a breakfast of pancakes, sausages, and scrambled eggs, and a photo with Santa. The Children's Gift Shop will be open, with a charge of \$2 for each present (limit of 5 presents per child), and all presents will be gift wrapped and tagged. Coloring books and crayons will be provided to keep everyone busy.

RECIPE OF THE MONTH — Date Balls —Mrs. McFadd

| | |
|----------------------|------------------------|
| 1 stick margarine | 1/2 lb. dates, chopped |
| 3/4 cup sugar | 1 egg beaten |
| 2 cups rice krispies | 1/2 cup chopped nuts |

Flaked coconut

Cook dates, sugar, egg, and margarine together for 5 minutes, then add rice krispies and chopped nuts. Mix. Cool and then shape into balls and roll in flaked coconut. Yummy!

5-Minute Chocolate Mug Cake—A Fun Recipe

| | | | |
|---------------|---------------|-------------------|------------------------------------|
| 4 tbsp. flour | 4 tbsp. sugar | 2 tbsp. cocoa | 1 egg |
| 3 tbsp. milk | 3 tbsp. oil | splash of vanilla | 3 tbsp. chocolate chips (optional) |

In a large, straight-sided coffee mug add dry ingredients and mix well. Add the egg and mix thoroughly. Pour in the milk and oil and mix well. Add the chocolate chips (if using) and vanilla extract, and mix again. Put your mug in the microwave and cook for 3 minutes at 1000 watts. The cake will rise over the top of the mug, but don't be alarmed! Allow to cool a little, and tip out onto a plate. This can serve 2. Might be fun to try with your young grandchildren.

REVOLVING BOOK PROGRAM

Perhaps one of the more interesting but overlooked COA successes is a book sharing program that started informally about 15 months ago when the Abington Library was compelled to close its off-site branch at the Senior Center due to budgetary constraints. Of course the Abington Library is a town treasure and their presence at the Senior Center is missed, but ironically, the change has precipitated the advent of what seems to be a thriving book swapping program.

One of the nice by-products of having a Senior Center is that people tend to want to donate things, often including books. Even so, it has been a bit of a surprise that shortly after our staff put up a couple of bookshelves in the main hallway to store these donated books we began seeing organic growth in the number of books borrowed or taken. What to attribute this success to is hard to pinpoint? Perhaps it's the flexible nature of the program, in that Senior Center visitors are free to take books and are not required to return them when finished, although some do, which is also nice. Or maybe it is the time and care that COA staffer Susan Young takes to categorize the books by subject matter and author. Either way, if you're a book-lover, just like at any library or bookstore it's fun to stop in the hallway from time to time and see if anything new has arrived. Check it out, you might be surprised! —David Klein

REMINDER—REMINDER—REMINDER

Christmas will be here before you know it and so will our Santa Breakfast with the children's gift store. We are looking for donations of new items appropriate as gifts for parents but especially for fathers. Donations of items can be left at the Senior Center, Attn: Pat Beaulieu or Children's Gift Store.

REQUESTS

Wrapping Paper: Do you have any unused Xmas wrapping paper you might contribute to the ladies who wrap the gifts purchased at Breakfast with Santa? If you do, you may drop it off at the Senior Center office, attn: Pat Beaulieu, and they'll see she gets it. **THANK YOU.**

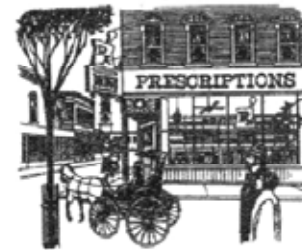
Yarn Request: The Gifted Hands Ladies would be grateful for donations of yarn, any color, any kind. **THANK YOU.**

Bingo Group could use 8 oz. styrofoam cups, small plates, and napkins. **THANK YOU.**

Kitchen Ladies: Coffee, 9" Chinette plates, ziplock sandwich bags, paper napkins.

FOAS: We're looking for anyone with scrapbooking talent to help us compile a booklet utilizing our collection of photos and news clips. Contact Diane Keith. **THANK YOU.**

Correction: On pg. 6 of the October *Informer* under "A Good Time Was Had by All!", our proofreaders missed an incorrect thank you reference to the KFC. It should have read Abington VFW (for the Abington Veterans of Foreign Wars post). We regret the error and restate our sincere thanks for the VFW's support.



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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.

Senior Citizen's Association: A Social Club, for Abington residents over 59 1/2 years old, singles and couples, that meets on the 2nd Tuesday of the month at 1:00 p.m. at the Senior Center. A different and varied program is offered at each meeting. Cost \$10 yearly.

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

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Informal Newsletter Staff

Marie Brown, Joanne Curtis, Betty Slinger, Maureen Wall

Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

MARRIAGE HUMOR—Wife: 'What are you doing?' Husband: 'Nothing.' Wife: 'Nothing . . .? You've been reading our marriage certificate for an hour.' Husband: 'I was looking for the expiration date.'

What a wonderful life I've had! I only wish I'd realized it sooner. —Colette