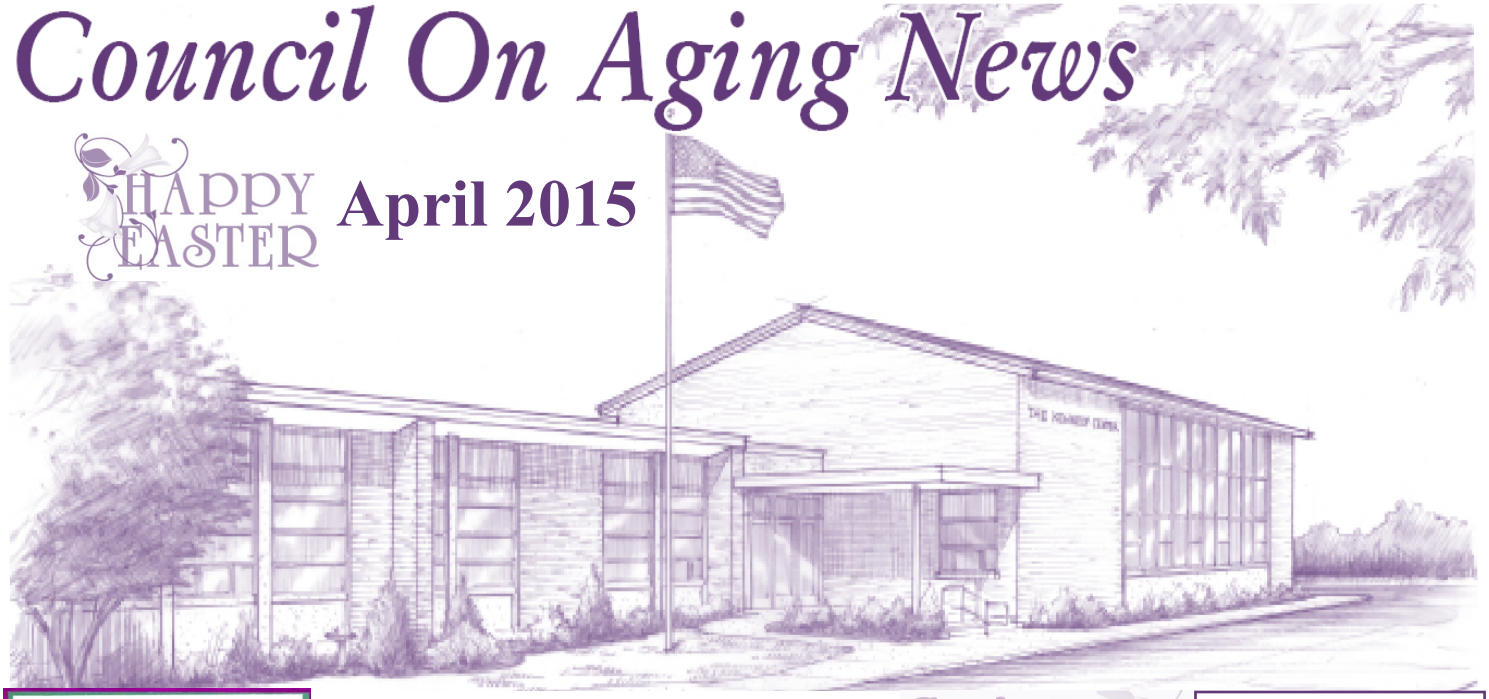
Council On Aging News

HAPPY EASTER

April 2015



On behalf of Mayor Tom Koch and the Quincy Council on Aging, best wishes to you all for a happy and healthy Easter and Spring Season.

April showers bring May flowers! Welcome Spring!

Dear Friends,

It was hard to believe spring would ever actually arrive - it could not be more welcome. I was happy to greet the new season and the mild weather that accompanies it with all of you at the Kennedy Center. For those 'snowbird' members lucky to have spent this snowy winter season in warmer climates, welcome home! Visit the Kennedy Center to celebrate spring and pleasant weather with us.

April is a busy month for most of us. This year, Easter is celebrated on April 5th. Passover begins at sundown on April 3rd and ends the evening of April 11th. Patriot's Day is observed on April 20th, on which day we will also observe the second anniversary of the tragic events of the 2013 Boston Marathon. Instead of focusing on terrorism and reliving the heartbreak that resulted from those acts, we will embrace the goodness and strength that emerged and continues today. April 13th is the Red Sox home opener at Fenway Park vs. the Nationals - needless to say it will also mark the Red Sox first home win of the season. Tune in at 3:05pm - Go Sox! Individuals are encouraged to plant, cultivate and celebrate the importance of trees on Arbor Day, April 24th. And, of course, April 15th is Tax Day (sorry to remind you!)

For those of you celebrating Easter or Passover this month, sincere warm blessings for a happy and healthy holiday to you and your loved ones.

Sincerely,

Tom

Thomas F. Clasby, Jr.
Director

Like us on facebook!
Search us under
Quincy Council on Aging

Like

KENNEDY CENTER

617-376-1506
440 East Squantum Street
Quincy, MA 02171
www.quincyma.gov/government/elderserv
Hours : Monday - Friday 8:30 a.m.– 4:30 pm

High Tea at the Kennedy Center

May 8th at 12 Noon

Come and experience a traditional afternoon high tea at the annual 'High Tea at the Kennedy Center,' a popular event that promises to be fun and elegant with fancy hats, delicious food and good entertainment. Lunch will be provided by John Adams Nursing and Rehabilitation. **$5 per person**. To register for this special annual event, please visit the Kennedy Center.

Caryn's Corner Fashion Show

Monday, April 27th at 1 pm

Join us for a fashion show and demonstration with fashion expert Caryn Smith, owner of Caryn's Corner, a popular boutique of beautiful, trendy and comfortable clothing and stylish accessories. Clothing modeled on the runway will surely delight our guests. After the models strut their stuff on the runway, Caryn will demonstrate fashion trends and 'how-tos.' Call 617-376-1506 to register for this event.

Pope Francis Visits America!

Join us in welcoming Pope Francis for his first ever trip to the US! His Holiness' schedule has just been announced, but few details are available. If you would like to attend his New York, Philadelphia or Washington appearances, call us at 617-376-1506 and we will advise you of details as soon as we have confirmed them. This is a once-in-a-lifetime trip you don't want to miss!

Royal Caribbean Cruise

***Brilliance of the Seas* : Fall Foliage Cruise**

September 27th-October 4th

7 Day Cruise Boston to Canada

A fall cruise is a relaxing way to experience the splendor of the season and brilliant colors of autumn. Price includes port charges, gov't fees and taxes- based on double occupancy. Inside cabins priced at $1,017, ocean view $1,187 and balcony $1,507. Gratuities are separate charge of $84 pp which can be charged to room or prepaid. Upon booking, passengers may qualify for lower rates. Itinerary includes following ports: (1)Portland, ME, (2) Bar Harbor, ME, (3) St. John, New Brunswick, (4) Sea (5) Halifax, Nova Scotia, (6) Sea (7) Back to Boston. On board, enjoy the fitness center, yoga, spa, whirlpools, mini golf, rock climbing, jog/walk track, basketball court, pool tables, large Vegas-style casino, duty free shopping, 16 bars, clubs, lounges, wine bar, pubs, 60's inspired bar, 'Broadway' entertainment in main theater, many daily activities, dazzling nightly entertainment, jaw dropping aerial spectacles, 8+ dining rooms and restaurants, and more! Visit the Kennedy Center to reserve your spot with a $250 deposit due by May 7th. Full payment due June 22nd. Trip insurance is strongly urged. Deposit Space is limited. This truly a trip that you don't want to miss!

Senior Health, Wellness & Safety Fair

Friday, May 1st 10am-2pm

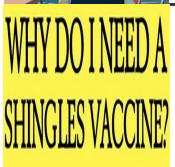
Senior fair that will feature vendors from area businesses to provide educational, interactive presentations, information, literature, demonstrations, exhibits, activities, and samples to help promote and build awareness of senior health, wellness and safety. This is an event you don't want to miss! Call 617-376-1506 to register.

Protecting Your Assets at the Kennedy Center

April 29th 10 am - 12 pm

Join Attorney Robert Romano for an estate planning essentials workshop. Call 617-376-1506 to register.

Women's Discussion Group meet second Thursday of each month at 1:30 pm to discuss a variety of topics in a supportive, educational and fun environment. Open to all elder women.



If you had the chicken pox, the Shingles virus is already inside you and stays in your nervous system and can re-emerge and cause a painful blistering rash (lasts for months), fever, headache, chills, and nausea. Shingles can lead to long-term nerve pain. 1 in 3 will get Shingles and chances increase with age. Talk to your doctor about the vaccine, covered by Medicare Part D and many insurance plans.

Parkinson's Support Group, Wednesday, April 15th 7pm Groups are held 3rd Wednesday of each month at the Ward 4 Community Center, 100 Brooks Avenue, Quincy, at 7 pm to discuss Parkinson's Disease. For further information, call Brian 617-770-2090.

Olde Kids on the Block

Friday, April 24th at 1 pm

Enjoy the sounds of the Olde Kids, a '30's and 40's big band' dance band called a living museum with a library of music that will have you dancing, humming and tapping your feet. Purchase your ticket at the Kennedy Center today. Registration required. $7 per person due at registration.

Kennedy Center Book Club Whether you are an avid reader or not, book clubs are a fun way to share ideas, laughs, opinions, and thoughts with friends, old and new. The Kennedy Center Book Club is a relaxing, fun group that chooses interesting books and welcomes new members to join. Join the Book Club on the **1st Thursday of each month at 1:30** pm at the Kennedy Center for interesting conversation and great company in a comfortable, relaxed and friendly environment. The April book is *Double Fudge Brownie Murder* by Hannah Swenson. Registration not required. Call 617-376-1506 if you have any questions.

Acrylic Painting

April 10th at 10 am

Janet Harrold, Artist/Instructor, will teach the principles of art in this fun, calming 'paint in the moment' affair in a relaxed environment. Participants leave with their creations. Light refreshments. Supplies provided to each participant. Cost **$15 per person, per class** and due at registration. Cost includes supplies. Visit the Kennedy Center to register.

Painting using Watercolors with Michael Domina

Begins May 18th - June 29th

'A room without a watercolor is like a home without windows.' - Michael Domina Artist Michael Domina of *Art on the Rocks* will hold 6 weeks of art instruction at the Kennedy Center. Cost is $95 pp. For complete supply list, call 617-376-1506. Visit the Kennedy Center to register for this course.

2015 Annual Senior Olympics

Opening Ceremonies Monday, May 11th * Closing Ceremonies Friday, May 22nd

On or after Mon, April 13th, visit the Kennedy Center, Recreation Dept or City Hall to complete a registration form to participate in the 2015 Senior Olympics. Along with competing in a variety of events, participants receive a t-shirt and attend the Awards Lunch. $15 pp- checks payable to Quincy Recreation Dept.

Yellow Dot

Wednesday, April 15th 10 am

Registration not required, but would be appreciated. Call 617-376-1516.

The Yellow Dot program provides emergency responders at accidents vital information on elder crash victims. A yellow decal on the driver's rear windshield alerts responders to an envelope in the glove compartment containing elder's photo, personal and medical information. Joe Canavan, Triad Director from Sheriff Michael Bellotti's office will explain program, take photos, provide dots and assist in completing envelopes.

Computer Classes - April 2015 - $5 per class

Instruction by Grace Buscher

Registration required for classes * Bring your laptop. You are welcome to come without laptops for instruction only. The center's computers are available first come, first serve.

April 2 **MAC Computer** **10am –12pm**
This class will concentrate exclusively on Mac, including how it works, emails, internet, and more. Bring your Mac if you have one.

April 9 **Ebay and Craigslist** **10am - 12pm**
Introduction to Ebay and Craigslist, what they are, who uses them, how to use them, safety concerns, selling items, and more.

April 16 **How to Buy Online** **10am - 12pm**
Learn the best ways to purchase over the internet, including ordering, paying, tracking, receiving and returning.

April 23 **Excel** **10am - 12pm**
This class, designed for beginners, will explore the basics of the spread sheet, including formulas, how to use them, charts and output.

April 30 **Questions and Answers** **10am - 12pm**
Grace will answer questions on a first come, first serve basis regarding cell phones, digital cameras, computers and tablets.

Until further notice, the first Thursday classes of each month will be designed exclusively for Mac instruction. There are openings in beginner classes on Tuesdays at 10:30 am and Wednesdays at 1:30 pm. Call the Kennedy Center at 617-376-1506 to register.

Free Movies at the Kennedy Center Every Friday at 12:30pm

April 3 ***The Man Who Shot Liberty Valance*** 1962 film starring James Stewart and John Wayne

April 10 ***The Man from Laramie*** A riveting performance by James Stewart.

April 17 ***Unforgiven*** Best Picture winner with Clint Eastwood, Gene Hackman, Richard Harris & more.

April 24 ***The Dawn Rider*** Western starring John Wayne

Stop in the Kennedy Café for refreshments to enjoy during the movie!

April is Western Movie Month

'The purpose of life is to contribute in some way to make things better.' - Robert F. Kennedy We at at the Kennedy Center would like to thank those that help make our lives and yours better. Thank you to the **AARP tax preparers,** including **Carol, Ilona, Marcia, Wendy and Harriet for donating their time, energy and efforts** to help seniors prepare and file their taxes. Thank you to our friends at the **Rotary Club** for hosting the annual Rotary Club Pasta Luncheon. Our members enjoyed delicious food served by the Rotarians. The luncheon is always a fun afternoon! Thank you to **Tom Clasby, Don Timmons and Mark Carey** for providing great entertainment of Irish songs at the St. Patrick's Day party. Thank you to **Dr. Robert Stern** for sharing his expertise at an in depth, informative discussion on Alzheimer's Disease at the Kennedy Center. Thank you to **Glen and Grace Buscher** for their efforts helping seniors secure MBTA passes.

Like us on Facebook for updates, special announcements and event highlights, as well as to enjoy photos of events and activities like those shown below. Facebook is also a great forum to share photos and information with fellow members. Search us under Quincy Council on Aging. Don't know how to use Facebook? Sign up for a class with our computer instructor Grace Buscher-you'll quickly become a social media whiz!

PHOTOGRAPHS FROM KENNEDY CENTER EVENTS

TRIVIA

Answers can be found on calendar

1. *A Woman to Remember* was world's first what in February, 1947?
2. If you have caries, who do you consult?
3. Where can you find London Bridge today?
4. What would a Scotsman do with a spurtle?
5. In which city is the famous black hole?
6. What is the name of the plantation in Gone with the Wind?
7. Jocasta was the wife of Laius and the mother of who?
8. What famous singer's real name is Annie Mae Bullock?
9. Who is the only US president elected unopposed?
10. What is illegal to pawn in New York?
11. Name both rival gangs in West Side Story?
12. What is the most sung song?
13. In what magazine does Alfred E. Newman appear?
14. Name two sports that use mallets.
15. Who is Warner Brothers oldest cartoon character?
16. In 1974, Somalia created its first ever what?
17. What actor did time on a Georgia Chain Gang?
18. What is the dot in an 'i' called?
19. Top three food consumption days are what?
20. What do deciduous trees do?

Arrive on time, not early and not late! Arriving early to an event at the Kennedy Center does not guarantee a better seat. Several members complained at recent events they were forced to stand for a long time and were not allowed entry to the event early. **Doors will not open until the time of the event.**

Important notice from DPW - Flushing prohibited items can result in $1,000 fine

Your toilet is not a trash can! Nearly 14 million gallons of waste water is sent through sewers every day in Quincy. Using your toilet as a disposal system is illegal and results in sewer back-ups into the municipal infrastructure vital to the health and safety of the community, permanent damage to our fragile environment and costs taxpayers millions in repair costs. DO NOT flush medications, supplements, '*flushable*' wipes, cotton balls/swabs, catheters, needles, dental floss, feminine hygiene products, diapers, tissue, paper towels, topical solutions, cleaners, disinfectants, cigarettes, dust, dirt, lint, food waste or grease. Flush ONLY toilet paper.

SINGLE STREAM RECYCLING

Please, no styrofoam or plastic bags. Styrofoam and plastic bags CANNOT be recycled in the City of Quincy. The recycling processing facility does not have the equipment required to recycle those items. Bring plastic bags to local grocery stores for proper recycling. Containers to collect plastic bags are often located by the entrance. Your cooperation is appreciated, as is your efforts to protect our environment! Visit the Kennedy Center to pick up a Single Stream Recycling Sticker for your barrel.

This is a **Beginner** Level Puzzle.

Exercise Your Brain!

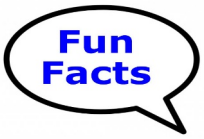
3		9		7	6	2		8
	6		8		1	9		
			3		2		1	7
	5			2			8	3
8	2	3			4	7		9
1		7			8	4		2
	3	5	4		9	8		6
9		8	7	6			2	1
6		1	2		5		9	4

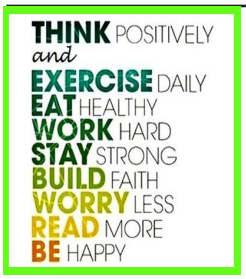
Sudoku

Use your logic to find the correct number for each square. When finished, all nine rows across, all nine columns down and all nine 3 by 3 boxes must contain all nine numbers, 1 through 9, with no repeats. Level: **Beginner**

Good luck!!

Your brain literally heats up when you are stressed. Smiling can cool it down. * People say 'Bless you' after you sneeze because your heart stops for a millisecond when you sneeze. * Nearly half the people in the world have never made or received a phone call. * Buckingham Palace has 602 rooms. Despite a population of over a billion, China has only about 200 family names. * More people speak English in China than in the US. * Beethoven dipped his head in cold water before he composed. * Children grow faster in the springtime. * There is a place called "Y" in France. Also in France, a 5 year old child can can buy an alcohol in a bar. * The longest one-syllable word in the English language is 'screeched.' * All clocks *Pulp Fiction* movie read 4:20, the number symbol for marijuana.* In most advertisements, the time displayed on a watch is 10:10. * No word in the English language rhymes with month, orange, silver or purple. * Dreamt is the only English word that ends in letters 'mt.' * There are 293 ways to make change for a dollar. * Al Capone's business card said he was a used furniture dealer. * There are 336 dimples on a regulation golf ball. * Paul Reiser plays piano in the *Mad About You* theme song. * In England, the Speaker of the House is not allowed to speak. * The plane Buddy Holly died in was the "American Pie," thus the name of the Don McLean song. * The sentence, "The quick brown fox jumps over the lazy dog," uses every letter in the alphabet. * The longest name for a place still in use is for a New Zealand hill, called Taumatawhakatangihangaoauauotameteatureipukakapikimaungahoronukupokai-whenu-a-kitanatahu. * The name 'Wendy' was made for "*Peter Pan*." * The world's youngest parents were aged 8 and 9 and lived in China. * Debra Winger was the voice of E.T. * During the chariot scene in Ben Hur, a small red car can be seen in the distance. * Months that begin on a Sunday always have a Friday the 13th. * The average chocolate bar has 8 insect legs in it. * The average human eats 8 spiders in their lifetime at night. * If you keep a Goldfish in a dark room, it will eventually turn white. * Women blink nearly twice as much as men. * Eyes are the same size from birth. Polar bears are left handed. * The only 15 letter word that can be spelled without repeating a letter is uncopyrightable. * The name "Oz" in Wizard of Oz was dubbed when the creator looked at his file cabinet and saw 'O-Z.'





Eat more spinach! It is high in fiber (aids in digestion); helps prevent cancer; is an anti-inflammatory; high in antioxidants, lowers high blood pressure, helps improve vision, strengthens immune system, promotes healthy and glowing skin, strengthens bones, fights diseases, helps the brain and nervous system function, and is low in calories, but high in nutrients. **Cardamom daily**! Cardamom had a positive result in counteracting colorectal cancer up to 48%. It contains antimicrobial properties and is effective against cancer cells. It has been used to aid in bronchitis and asthma by improving blood circulation to lungs. **Tulsi leaves** improve memory. Tulsi gives strength to the nervous system and is helpful in respiratory infections because of its anti-inflammatory, anti-microbial and anti-allergic properties. Eat 5-7 leaves ea morning. **Beets** beat cancer! Beets are strongly effective in breaking up tumors by their amount of betacyanin, the ingredient that gives the beet its purple reddish color. **Eliminate white foods** from your diet, including white flour, sugar and processed foods. They have little to no nutritional value. Stay away from trans-fats. **Reduce your overall fat intake**, and even more important, watch the types of fat you eat. Deep fried foods or anything made with hydrogenated oils should be avoided as they contain trans fat that raise your risk of heart disease. **Drinking water at correct time for effectiveness** 2 glasses after waking helps activate internal organs; 1 glass 30 minutes before a meal helps digestion; 1 glass before taking a shower helps lower blood pressure; 1 glass before bed helps avoids stroke or heart attack.

Happy birthday to **Linda Bowes, April 28th**

Due to lack of interest in the **Healthy Eating** Series with Ruth Jones, it is canceled until further notice. If you are interested in participating in this program when it resumes, call 617-376-1506.

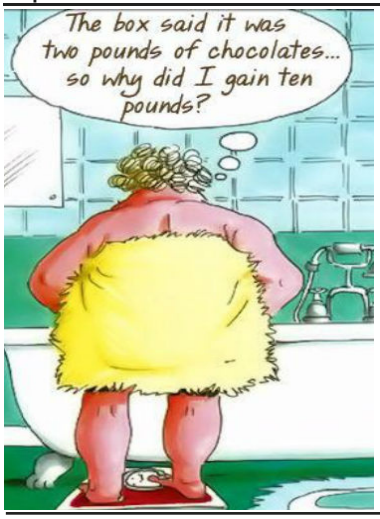
DID YOU KNOW...

To eat less, eat more A 100 calorie snack pack may seem virtuous, but it's likely to make you hungrier than if you ate more. Small amounts of carbohydrates does nothing but spike your blood sugar and leave you wanting more carbs. Choose a protein snack, such as peanut butter or string cheese. They are higher in calories per serving, but will keep you from eating more calories overall. **Bloated**? Drinking water sounds as if it would only make matters worse, but it can help. If you are on a high fiber diet, then your body needs more water to work more efficiently. Water mixes with water soluble fiber and makes it into a gel like substance. This affects the motility of the gut and reduces bloating. It also relieves bloating caused by dehydration**. Ditch diet soda** Research shows overweight adults who drank diet beverages ate more calories than those who consumed regular. Diet soda drinkers had a 70% greater increase in waist size than non-drinkers over 10 years. **Hot drink to cool off**? Hot drinks in hot climates is the norm, like in India. When you sip a hot beverage, your body senses change in temperature and increases sweat production. As sweat evaporates from your skin, you cool off naturally. **Exercise when tired**. After a long day at work, exercise is probably the last thing you want to do, but getting your sweat on will actually energize you. Fatigue, mood and depression improved after a 30 minute exercise session. Everything we do uses oxygen, so exercise helps you work more efficiently and you don't tire as easily. You function better mentally. **Handwrite notes**. Typing notes enables you to jot down more material, but you are more likely to remember those notes if you handwrite them. To learn something means you processed it. When you handwrite notes, you process more. **Less time together to improve relationship?** Jumping from one social event to another without time to come up for air could sacrifice the quality of your relationships. Spending time alone allows you to process your thoughts rather than act impulsively and, as a result, you get to know yourself better. **Antibacterial soap** to prevent illness. Antibacterial soap won't reduce your risk of getting sick or passing illness to others. Long-term exposure may result in bacterial resistance. **Oolong Tea for Eczema**. Research shows people with mild eczema who drink oolong tea 3 times a day show improvement. * **Miscellaneous Tips**: Find out best water temp for taking certain medicines. The best sleeping time is 10pm-4am. Don't lay down immediately after eating a meal because it can lead to indigestion. Answer phone from left ear as it affects the brain directly. Chew gum after meals to help stimulate production of saliva to neutralize stom-

Health Tips

Uses for tea bags

Cool a sunburn Apply a few wet tea bags to affected skin to take sting out. **Relieve tired eyes**. Revitalize tired, achy or puffy eyes. Soak two tea bags in warm water and place over closed eyes for 20 minutes. The tannins in tea reduce puffiness and sooth eyes. **Reduce razor burn**. Sooth razor burn and relieve painful nicks and cuts with a wet tea bag applied to the affected area. **Get the gray out** without a trip to the salon. Make your own dye using brewed tea and herbs. Steep 3 tea bags in 1 cup of boiling water. Add 1 tablespoon each of rosemary and sage and let stand overnight before straining. Shampoo as usual and pour or spray mixture on hair, saturating it thoroughly. Do not rinse. Blot with towel. It may take several treatments to achieve desired results. **Drain a boil** by covering it with a wet tea bag overnight. By morning the boil should drain without pain. **Stop foot odor** Soak feet in strongly brewed tea for 20 minutes a day. **Dry poison ivy** rash by dabbing a cotton ball soaked with tea on affected area and repeat. **Rashes and Insect Bites** Apply tea bags to rashes and insect bites to ease itching. **Degrease dirty dishes** Soak your dishes in warm water with a couple used or new tea bags to easily break up grease. **Draw out infections** Apply warm, moist tea bags onto skin affected by pink-eye, canker sores, fever blisters, plantar warts, etc., to draw out infection, reduce pain, and speed healing process. **Deter Pests** Mice don't like the smell of tea. Tuck used tea bags into cupboards, pantries and other areas they may enter. Try saturating bags with peppermint oil to deter rodents, spiders and ants. **Shiny hair** Rinse hair with a cup of tea to make it shiny and easier to manage. Only for darker hair, as it can temporarily dye light hair. **Stop bleeding** Hold a used tea bag against cut area until it stops bleeding. The tannins in tea accelerate blood clotting. **Face mask** Mix equal amounts of baking soda and green tea and a bit of honey to make a facial mask. Honey helps rejuvenate skin and green tea tightens skin. Baking soda exfoliates and detoxes skin. **Moisten turkey** Add a brewed tea bag and cup of water to the pan. The tannin is a natural meat tenderizer and adds a unique, delicious flavor. **Shoe cleaner** Clean dark leather shoes by wiping a damp brewed tea bag over shoes. **Healthy potted plants** Place a few brewed tea bags over drainage hole at bottom of planter before potting. Tea bags will retain water.



Ha! Ha! Ha!

A Priest and Rabbi were eating together when the priest started to tease the rabbi. “Wow, this ham is delicious. I know it’s against your religion, but when are you going to break down and have some?” After a moment of thought, the rabbi responded with a smile, “At your wedding.”

***

A rabbi, minister and priest were in a bar. The bartender turned to them and asked, “What’s this, a joke?”

***

I called a psychic once. She asked who was calling... so I hung up.

APRIL FOOL’S Word Search

AMUSE
COMIC
CHILDISH
DUPE
FOOL
FUN
GAG

GULLIBLE
HILARIOUS
HOAX
HUMOR
JESTER
JOKE
LAUGH

MISCHIEVOUS
PLAY
PRANK
SILLY
SPOOF
SPRING
STUNT

SURPRISE
TOMFOOLERY
TRICK
ZANY

C	I	D	N	A	H	S	U	R	C	A	E	V	T	A	H	F	O	D	N	I	K	I
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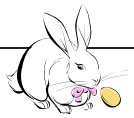

April 2015

	Mon	Tue	Wed	Thu	Fri	S
	1. TV Soap Opera 2. Dentist, it's tooth decay 3. Arizona, USA 4. Cook/Eat-It's a spatula 5. Calcutta 6. Tara 7. Oedipus 8. Tina Turner 9. George Washington 10. The American Flag 11. Sharks and Jets **Answers**	12. Happy birthday 13. MAD Magazine 14. Croquet, Polo 15. Porky Pig 16. Written language 17. Robert Mitchum, vagracy & escaped after 6 days 18. Tittle 19. Thanksgiving, Christmas, Super Bowl Sunday 20. Loses leaves in winter	1 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 11 Volleyball 11 Blood Pressure 1:30 pm Computer **April Fool's Day!** 	**2 Holy Thursday** **Maundy Thursday** 9 am Exercise 9 Chess (& lessons) 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 10:30 Strength Training 12:30 pm Yoga **1:30 Book Club** 	3 **Good Friday** 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie **Passover begins at sundown** 	4
5	**6 Easter Monday** **Foot Screening by appt** 9:30 Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA 1 pm **Watercolors w/ Bob** 6 **Senior Self Defense** Easter Sunday 	7 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 **My Life, My Health** 10 Writing 10:00 Ballroom Dance 10:30 Computer 12:30 pm Yoga 6 **Self Defense** 	8 Foxwoods (pre-reg) S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting Group 11 Volleyball 11 Blood Pressure 1:30 pm Computer 7 Parkinson's Support 	9 9 am Exercise 9 Chess/lessons 10 Mah-jongg 10 Sing-a-long 10 **Men's Discussion** 10 Blood Pressure 10 Computer Class 10:30 Strength Training 12:30 pm Yoga **1:30 Women's Discussion** 	10 9 am ZUMBA **10 Painting w/ Acrylics** 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie 1 pm **Game Show** 	11
12	13 Hearing Screening By appointment 9:30 Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA 1 pm **Watercolors w/ Bob**	14 S.H.I.N.E. by appointment Piano Lessons 9 am Exercise 10 My Life, My Health 10 Quilting 10 Writing 10:00 Ballroom Dance 10:30 Computer 12:30 pm Yoga	15. S.H.I.N.E. 9:30 Tai Chi 10 Knitting **10 Yellow Dot** 11 Volleyball 11 Blood Pressure 1:30 pm Computer 7 **Parkinson's Disease Support Group at Ward 4 Community Center**	16 **Holocaust Remembrance Day** 9 am Exercise 9 Chess (& lessons) 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 10:30 Strength Training 12:30 pm Yoga 	17 Simple Wills by appt 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie 	18
19	20 Kennedy Center closed in observation of Patriot's Day 	21 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 My Life, My Health 10 Quilting 10 Writing 10:00 Ballroom Dance 10:30 Computer 12:30 pm Yoga	22 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 11 Volleyball 11 Blood Pressure 1:30 pm Computer **Earth Day** 	**23** 9 am Exercise 9 Chess (& lessons) 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 10:30 Strength Training 12:30 pm Yoga 	24 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie 1 **Old Kids on the Block** **Arbor Day** 	25
26	27 9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA 1 pm **Watercolors w/ Bob** 1:30 **Fashion Show**	28 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 My Life, My Health 10 Quilting 10 Writing 10:00 Ballroom Dance 10:30 Computer 12:30 pm Yoga 1 QATV TV Production	29 S.H.I.N.E. by appt 9:30 am Tai Chi 10 **Protecting Assets** 10 Knitting 11 Volleyball 11 Blood Pressure 1:30 pm Computer	30 9 am Exercise 9 Chess (& lessons) 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 10:30 Strength Training 12:30 pm Yoga		

Soduko Answers

3	1	9	5	7	6	2	4	8
7	6	2	8	4	1	9	3	5
5	8	4	3	9	2	6	1	7
4	5	6	9	2	7	1	8	3
8	2	3	1	5	4	7	6	9
1	9	7	6	3	8	4	5	2
2	3	5	4	1	9	8	7	6
9	4	8	7	6	3	5	2	1
6	7	1	2	8	5	3	9	4