



The Senior Informer

NOVEMBER 2015

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

Website:
ABINGTONSENIORCENTER.COM
Suzanne Djusberg, Director
COADirector@Abingtonma.gov
Hours: 9AM to 2PM Mon. thru Thur.
9AM to 1PM Fri.

Volume 12

Issue 11

Council on Aging Board of Directors

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SAVE THE DATES
VETERANS RECOGNITION
DAY—Sr. center
November 10, 10:00 am

BREAKFAST WITH SANTA
December 12, \$5.00
Abington Senior Center

ACTIVITIES

Bingo
Blood Pressure Screening
Bocce
Chair Yoga w/Joanne
Chess
Computer Classes
Cribbage
Hatha-Yoga w/Joanne
Hearing Tests
Knitting & Crocheting Group
Line Dancing
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

AMERICA'S MOST BELOVED VETERANS

As Patrick Henry put it: "The battle, sir, is not to the strong alone; it is to the vigilant, the active, the brave." — signature characteristics of American veterans. Veterans Day is a time to honor them, living and dead. Some came home to become movie stars, professional athletes, generals and presidents. Others, like the four chaplains of different faiths who went down with a sinking troop ship after passing out life jackets to everyone else that they could, would not live to see their legacies honored.

The following are the first five of twenty-five most beloved veterans:

1. Audie Murphy: Being rejected by the Marine Corps and paratroopers, he joined the infantry. He was so scrawny that his officers suggested a non-combat role. Instead, Audie Murphy became a front-line warrior and one of history's most decorated combat veterans. His Medal of Honor citation praised his "indomitable courage." But he paid a heavy price for his heroism. He fought demons that war had created within him. He suffered from nightmares, slept with a gun under his pillow, and gambled recklessly. He titled his autobiography *To Hell and Back*, but it seems a part of Audie Murphy never returned from the hell of combat.

2. George Washington: By forging the Continental Army into a tough, well-trained force of professionals, he deserves recognition as the true Father of the U.S. Army.
3. Theodore Roosevelt: Great affection for Roosevelt as a veteran is a product of his heroic battlefield performance in Cuba in 1898 and his extremely successful efforts to bolster U.S. military power, when, as President he built up the U.S. Navy, making it the world's second most powerful fleet.

4. Alvin C. York: He learned to shoot early in life and always had a rifle or pistol handy. That served him well when he faced an overwhelming enemy force in the Argonne Forest on October 8, 1918. When the fight was over, York and seven others captured 132 Germans. The other seven had been pinned down by machine gun fire and were unable to assist in the fight. At one point, a German officer and five men charged York with fixed bayonets. He had half a clip left in his rifle, so he pulled his pistol and shot the last one first and worked his way up until the last one was shot, who was leading the charge. For his actions, York was awarded the Medal of Honor, the French Croix de Guerre, and numerous other medals. He returned to Tennessee, raised his family, and treasuring education, built and ran a high school. At the start of World War II, he volunteered for duty with the Army. He did not see active duty but was commissioned a colonel in the Signal Corps (no uniform or pay) and traveled the country selling war bonds.

5. George S. Patton: He remains one of America's most popular military figures because he was a winner who knew how to convince his soldiers that they were winners too. His leadership was tested less than one month after taking command of the U.S. Army II Corps. On March 16, 1943, Patton melodramatically told his staff, "Gentlemen, tomorrow we attack. If we are not victorious, let no one come back alive." Patton's soldiers whipped the panzers at El Guettar and it was the first major U.S. Army victory against the German Army in Europe. Everywhere Patton went, he won; the men who served under him loved him, while his enemies respected and feared him. (Voted by American Legion media audience members) —*The above excerpts taken from American Legion Magazine, Nov. 2014, "America's Most Beloved Veterans." Descriptions written by authors, experts, historians and, in a few cases, those who knew them best. An extended version can be found on www.legion.org/belovedveterans.*



VETERANS DAY PARADE—62nd Annual Tri-Town Veterans Day Parade

Wednesday, November 11, 2015—8:45 a.m. step-off—Show your support for our Veterans!
Parade begins on Central St., Abington, at the Police Station, continues north on Washington St., turns right onto Adams St., then right onto North Ave. (Rte. 139) finishing at The Depot Restaurant.

BOOK RECOMMENDATION

On the night of September 21, 1938, news on the radio was full of the invasion of Czechoslovakia. There was no mention of any severe weather. By the time oceanfront residents noticed an ominous color in the sky, it was too late to escape. In an age before warning systems and the ubiquity of television, this unprecedented storm caught the Northeast off guard, obliterated coastal communities and killed seven hundred people.



Recommended by Marilyn Nickley, author Cheri Burns' *The Great Hurricane: 1938* is a spellbinding hour-by-hour reconstruction of one of the most destructive and powerful storms ever to hit the United States. With riveting detail, Burns weaves together the countless personal stories of loved ones lost and lives changed forever. This is one story most of us "of a certain age" either lived through or remember hearing about. —Maureen Wall

FIRST LADIES OF THE UNITED STATES

First Lady Laura Bush: Born Laura Lane Welch, she was wife of the 43rd President of the United States, George W. Bush. She served as First Lady from 2001 to 2009. An avid reader at an early age, she graduated college with a Bachelors Degree in Education, took a job as a second grade teacher and then sought her Masters Degree in Library Science. She met George W. Bush in 1977 and they were married later that same year. When George proposed, she said yes, but only on the condition that she never have to deliver a campaign speech (of course, she later did just that). They had twin daughters in 1981, Jenna and Barbara. Laura Bush was the only First Lady to have twins. She first served as First Lady of the state of Texas and campaigned for her husband in his political runs. As First Lady of the United States, her major issues of concern were for children and women, both national and internationally and focused much of the attention to education. She was involved in both national and global concerns during her tenure as First Lady. Laura Bush may be one of the most popular and gracious First Ladies in recent memory. She continues to work with a number of charitable causes, including the Susan C. Konan For the Cure, Covenant House, Jumpstart, The Heart Truth and World Vision.

**POETRY CORNER****THANKSGIVING by Edgar A. Guest**

Getting' together to smile an' rejoice
An' eatin' an' laughin' with folks of your choice,
An' kissin' the girls an' declarin' that they
Are growin' more beautiful day after day,
Chattin' an' braggin' a bit with the men,
Buildin' the old family circle again, Livin' the wholesome
an' old-fashioned cheer,
Just for awhile at the end of the year.
Greetings fly fast as we crowd through the door
And under the old roof we gather once more

INFORMER NEWS DEADLINE

Place in Newsletter inbox by 7th of previous month (i.e., 7th of November for the December 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 Tuesdays of every month**, 10:00 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 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. 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 \$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.

SENIOR COMPUTER LEARNING CENTER

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

Home Repair Contractors: *If you need work done we have a list of contractors at the center. All are insured and come with high recommendations.*

Just as we did when the youngsters
were small,
Mother's a little bit grayer, that's
all.
Father's a little bit older, but still
Ready to romp an' laugh with a will.
Here we are back at the table again
Tellin' our stories as women an'
men.
Bowed are our heads for a moment
in prayer,
Oh, but we're grateful an' glad to be
there.
Home from the east an' home from
the west,
Home with the folks that are dearest
an' best.
Out of the sham of the cities afar
We've come for a time to be just
what we are.

Here we can talk of ourselves an' be
frank,
Forgettin' position an' station and
rank.
Give me the end of the year an' its
fun
When most of the plannin' and
toilin' is done,
Bring all the wanderers home to the
nest,
Let me sit down with the ones I love
best,
Hear the old voices still ringin' with
song
See the old faces unblemished by
wrong,
See the old table with all of it chairs
An' I'll put my soul in my Thanks-
givin' prayers

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 2015 started a new/renewal membership year with dues of \$7.00 payable and good until JUNE 2016.

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 2015-2016: \$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: Charles & Kathryn Keveny Larry & Carroll Keough Bill Kendall Henry Welsh
 Karl & Jean Anderson Marlene Foley Ed & Veronic Shaffer George Douglass
 Herb Libby Gordon & Carolyn Bates Nick & Linda Palaza Helen Douglass
 Hal & Sue Norton Ola Jean Awalt Richard & Patricia McCollem

In Memory of: Edward J. Kiernan by Muriel Kiernan Kathryn Welsh by Henry Welsh Bill Swchutt by George Douglass
 Marion Wilson by Helen Douglass Florence Brightman by Sue Norton Barbara Profitt by Marion Tisdale
 Eleanor Williamson by Hal & Sue Norton

Donations: Ed & Veronica Shaffer Nick & Linda Palaza Herb Libby

T HE MOST DIFFICULT TONGUE TWISTER

Theophilus Thistle, the thistle-sifter, sifted a sieve of unsifted thistles. If Theophilus Thistle, the thistle-sifter, sifted a sieve of unsifted thistles, where is the sieve of unsifted thistles Theophilus Thistle, the thistle sifter, sifted?

—From The Old Farmers Almanac (courtesy of E.J., St. Louis, MO)

KITCHEN WISH LIST

Paper towels, Large foil pans, Dark brown sugar, Coffee —Thank you!

BREAKFAST WITH SANTA

Abington Senior Center, December 12, 8:00 am to 12:00noon, \$5.00

Bring the children—grandkids, nephews, nieces, your own, friend's kids, etc.—for an enjoyable visit with Santa and a hearty, delicious breakfast to boot. Serving breakfast sausage, scrambled eggs, toast, pancakes, pastries, juice, milk, and coffee. Children can have their photos taken with Santa. It's a fun time. There will be no store for the children this year.



TURKEY DINNER

A turkey dinner, gifted by the Friends of Abington Seniors and catered by Barrett's Catering Service, will be held on Tuesday, November 17. Sign-ups on Tuesday, November 3, Thursday, November 5, or Friday, November 6. No reservations taken after November 6.



HOW GOOD IS YOUR MEMORY?

Who remembers these stores/businesses from the past?

Montgomery Ward	Peerless Co.	Thom McAn	Gilchrists	Raymonds	Jordan Marsh	Caldors
Kings Ames	Gates Market	Jim the Greek	Teel's Cabin	Lynch's Pharmacy	Bowser's Fish Market	
Owen's News	Welcome Farm Ice Cream		The Golden Slipper	Bay State Ice Cream		
Plymouth Rock Ice Cream	The Toll House		The Precinct Club (Dottios)	Gowell's Jewelry Store		
A&P Market	First National Store	Ericsons News	Shipbuilders	Sunnyfield's		

You know you are getting old when everything either dries up or leaks. —Will Rogers

NOVEMBER RECIPE**Spanish Bar Cake**—serves 9 to 12

2 c. flour
 3/4 C sugar
 3/4 C light brown sugar
 1 1/2 tsp. baking soda
 2 Tbsp. cocoa (I used Dutch process)
 2 tsp. cinnamon
 1 tsp. salt
 1 tsp. nutmeg



1 tsp. allspice
 1/2 tsp. ground cloves
 1/2 C oil
 2 C applesauce
 2 eggs
 1-1/2 C raisins (plump in hot water for 15 minutes and drain)

Directions: Preheat oven to 350°. Spray a 9 x 13 baking pan with baking spray. Whisk first 8 ingredients together in a large bowl. Stir in oil, applesauce and eggs, mix well. Add raisins, stir just until combined. Bake at 350 degrees in 9x13 inch pan for 30-35 minutes. Cool completely before spreading with a butter cream frosting. **Note:** If you would like to make the cake like the original Spanish Bar Cake, cut the cake length-ways into two halves. Spread the frosting between the layers and on top. Use a fork to make the lines on the top.

THE STAR SPANGLED BANNER (last verse)

Oh, thus be it ever when freemen shall stand
 Between their loved homes and the war's desolation;
 Blest with victory and peace, may the heaven-rescued land
 Praise the power that hath made and preserved us a nation!



Then conquer we must, when our cause it is just,
 And this be our motto: "In God is our trust!"
 And the star spangled banner in triumph doth wave,
 O'er the land of the free and the home of the brave.

—Francis Scott Key

YOU'RE INVITED—HISTORICAL SOCIETY FALL PROGRAMS

Historical Society of Old Abington, Inc. – Fall Programs: Sunday, November 1, 2015 – “Little Big Game” The Abington/Whitman Football Rivalry by Scott Sacco, 2:30 PM at the Dyer Memorial Library; Sunday, December 6, 2015 – Rockland’s First Congregational Church Anniversaries and Updates, 2:30 PM at the Church which will be decorated for the Christmas Holiday.

GARDEN CLUB ANNUAL CRAFT FAIR

The Abington Garden Club will hold its Annual Craft Fair, Greens and Bake Sale Saturday December 5, 2015 from 10 AM-2 PM, at the United Church of Christ, 10 Bedford Street, Route 18, Abington. Don't miss this opportunity to buy hand-fashioned Christmas decorations. Tables are available for rental at the Fair. Vendors encouraged to book a table early and in advance: \$20 each [Garden Club supplies the table]. For more rental information, call Barbara Stone, 781-878-3607.

NOVEMBER CHUCKLE**Best Speeding Excuse Ever:**

An 87-year-old woman was stopped by a young patrol officer, who asked, “Do you know you were speeding?” The elderly woman gave the young officer an ear-to-ear smile and said: “Yes, officer, I’m sorry. But I had to get there before I forgot where I was going.” The patrol officer put his ticket book away and bid her a good day.

CRAFT FAIR

The annual Community Craft Fair held on October 31 was well attended and very successful for the vendors, the public, and the Friends of Abington Seniors. The bake table and the luncheon (featuring corn chowder) were especially popular, and the basket raffles were the end of the day feature. Recognition should be given to Darlean Lewis and her group of volunteers for the time and effort spent in organizing this event.

VETERANS APRECIATION DAY

Tuesday, November 10 will be Veterans Appreciation Day at the Senior Center. At 10 AM, a brief ceremony will be held in the auditorium followed by a free pizza lunch in our dining area. All those eligible and wanting to attend must sign up at the Senior Center by Thursday, November 5.

SHIP AHoy!

On October 14 more than 150 of Abington’s senior citizens boarded buses and went off to Boston for a trip through Boston Harbor on the *Spirit of Boston*. It was an enthusiastic group that enjoyed the day—the bus ride, the ship, the fantastic lunch, and the opportunity to pretend to be sailors for awhile. Many, many thanks to the Friends of Abington Seniors organization for sponsoring this lovely day.

SIMPLE SESAME COOKIES

1 cup butter, 2 sticks; 3/4 cup sugar; 1-1/2 cups flour; 1/2 cup sesame seeds; 1 cup shredded coconut; 1/4 cup chopped almonds
Directions: Cream the butter, add sugar and beat. Add flour and mix just until combined. Stir in seeds, coconut and almonds until well mixed. Divide dough in half and shape this into 2 rolls, then wrap in foil and refrigerate overnight. Oven @ 300 degrees, for 30 minutes. Ungreased cookie sheet and about 12 to a sheet. They spread some. This makes approx. 40 cookies. Sprinkle colored sugar at Xmas.

NOVEMBER 2015 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>2</u></p> <p><i>November 1, Daylight Savings Time ended</i></p>	<p><u>3</u></p> <p>9:00 Cribbage 11:30 Lunch: Sloppy Joes, Cole Slaw, Chips, Dessert, Beverage 5:30-6:30pm Zumba (\$5)</p>	<p><u>4</u></p> <p>9:00 FOAS Meeting 10:00 Knitting Group 10:00-12:00 Quilt Class 5:45 Hatha-Yoga w/ Joanne</p>	<p><u>5</u></p> <p>9:00 Cribbage 10:00 Chair Yoga w/ Joanne (\$5) 11:30 Lunch: TBA 4:30-5:30pm Zumba (\$5) <i>Free bread distribution at Sr. Ctr. 1st come, 1st serve</i></p>	<p><u>6</u></p> <p>9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5) 1:00-2:30 Line Dancing</p>
<p><u>9</u></p> <p>9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 11:00 Bingo 6:00 New Beginnings Meeting</p>	<p><u>10</u></p> <p>9:00 Cribbage 10:00 Veterans' Appreciation Day 11:30 Lunch: Pizza, Salad, Cake, Beverage 5:30-6:30pm Zumba (\$5)</p> <p><i>USMC birthday</i></p>	<p><u>11</u></p> <p style="text-align: center;">VETERANS DAY</p> <p style="text-align: center;"><i>Senior Center Closed</i></p>	<p><u>12</u></p> <p>9:00 Cribbage 10:00 Chair Yoga w/ Joanne (\$5) 11:30 Lunch: TBA 4:30-5:30pm Zumba (\$5) <i>Free bread distribution at Sr. Ctr. 1st come, 1st serve</i></p> <p style="text-align: center;"><i>Indian Summer</i></p>	<p><u>13</u></p> <p>9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5) 1:00-2:30 Line Dancing</p> <p style="text-align: right;"><i>Lobsters move to offshore waters now</i></p>
<p><u>16</u></p> <p>9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 11:00 Bingo 6:00 New Beginnings Meeting</p>	<p><u>17</u></p> <p>9:00 Cribbage 11:00 Chief Majenski to talk about safety 11:30 Lunch: Turkey Dinner, Dessert, Beverage 6:00pm COA Meeting 5:30-6:30pm Zumba (\$5)</p>	<p><u>18</u></p> <p>10:00 Knitting Group 10:00-12:00 Quilt Class 5:45 Hatha-Yoga w/ Joanne</p>	<p><u>19</u></p> <p>9:00 Cribbage 11:30 Lunch: TBA 4:30-5:30pm Zumba (\$5) <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p><u>20</u></p> <p>9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5)</p>
<p><u>23</u></p> <p>9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 11:00 Bingo 6:00 New Beginnings Meeting</p>	<p><u>24</u></p> <p>9:00 Cribbage 11:30 Lunch: Soup & Sandwich, Crackers, Dessert, Beverage 5:30-6:30pm Zumba (\$5)</p> <p style="text-align: center;"><i>Full Beaver Moon</i></p>	<p><u>25</u></p> <p>10:00 Knitting Group 10:00-12:00 Quilt Class</p> <p style="text-align: center;"><i>Half-Day at Senior Center</i></p>	<p><u>26</u></p> <p style="text-align: center;">THANKSGIVING DAY</p> <p style="text-align: center;"><i>Senior Center Closed</i></p>	<p><u>27</u></p> <p style="text-align: center;">SENIOR CENTER CLOSED</p>
<p><u>30</u></p> <p>9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 11:00 Bingo 6:00 New Beginnings Meeting</p>	<p><i>11/8 Black Bears move to winter dens</i> <i>11/22/1963 Assassination of JFK</i></p>			<p><i>Zodiac: Scorpio/Sagittarius</i> <i>Flower: Chrysanthemum</i> <i>Birthstone: Topaz/Citrine</i></p> <p style="text-align: right;"><i>Menu is subject to change.</i></p>

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OUTREACH—NOVEMBER 2015 —Amy Barrett, Outreach Coordinator & S.H.I.N.E. Counselor

Hello—I hope this message finds you all well! I'm going to keep this very short and sweet... Open enrollment started October 15th. If you have any questions or you just want to compare the 2016 PDP rates and your current plans, bring your prescription list and your insurance cards and come visit me at the Senior Center. I would encourage you to call my office at 782-982-2145x2 to schedule an appointment. Open enrollment runs through December 7th, 2015. We also will be assisting families with fuel assistance applications beginning November 1st 2015, call anytime for an appointment.

Happy Fall and all of my very best! —Amy Barrett 781-982-2145 x2

NOVEMBER PUZZLE

Each of the following words has the prefix missing. The prefix on each question is the same for all of the words in that question. Can you find the prefixes for the following:

1. --- DOWY --- KING --- LLOT --- RING
2. --- ITAN --- PLES --- POSE --- SUIT
3. --- ADOR --- CHED --- INEE --- URED
4. --- EVER --- DDLE --- MACE --- PPER
5. --- AWAY --- MING --- THER --- MERS

FALLON SENIOR PLAN – MEDICARE ADVANTAGE

There will be an informational meeting for anyone considering joining Fallon Senior Plan at the Abington Senior Center located at 441 Summer Street Abington, MA on Tuesday November 3 at 9:30 am. At this meeting, you'll get the most up-to-date information about eligibility, benefits, co-payments, co-insurance and premiums. A representative will be there to answer your questions and guide you through the enrollment process. If you can't attend the presentation above but would like more information on the Fallon Senior Plan, call toll-free at 1-888-377-1980, Monday through Friday, 8 a.m. to 8 p.m.



WANTED—NEW RECRUITS

The Council on Aging is looking for people,
Not meek, not old, and not feeble,
To serve on our Board,
Bringing energy untoward

to make Seniors' lives more enjoyable!! —Nancy Cavanagh

Seriously, the Council on Aging is indeed reaching out to the whole community to recruit folks of all ages to join the Board as alternates. Alternates only vote when an appointed Member is absent, but may attend all meetings and offer suggestions. They also learn of the issues with which we deal.

Our primary function is to support the Director, and we are fortunate in having an intelligent, creative person serving in that role. Sometimes we offer alternative ideas, sometimes we agree, but each member plays an individual part in decisions. Our meetings are held the third Tuesday of each month at 6 p.m. in the Town Hall.

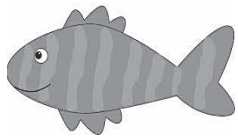
Several members will have served their terms in June 2016 and some may not choose to request reappointment. That is one reason why we are looking for possible candidates ahead of time. We also value creative ideas, and are looking for people willing to offer them at any time. Sometimes we help shoulder the burden of the Director: helping at cookouts and other activities requiring supervision or other attention. If you can spare a couple of hours a month, or know someone who might be interested, please come, and invite anyone, to attend our meeting on November 17th. We will look forward to meeting you. —Nancy Cavanagh, Chair, Abington Council on Aging



PLYMOUTH RESTAURANT WEEK

Bon Appetit! Friday, November 6, 2015 to Friday, November 13, 2015, participating Plymouth restaurants will be offering 3-course menus for \$25, \$30, or \$35, or exclusive restaurant week specials. This would make a nice day trip combined with some sightseeing and holiday shopping in the gift shops.

Try the fish and chips at some of the seafood restaurants.



COMMENTS FROM THE DIRECTOR—SUZANNE DJUSBERG

As the leaves change from green to red orange then to brown I take a moment to reflect on the past 10 months and give thanks. Please remember those who have passed, our soldiers who fight tirelessly for our freedom, and all who volunteer their time to help others.

A great friend of mine gave me a card that reads “There a few remnants of magic in the world. And you are proof of it.” You my seniors are my proof and my magic. Thank you for your friendship!

Blessings, Suzanne.

Volunteers don't contribute to our civilization. They are civilization... they are the only human beings on the face of the earth who reflect the nation's compassion, unselfishness, caring, patience, need and just plain loving one another. It frightens me, somehow, to imagine what the world would be without them. —Erma Bombeck



6 Harrison Ave.
P.O. Box 68
Abington, MA 02351
(781) 878-0045

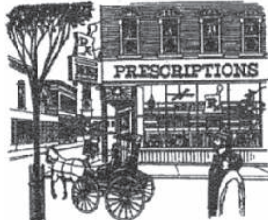


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Miscellaneous

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. Nov. 6 & 13, Dec, 11 & 18. 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

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Answers to puzzle on page 6: 1. SHA 2. PUR 3. MAT 4. GRI 5. FAR

HISTORY OF MACY'S THANKSGIVING DAY PARADE

The first ever Macy's Thanksgiving Day Parade actually took place on November 27, 1924. Macy's employees dressed as clowns, cowboys and other fun costumes and traveled with Central Park Zoo animals and creative floats, a lengthy six miles. In 1927 "Felix the Cat" became the first giant balloon to ever take part in the Macy's Day Parade. Without a plan to deflate this massive balloon, NYC parade organizers simply let Felix fly off into the sky, where he popped soon thereafter. The idea of a store-sponsored parade did not originate with Macy's, however, but with Philadelphia's Gimbel's Brothers Department Store, which first staged a Thanksgiving procession in 1920 with just 50 people, 15 cars and a fireman dressed as Santa Claus. Today more than 8,000 people participate in the Macy's Parade each year, and it takes another 4,000 dedicated volunteers to put together this gigantic celebration. It is interesting to note that the parade was suspended from 1942-1944 as a result of World War II. —Maureen Wall



I predict future happiness for Americans if they can prevent the government from wasting the labors of the people under the pretense of taking care of them. —Thomas Jefferson