



The Senior Informer

SEPTEMBER 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

Volume 8.5

**Council on Aging
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COFFEE WITH JOHN

John D'Agostino, Town Manager
Abington Senior Center
Tuesday, September 27, 10:00 a.m.

It's nice to be important, but it's more important to be nice. —Villanova head football coach Andy Talley

Save the Date

**Abington Community Fair &
Marketplace**

Sat., October 29, 10:00 am—2:00 pm
Abington Senior Center

ACTIVITIES

Bingo
Blood Pressure Screening
Chair Yoga w/Joanne
Computer Class
Cribbage
Hearing Tests
Knitting & Crocheting Group
Legal Assistance
Quilting Class
Senior Lunches
Tai Chi

COUNCIL ON AGING STAFF

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Activities Coordinator
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ABINGTON SCHOOLS HAVE COME A LONG WAY

September – The month of the Harvest moon, the Autumnal equinox, the beginning of the cranberry season, and the start of a new school year. For those of us receiving this newsletter, it has been a long, long time since we faced the terror of the first grade, or the elation and trepidation of our final days in high school. And Abington schools have come a long way as well.

Our town first provided education at the homes of those residents willing and able to teach. A one room schoolhouse was built near the junction of Summer and Washington Streets, and other schools followed – in West Abington at the corner grocery store – one near the corner of Lincoln and Hancock, and another on Washington Street. At one time, high school students from Center Abington were housed in what became the Odd Fellows Hall. In the late 1800's, the North and Center high schools consolidated and moved into what is now the American Legion Hall. The new high school was built in 1903 and then rebuilt at the same location after a disastrous fire destroyed the original building in 1934. That new building is now known as the Charles M. Frolio School. New elementary schools were built in both North and Center Abington, the North school students being housed in the Crossett office building (later known as the Mildred Alford Nursing Home) during construction. On moving day, students from both schools packed up their books and other equipment and carried them to their new classrooms. The North and Center schools are still in existence – the North as a school administration building, and the Center, renamed the ECC, expected to re-open for pre-kindergarten and kindergarten. The former original Junior High School and lately the ECC is now the Beaver Brook School, with grades 1 to 4. The Woodsdale School houses grades 5 and 6 and the junior high students, grades 7 and 8, are at the Frolio school. Grades 9 through 12 complete their local education at the high school on Gliniewicz Way. Two other important schools offer educational opportunities – St. Bridget's grammar school, and the South Shore Vocational School in Hanover.

As a well known fact of life, some people are financially better off than others, and this is probably nowhere more discomforting than among school children. Perhaps this is why some donation boxes for school supplies have been placed around reminding us that a helping hand sometimes means a lot.

Historical information obtained from Dyer Library/Historical Society of Old Abington material.

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If you saw a heat wave, would you wave back? —Steven Wright

INFORMER NEWS DEADLINE

Place in Newsletter inbox by 10th of previous month (i.e., 10th of September for the October 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 9:30 to 12:30 & 4th Tues. 9:30 to 12:30; 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 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. A referral is needed from your doctor, visiting nurse, social worker or case worker.

Senior Lunches: Tuesdays & Thursdays at 11:30. 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 will address questions & offer general guidance.

VOLUNTEERS NEEDED FOR FUEL ASSISTANCE

The co-directors are looking for two volunteers willing to take the necessary training so they can act as facilitators for those Abington residents who apply for fuel assistance. If interested, please contact Suzanne or David at 781-982-2145.

FYI: THURSDAY LUNCHES at the Senior Center will begin again on Thursday, September 8, 2011 at 11:30 a.m. Menu TBA (to be announced).

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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.

Donations:

Resident—71 Shaw Avenue

Memberships:

Eileen Maraget

Joan E. Anderson

Neil & Carol Caldeira

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Fran & Chris Cronin

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Dorothy Pilato by Senior Citizen Association

Tom by Carol Mull

Barbara Reichert by George Snow

Barbara Reichert by Jane & Jim Valer

Barbara Reichert by Albert Reichert

Barbara Reichert by Rose Briggs

Edward J. Kiernan by Muriel Kiernan

Kathryn by Henry Welsh

John J. Kelly, Jr. by Elaine Nero

SENIOR CITIZENS ASSOCIATION OF ABINGTON

Monthly meeting, Tuesday, September 13, 1:00 p.m. at Sr. Center—We will be honoring our “over 90” members.

They will be invited to the Tuesday lunch and asked to stay for the meeting at 1 pm. Coffee, cake, and surprises in their honor.

FUEL ASSISTANCE VOLUNTEERS – We need at least TWO volunteers to work one day a week for 3 to 4 hours from November 1st to April 30th. The volunteers will be trained by Self Help, Inc. on how to help people who need aid for Fuel Assistance complete their applications. This is a very important need in our community. We’re looking for a few good adults (any age) to help out here at the COA/Senior Center. Contact David or Suzanne at 781-982-2145 if you’re interested.

The Wisdom of an 8-Year-Old

Out bicycling one day with my eight-year-old granddaughter, Carolyn, I got a little wistful. “In ten years,” I said, “you’ll want to be with your friends and you won’t go walking, biking, and swimming with me like you do now. Carolyn shrugged. “In ten years you’ll be too old to do all those

OUTREACH—S.H.I.N.E.—WITH NORMA
S.H.I.N.E. by APPOINTMENT

FACTS ABOUT FALLING: *One out of three adults age 65 and older falls each year; *Falls are the leading cause of death from injuries among people 65 and older; *81% of deaths from falls were among people age 65 and older; *Older Caucasians are 2.5 TIMES more likely to die from falls than their black counterparts; *Older adults are hospitalized for fall-related injuries FIVE TIMES more often than they are for injuries from other causes.

TIPS TO KEEP FROM FALLING: *Begin a regular exercise program; *Make sure your home is safe; about half of all falls happen at home; *Have your health care provider look at all your medicines (over the counter meds as well as prescription meds) as some meds combined can cause drowsiness or lightheadedness; *Have your vision checked.

THE SOCIAL NETWORK: Sure, you could win a jackpot playing bingo, but the bigger prize may be what it does for your health. Research shows that social games may help keep people young. A study of nearly 1,000 people revealed that increased social activity -- things like going out to eat with friends, taking trips, and, yes, playing Bingo -- decreased the risk of injury and disability in a group of older adults.

Researchers surveyed a group of adults over a period of 5 years, asking questions about their social activities, such as how often they went out and what kinds of activities they engaged in outside the house. Then, the researchers also measured the study participants' ability to perform basic tasks essential to daily living, such as bathing, dressing themselves, getting up and down stairs, doing housework, and the like. And those who got out of the house the most often to do social activities were twice as likely to be disability-free and independent as they aged.

JOIN THE CLUB: Although it's not exactly clear how socializing wards off disability, the recent study shows that it's not simply a matter of social people being more active. Scientists theorize that there is something more at work -- that, somehow, frequent interaction with others not only keeps the brain sharp but helps support the musculoskeletal system, too. It may also be that people's social ties motivate them to stay in good physical shape so they can continue to get out and enjoy other people's company. And the recent study supports other research showing that greater social activity can slow down the decline in motor skills that comes with aging. Need to amp up your social life? Try these tips:

* Skip the small talk when you meet for coffee. Diving into deeper conversation can make you happier and healthier.

* Volunteer. Discover how doing good for others can keep your brain sharp as a tack.

* Don't be a wallflower. Research shows there's a longevity benefit to being the life of the party.

—Real Age,

Inc.

SEPTEMBER'S CHUCKLE

Paul Newman founded the Hole in the Wall Gang Camp for children stricken with cancer, AIDS, and blood diseases. One afternoon, he and his wife, Joanne Woodward, stopped by to have lunch with the kids. A counselor at a nearby table, suspecting the young patients wouldn't know Newman was a famous movie star, explained, "That's the man who made this camp possible. Maybe you've seen his picture on his salad dressing bottle?" Blank stares. "Well, you've probably seen his face perked up. "How long was he missing?"

MEET JEAN

Jean Connell, the Senior Center's Girl Friday, shown as she works at her computer. She's one busy lady.



Generally that first friendly face and cheerful greeting you experience when you enter the Abington Senior Center belongs to Jean Connell the activities coordinator/Girl Friday who answers the phone and sits (sometimes) at the desk in the first office to your left. She is our own welcoming committee.

Jean, the oldest of seven siblings, grew up in Dorchester and graduated from S. Boston High. Married to Jerry for 38 years, she lives in Hanson after having resided in Whitman for 25 years. She's the mother of two sons (one living in western Massachusetts and the other in New Hampshire) and is the doting but long distance grandmother of five, two girls and three boys ranging in age from 7 months to 6 years.

Jean has previously worked as an asset transfer representative for a mutual fund company and as a medical claims examiner but says her absolute favorite employment is her present one. She loves the seniors and finds her work rewarding, claiming she learns so much from them as they are teachers and don't realize it. This isn't her first involvement with the Abington COA as she worked for the Council when Judy Richardson was the director and it was located in offices at the Town Hall.


A big yard sale and eBay fan, both for buying and selling, Jean enjoys working on her finds believing most anything old can be made to look new again. Her hobbies include reading, Thistle collecting, and anything Scottish. Her travels have included Ireland, Scotland, Spain, and Bermuda. In November she'll revisit Ireland and Wales.

As a teenager, Jean lived next door and babysat for the Wahlberg family--all nine kids--among them the Donnie and Mark movie and music stars. She enjoys visiting their trendy restaurant Alma Nova (named after their mother and presided over by chef Paul Wahlberg) located in the old Hingham shipyard.

Included in Jean's "bucket list" of things to do is climbing Mt. Greylock in western Massachusetts. Her philosophy for life is to "enjoy and get the most out of each day because these days never come again." And, in what would seem a perfect fit, Jean's favorite entertainer is James Taylor.

SEPTEMBER 2011 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Important!</u> <u>Make sure your house numbers are clearly visible from the street!</u></p>	<p>Heat & humidity got you down? Your Senior Center is air Conditioned. Drop in and cool off.</p>	<p>Don't Forget—Books in the Hall; Good Reads Available for the Taking. Puzzles, too. Enjoy.</p>	<p><u>1</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (Free— Courtesy of the FOAS who are subsidizing the cost of the class)</u></p>	<p><u>2</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van 9:00-10:00 Meet w/ State Sen. John Keenan</u> <u>11:00 Tai Chi (Free)</u></p>
<p><u>5</u> <u>Closed for Labor Day</u> <u>Yoga & Tai Chi are free for now - courtesy of the Friends of Abington Seniors, Inc.</u></p>	<p><u>6</u> <u>9:00 Cribbage</u> <u>11:30 Lunch: Pan Potatoes, Meat Loaf, Stewed Tomatoes, Rolls, Dessert, Beverage</u></p>	<p><u>7</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u></p>	<p><u>8</u> <u>9:00 Cribbage</u> <u>9:00 Craft Fair Meeting, please volunteer</u> <u>10:00 Chair Yoga w/ Joanne (Free)</u> <u>11:30 Lunch: TBA</u></p>	<p><u>9</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van 11:00 Tai Chi (Free— Courtesy of the FOAS who are subsidizing the cost of the class)</u></p>
<p><u>12</u> <u>12:30 Bingo</u></p>	<p><u>13</u> <u>9:00 Cribbage</u> <u>11:30 Lunch: Ham & Cheese Sandwich, Soup, Chips, Dessert, Beverage</u> <u>1:00 Senior Citizen Assn Meeting</u></p>	<p><u>14</u> <u>9:00 FOAS Mtg</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u></p>	<p><u>15</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (Free)</u> <u>11:30 Lunch: TBA</u></p>	<p><u>16</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van 11:00 Tai Chi (Free)</u></p>
<p><u>19</u> <u>12:30 Bingo</u></p>	<p><u>20</u> <u>9:00 Cribbage</u> <u>11:30 Lunch: Chili, Green Salad, Dessert, Beverage</u> <u>Senior Charlie Card/ ID Photos for Pass</u></p>	<p><u>21</u> <u>9:00 COA Mtg.</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>Senior Charlie Card/ ID Photos for Pass</u></p>	<p><u>22</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (Free)</u> <u>11:30 Lunch TBA</u> <u>Senior Charlie Card/ ID Photos for Pass</u></p>	<p><u>23</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van 11:00 Tai Chi (Free)</u></p>
<p><u>26</u> <u>12:30 Bingo</u></p>	<p><u>27</u> <u>9:00 Cribbage</u> <u>11:30 Lunch: Ham & Scalloped Potato Casserole, Carrots, Rolls, Birthday Cake, Beverage</u> <u>10:30 Meet w/ State Rep. Geoff Diehl</u></p>	<p><u>28</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u></p>	<p><u>29</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (Free)</u> <u>1:30 Lunch, TBA</u></p>	<p><u>30</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van 11:00 Tai Chi (Free)</u></p>



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MEDICARE OPEN ENROLLMENT IS CHANGING!

The annual Medicare Open Enrollment period has changed. **October 15 through December 7** is the time to enroll in or change your Medicare coverage for next year, with coverage effective January 1, 2012. State-certified SHINE (Medicare) Counselors can help you understand your plan, as well as other options you may have.

In September, if you are a member of a Medicare Prescription Drug Plan or a Medicare Advantage Plan, you will be receiving information in the mail about changes to your current plan. Be sure to save the information and bring it along with your prescription drug list and Medicare card to your SHINE appointment.

KNITTING AND CROCHETING CLASSES are being offered at the Senior Center on Monday mornings starting in September: 8 weeks at \$40.00. Knitting 9-10 AM, Crocheting 10-11 AM.

The instructor, Rosemary Burns, is a member of our Gifted Hands group and a very experienced teacher in both crafts. Call Rosemary at 781-878-0435. Beginners especially welcome.

REMINDER—REMINDER—REMINDER

Even though it is now summer, 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.

NEW HOURS FOR ABINGTON'S PUBLIC HEALTH NURSE

Location	Days	Time
Abington Senior Center	Weekly on Mondays	9:30 AM to 12:30 PM
	4th Tuesday of the Month	9:30 AM to 12:30 PM
Leavitt Terrace	1st Tuesday of the Month	9:30 AM to 12:30 PM
Shaw Ave/Blanchard Gardens	2nd Tuesday of the Month	9:30 AM to 12:30 PM
Chestnut Glen	3rd Tuesday of the Month	9:30 AM to 12:30 PM

Please note: Board of Health states the nurse will be available to ALL Abington residents, regardless of age.

A PRESCRIPTION FOR LAUGHTER

Laughter lightens moods, builds bonds, and reduces stress, so it's good for the mind. But evidence is mounting that laughter is good for the body also: e.g., immunity booster, pain reducer, mental benefits, and heart health. A sense of humor can be cultivated. Make a daily effort to add laughter to your life and take yourself less seriously! --submitted by Cheryl

Employment application blanks always ask who is to be notified in case of an emergency. I think you should write, "A good doctor!"

WISH LIST—from Luncheon Ladies

A box fan
Large disposable aluminum foil pans

WANTED: HE Men—all you strong men out there who are currently attending the Tuesday and/or Thursday lunches; the kitchen crew needs a small amount of your time to help in the clean-up of the heavy pots. Please consider volunteering to take a 15 minute turn to help wash the heavier pots and pans. It will help keep the lunches going!

Our sincere thanks to all who've responded to the previous wish lists. Your donations are much appreciated.

SAVE THE DATE—Saturday, October 29, 2011, our 2nd annual Abington Community Fair & Marketplace, bigger and better than last year. Volunteers are needed. See sign-up sheet in lobby of the Senior Center.

THANK YOU - THANK YOU - THANK YOU - THANK YOU

- Recently, while making the rounds, our COA bus suffered a flat tire necessitating a tow, etc. Thanks to **Jack Bailey of Bailey's Garage**...for making "The Wheels Of The Bus Go Round And Round" and saving the day!
- Our thanks to **Colony House** for their donation of a professional size and quality double boiler. The kitchen ladies have put it to good use.
- Thanks to the **St. Vincent de Paul Association** for the wonderful July indoor cookout they provided for Abington seniors. No one could have left hungry.
- Thanks to the **Abington VFW** and **Abington Police** for providing Abington seniors with the August 26th 31st Annual Sr. Citizen Cook-out. A good time for all.
- Our thanks to the young women from **Studio 23** in Abington who, on August 2, provided free manicures for 12 seniors at the Sr. Ctr.
- Our Final Thanks is to the **Friends of Abington Seniors, Inc** for once again subsidizing the cost of the Yoga & Tai Chi classes!!

TRAVEL SHOW

Presented by Rita Webster. **Sunday, October 16, 2:00 PM.** Abington Senior Center, 441 Summer Street
Light refreshments served. For further information call: Rita Webster 781-982-9102

COMING SOON to COA – Senior Computer Learning Center

The Senior Computer Learning Center of Mass (formerly SeniorNet, associated with Massasoit Community College, Brockton) is looking forward to relocating to the Abington COA. The Learning Center is dedicated to the training and coaching of older adults on how to enhance their lives by taking advantage of current computer technology. We provide, at minimal cost, computer literacy to any adult with an interest in learning.

The Learning Center is operated entirely by volunteers from our local communities. We make use of high-quality curriculum materials prepared for, or selected by the Learning Center staff. Most of the volunteer instructors and coaches have several years of experience training seniors. Most have come from technical, business, or teaching careers.

Classes are organized by skill levels and are geared to the interests of seniors. Learning is fun and paced to the needs of the students. Coaches are ready to help - as many as one for every two students. Low priced courses (Fundamentals of Computers, Introduction to Computers, Word Processing, Introduction to the Internet, Using Digital Cameras, Genealogy and many other courses or workshops) will be presented. Each student will participate in a small class and will have access to a late model Windows 7 computer, software, a printer, internet access etc.

In late September or early October, we anticipate that staff personnel will present an "Open-House" describing courses and displaying the new state of the art classroom. We will be looking forward to seeing you there. For more details, please access seniorcomputerlearningcenter.org.

RECIPE OF THE MONTH — RICOTTA AND FRESH HERB SAUCE

(Steven's recipe for *No Cook Sauce* for hot pasta)

1 lb. medium shells	1 container (15 oz.) whole milk ricotta cheese
1/4 cup grated parmesan cheese	2 tbs. chopped fresh parsley
2 tbs. chopped fresh basil	2 tbs. chopped fresh dill
2 tbs. chopped fresh oregano	1/4 tsp. black pepper

1. Cook pasta according to directions. Drain well. 2. Combine all ingredients. Stir to blend well. 3. Fold sauce into hot pasta. Serve and enjoy. 4. Sprinkle with extra parmesan cheese.

"My Life, My Health Workshops" Coming Soon!!

Old Colony Elder Services will be presenting a workshop at the Abington Council on Aging beginning Tuesday, September 27, and continuing every Tuesday through November 1, 2011. The sessions will begin at 10 AM and will conclude at 12:30 pm. Lunch will be included in the program.

The program is being funded by a grant that Old Colony Elder Services received from The Greater Brockton Community Health Network Area (CHNA) which services the communities of Abington, Avon, Bridgewater, Brockton, East Bridgewater, Easton, Holbrook, Stoughton, West Bridgewater and Whitman.

The premise for this program is that although chronic diseases are different in their signs and symptoms, there are many aspects of chronic diseases that are the same. Old Colony Elder Services was licensed by Stanford University, which originally developed the program, to present workshops for people with chronic conditions such as diabetes, CHF, COPD, arthritis, etc. People with different chronic diseases attend this workshop together. Results have been encouraging as it was found that those who participated in the program compared to those who did not, demonstrated significant improvement in exercise, cognition, general health, fatigue and social activities. Classes are highly participative, mutual support and success builds the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Subjects discussed in the six weeks include: 1) techniques to deal with problems such as frustration, fatigue, pain, and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, and, 6) how to evaluate new treatments.

The workshops will be limited to between 10 and 16 participants. If interested please call Dorothy Slack at Old Colony Elder Services at (508) 584-1561, extension 217 to register.



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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

Friends of Abington Seniors, Inc.

Larry Keough, President; Diane Keith, Vice President; William Kendall, Treasurer; Jack Libby, Asst. Treasurer; Peggy Keating, Secretary

Informer Newsletter Staff

Marie Brown, Joanne Curtis, Betty Slinger, Maureen Wall

Grandpa says: The coffee is cold! The food is too bland! The music is too loud! Grandson says: What makes you old folks so cranky? Grandpa replies: Years and years of practice!

A woman is like a tea bag. You can't tell how strong she is until you put her in hot water. —Eleanor Roosevelt (submitted by Cheryl)