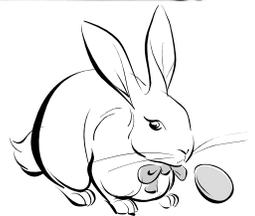


Council On Aging News

April 2014



We at the
Quincy Council on Aging
extend our best wishes to you all for a happy and
healthy Easter Season.



Dear Friends,

Until the snow thawed and the days became longer, it was hard to believe spring would ever arrive. When it finally did, we greeted it with great enthusiasm as we can now, thankfully, enjoy the outdoors again.

I urge our members to stop by and taste the new additions to the Kennedy Café menu. Our cafe crew are now preparing special sandwiches for you to try and, if they prove popular and successful, we will add them permanently to the Café menu. We are always willing to try new things to best serve our members.

We have several special events in this newsletter, so be sure to look through it thoroughly and register quickly. As you all know, events fill up fast! Please especially remember to attend what you sign up for, particularly those events sponsored by friends and supporters of the Kennedy Center. Your attendance helps us show our appreciation for their support of the Council on Aging. Also, we ask that you be considerate of members on waitlists. If you cannot attend an event, please call to cancel. It is unfair to neglect to call when others are waitlisted for events. Those on waitlists would be happy and eager to take your spot. We want everyone to have a chance to participate and enjoy our events and activities.

During Lent, we are reminded of life and death. In February, I experienced the personal loss of my mother, Jane. Shortly thereafter, valued member and dedicated volunteer Nick Panarelli passed away peacefully. Both lived whole, good lives and their presence in our lives and at the Center will be missed and felt by all they touched.

For those of you who celebrate the most important feast of the ecclesiastical year commemorating the resurrection of Christ, I extend my sincere best wishes for a happy and healthy Easter. For those who celebrate the eight day festival of Passover, warm blessings to you and your loved ones.

Sincerely,

Thomas F. Clasby Jr.
Director



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 2nd at Noon - \$5 per person



Experience the elegance of a traditional afternoon tea at the Kennedy Center. The Uptown Girls will entertain and lunch will be provided by John Adams Nursing and Rehabilitation. Space is limited.



Healthy Eating with Ruth Jones

Tuesdays beginning April 15th at 2 pm

Continuation of weight loss program with Ruth Jones, Nurse Educator of Quincy Health Department.



Healthy Back at the Kennedy Center

April 8th at Noon

Space is limited. Register today at 617-376-1506.

With chiropractor Dr. David Smith, this presentation explains back pain, its causes and treatment and prevention.



Tribute to Legends Patsy, Connie, Loretta & Dolly

Friday, April 18th at 1pm at the Kennedy Center \$ 5 pp

Donna Lee brings to life the music and memories of great country music icons Patsy Cline, Connie Francis, Loretta Lynn and Dolly Parton. Internationally renowned, Donna Lee brings her rich voice and experience to the stage and leaves her audiences wanting more. Listen to songs that stir emotions in the hearts of listeners young and old. Purchase your ticket at the Kennedy Center. \$5 per person.



Introduction to Tai Chi with Vince Jornaes

Tuesday, April 22nd at 10 am

Join Vince Jornaes for an introduction and demonstration to Tai Chi, martial arts practiced for self-defense and health benefits. Tai Chi improves balance, general psychological health and has significant health benefits for older people. Space is limited. Registration required.



Be sure to visit the Kennedy on Wednesdays at noon to hear piano played by Lorraine Silva.



Finance for Women with Neil McCole

'Why women must plan differently'

Thursday, April 24th at 2 pm

Space is limited. Register today at 617-376-1506.

This workshop will address challenges female retirees face, including saving for retirement, spending in retirement, healthcare, inflation, estate planning, and legacy.



Street Magic Acapella

Wed., April 30th at 7 pm at the Kennedy Center

\$15 pp - Proceeds benefit Alzheimer's Association

* Purchase your ticket at the Kennedy Center - it's for a good cause! *

This fun event is sure have you dancing and singing along. Enjoy the clean, smooth sound of this acapella doowop group at the Kennedy Center for a special evening event. Space is limited. Registration required.



Space is limited!

'Daycation' in New York

Saturday, May 3rd Depart 6 am/Return 11 pm

\$79 per person An enjoyable and memorable day in NYC that includes must see New York attractions: Statue of Liberty, Ellis Island, & 9-11 Memorial. Refreshments served on deluxe motor coach. Roundtrip ferry to Ellis and Liberty Islands included. Lunch at own expense at Ellis Island café.





Spaghetti-Squash Spaghetti Recipe

Bon Appétit

What you will need:

- * 1 - 3 lb spaghetti squash
- * 1 teaspoon minced garlic
- * 1/2 small, chopped onion
- * 1 teaspoon extra virgin olive oil
- * 1/2 c small, fresh mozzarella
- * 1/4 teaspoon dried Italian herb blend
- * Cooking Spray
- * 1/4 teaspoon pepper
- * 1 c or can diced tomatoes
- * 1/8 teaspoon crushed red pepper flakes
- * 1/4 c fresh basil chopped
- * 2 - 8 oz no salt-added tomato sauce

Recommended by
American Heart
Association

Preheat oven 350 degrees. Cut spaghetti squash in half lengthwise, discarding seeds and strings. On a baking sheet coated with cooking spray, place squash with cut side down, bake for 1 hour or until tender. Remove from oven and let stand at room temp until cool enough to handle. Meanwhile, heat oil in medium saucepan over medium heat. Add onion and garlic, and cook until soft, about 5-7 min. Add diced tomatoes, pepper, herb blend and red pepper flakes. Cook until liquid has evaporated, about 2 -3 min. Add tomato sauce, reduce heat to medium-low and simmer for 10 min. When squash has cooled, use a fork to scrape flesh lengthwise to release strands, which resemble spaghetti. Add squash 'noodles' to sauce and remove from heat. Toss with mozzarella and fresh basil. Approximately 172 calories, 13g sugar, 6g protein, 6g fiber, 6g fat, including 2g of healthy heart monounsaturated fat per serving.



Volunteer Opportunities: Beth Israel Hospital in Milton needs volunteers in patient

care and support services for professional staff, incl, reception assistance. Call BIDH Volunteer Services at 617-313-1558. **Sacred Heart Church** needs help with *Sacred Heartbeats* newsletter production. Call the rectory at 617-328-8666. **Meals on Wheels** needs meal delivery volunteers. Call South Shore Elder Services at (781)848-3910. **Quincy Crisis Center** has volunteer opportunities for food delivery, food pantry, bread pick up, clerical work, special event help, and shut-in visits. Call 617-847-6967. **Interfaith Social Services** needs volunteers for reception, fund raising, produce in the pantry garden, grant application preparation assistance, job seeker assistance in the Career Closet, the Bureau Drawer Thrift Shop, and more. Call Paula at 773-6203.



Cook Off with Marina Bay Skilled Nursing Friday, May 16th at Noon



Amy Gorham from Marina Bay Skilled Nursing will hold a Cook Off. Taste delicious recipes prepared by Marina Bay Skilled Nursing and vote for your favorites. Registration required. Space is limited.



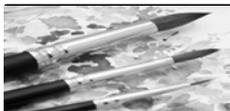
Derby Street The Council on Aging is asking for feedback on interest in a trip to the shops at Derby Street in Hingham. Please contact Kay at 617-376-1247.



Protecting Your Assets

Wednesday, April 30th from 10 am - noon

Quincy attorney Robert Romano will conduct an estate planning essentials workshop at the Kennedy Center to discuss important issues that effect seniors. Call the Council on Aging at 617-376-1506 to register.



Art with Michael Domina

6 Week Course begins May 13th at 10 am

\$95 per person. Does not include supplies. List of necessary supplies provided at registration. Space is limited. Registration is required.

'A room without a watercolor is like
a home without windows...'
- Michael Domina



Watercolor Class with Bob Farrell at the Kennedy Center

Thursday, April 10th - Thursday, May 22nd at 1 pm

Participants must have completed sketching course with Bob Farrell. \$95 pp (does not include supplies). Bob will share his artistic talent with participants in a 6 week watercolor course. Registration is required.



Computer Classes - February 2014 - \$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 10

Tablets and EReaders

10 am-12 pm

A specialized program to demonstrate tablets and eReaders exclusively. Presentation will include instruction on downloading books. This class will also help you determine if a tablet or eReader is adequate for handling your computing needs.

April 17

Digital Photography

10 am-12 pm

Learn the basics of photography and how to use a digital camera. Bring your fully charged digital camera to class.

April 24

Digital Photography with your Computer

10 am-12 pm

This class will review the digital photography class and demonstrate how to upload pictures to your computer. Emphasis will be on printing, saving, photo book and collages and how to modify and edit your photos.

There are openings in the beginner computer classes held on Tuesday mornings at 10:30 am and Wednesday afternoons at 1:30 pm. Please call 617-376-1506 to register. Grace Buscher of Quincy has been teaching computers to all ages for the past 20 years and makes learning the computer fun. She will help you overcome your fear of learning the computer. Grace believes no question is stupid. Come armed with questions and conquer your fears!



The Quincy Council on Aging is now on facebook!



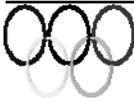
'Like us' on facebook for updates, news, and photo albums. If you're unsure how to open a facebook, google instructions or simply sign up for a computer class with Grace. Search 'Quincy Council on Aging' and like the page.



The Olde Kids Swing Band at the Kennedy Center

Friday, May 9th 1-3 pm \$6 per person

Enjoy the sounds of the Olde Kids, a '30's and 40's big band' dance band. They've been called a living museum with a library of music that will have you dancing, humming and tapping your feet.



32nd Annual Senior Olympics

Opening Ceremonies Mon., May 12th - Closing Ceremonies May 22nd

Fee: \$15 Checks payable to Quincy Recreation Department Stop by the Kennedy Center, Recreation Department or City Hall to pick up an application to participate. Along with competing in a variety of sporting events, you will receive a t-shirt, entrance to the Luncheon, and awards ceremony.



Floral Arranging Class with Cedar Grove

Fri., April 25th at 10 am at Kennedy Center \$10 pp

Back by popular demand! Join Richard O'Mara from Cedar Grove Gardens for a class on how to make beautiful and unusual arrangements. All arrangements will be raffled at the end of the class.



American Flag Cleaning & Disposal: The Quincy Veterans Council has a flag disposal ceremony at the lodge yearly. US flags are burned in a dignified ceremony. Need your flag professionally cleaned? Dependable Cleaners dry cleans American flags free of charge.



Helpful Hints : Clean your house with a lemon Lemons are the ultimate fruit and amazing, all natural cleaning agent. They not only deodorize the house with a zesty fragrance, they also dissolve dirt and act as an anti-bacterial solution. **Freshen garbage disposal** by grinding up a handful of lemon peel. **Polish metal pans** by dipping half a lemon in salt and scrubbing pans. **Wash dishes** by adding one teaspoon of lemon juice to dish detergent. **Clean coffee/tea pots** by slicing and boiling lemon slices in the pots. **Brighten white clothes** by adding 1/2 cup of lemon juice to the rinse cycle of white or bleach safe clothes. **Clean oven** with a paste of lemon juice, water and baking soda. Coat the oven and let sit for 20 min and rinse. **Clean your toilet bowl** by combining 1/2 cup of lemon juice and sprinkle of baking soda, after 15 min give a turn with the toilet brush and flush. **Polish furniture** with a pint of mineral oil with one tablespoon of lemon juice. **Wash your windows** with 2 tablespoons of lemon juice, 1/2 cup white vinegar and one quart warm water. **Sanitize your microwave** by slicing a lemon and dropping pieces into container with hot water and microwave on high.



Are You Ok?

Norfolk County Sheriff Michael Bellotti and Fallon Ambulance would like to introduce you to “Are You Ok?,” a free, well-being daily telephone call program for seniors. Participants receive a daily call and are asked, “Are you ok?” This program can improve quality of life for seniors, giving them the security they need to maintain personal independence and gives loved ones peace of mind. Call 866-900-RUOK (7865) to sign up for this free program.



Nutrition & Sleep Tues., May 6th at 10 am

Space is limited. Registration is req'd.

Dr. Gabriel Freedman will address proper sleeping techniques and how exercise and stress effect sleep.



Presentation on Winter Olympics in Sochi by Glen Buscher Thursday, April 10th at 1 pm at the Kennedy Center

Join us for a special presentation by Quincy resident Glen Buscher who had the once in a lifetime opportunity and honor to be a volunteer for Russia at the Winter Olympics in Sochi. Glen will share the magic of his incredible adventure and Olympic spirit through personal photographs and stories of his experiences on his six week epic journey. Space is limited. Registration is required. Please call 617-376-1506 to register.



Answers to this Sudoku puzzle can be found on page 6

Exercise Your Brain!



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

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.

Good luck!!



Sudoku Answers:

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

1. What digit does not exist in Roman Numerals?
2. How much do you collect when you pass GO in Monopoly?
3. What are the first 3 books of the New Testament?
4. What was the name of Betty White's character on the Mary Tyler Moore Show and what was the name of *her* show on the show?
5. What insect is a source of food for humans?
6. What is the world's largest island?
7. What war saw the most American casualties?
8. What is Santa Claus called in Denmark?
9. What is the FBI motto?
10. Which battle saw the final defeat of Napoleon?

Answers to trivia found on the calendar on page 8

Happy Birthday Our best wishes for a very **Happy Birthday** to **Linda Bowes** on April 28th! 

Thank You Thank you to nurses Caroline O'Neil, Terri Lambert and Loretta Borneo, who kindly volunteer at the Blood Pressure Clinic. Thank you to Elizabeth Gearin, Carol McGlone, Sue King, Peg and Jack Kelly and Sheila and Charlie Sargent for their hard work before, during and after the Mardi Gras Party. Thank you Roxies Supermarket for their kind and generous donation of kielbasa to the buffet at the Mardi Gras party.

Did you know? The average number of people airborne over the US any given hour is 61,000. 40% of all people at a party snoops in the medicine cabinet. The shortest complete sentence in the English language is "I am." The cost of raising a medium size dog to the age of eleven is \$6,400. Coca Cola was originally green.



Mindfulness

Wednesday, May 14th at 11 am

Compass on the Bay and Standish Village presents this popular stress reduction program to help with overall health, relaxation, energy, enthusiasm and self esteem. Space is limited. Registration is required.



State House Tour

Space is limited.

Tues., May 6th depart 9 am

A member of Senator John Keenan's Staff will provide tour of State House, followed by photo with Senator Keenan at grand staircase. Lunch at your own expense and on your own. Register at the Kennedy Center.

Winner of Academy Awards Contest

Congratulations **Elaine Weed** for correctly predicting 3 of 6 Oscar winners. Elaine received a \$25 **Roche Bros./Sudbury Farms** gift card as a prize for her knowledge of movies and predicting winners of the gold statues.

Foods that Whittle your Middle: Research shows: those who eat half a **grapefruit** with each meal lost 3 lbs + in 12 weeks; vitamin B12 in **eggs** boosts metabolism and burns fat; **chili peppers** spark metabolism, **yogurt**, particularly Greek, helps shed 81% more belly fat. **Spinach** leaves are packed with folate, which lowers levels of cortisol, the hormone that holds midsection weight, **dark chocolate** helps you lose stomach weight; loaded with fiber, **berries**, especially raspberries, prevent insulin spikes, to keep you from wanting sweets.



Free Movies at the Kennedy Center Every Tuesday at 1 pm



April 1 *Curly Top*, airing in tribute to Shirley Temple, who charms everyone when she finds animal crackers in her soup and dances the hula in this 1935 black and white classic.

April 8 *Moses* starring Burt Lancaster stars as Moses in this production of the Old Testament story.

April 15 *The Story of the Twelve Apostles*, an inspiring, astonishing story of the little known average men who became the twelve apostles and helped change the world.

April 22 *Francis of Assisi* An inspirational story of one man's sacrifice and courageous journey.

April 29 *Irving Berlin's Easter Parade* starring Judy Garland and Fred Astaire is a perennial favorite.

*Snacks are available in the Café.

Fun and Games

WORD GAMES Can you solve these word puzzles? Answers can be found on page 8.

- 1. S+H+A+M+B+L+E+S =
- 2. LAY IT
THICK
- 3. WH  OPS
- 4. DDAE
DDEA
EADD
- 5. DAED
AEDD
DEDA
- 6. **GOOD
THING**
- 7. MEN NME
MNE MEN
EMN MNE
NME MEN
NEM EMN
- 8. PRESSURE PRESSURE
KNUCKLE
- 9. L
CROSSED
V
E
STAR
S
- 10. 'S
T
A M.D.?
H
W

April Word Search

APRIL
ARBOR DAY
ARIES
BASEBALL
BASKET
BUDS
BUNNY



CLOUD
DAFFODIL
DAISY
EARTH DAY
EASTER
EGG
FLOWER

How do bunnies stay healthy? Egg-ercise!



FOOLS
HOLY
PALM SUNDAY
PASSOVER
PLANT
PERENNIAL

Spring breathes new life into the world around us.

RAIN
RESURRECTION
RED SOX
SHOWER
SUNSHINE
TAX

P	R	E	C	I	P	I	T	A	T	I	O	N	Y	A	D	N	U	S	M	L	A	P
A	B	A	C	D	L	V	W	X	P	D	C	V	Q	U	E	I	D	V	I	O	P	A
O	T	R	I	U	A	V	C	L	O	U	D	A	F	F	O	D	I	N	Z	S	U	S
L	H	E	R	E	N	E	M	L	N	Y	E	A	L	K	C	A	U	V	D	B	N	S
A	P	T	W	X	T	Y	U	A	C	M	Y	S	F	D	N	I	D	H	N	C	H	O
I	J	S	R	M	N	B	E	B	U	N	N	I	E	L	O	S	P	M	I	O	T	V
N	Y	A	D	H	T	R	A	E	P	R	E	C	I	P	I	Y	N	I	W	S	V	E
N	P	E	F	P	J	K	O	S	U	H	Q	R	T	V	T	S	W	E	X	I	U	R
E	A	E	P	K	P	U	A	A	D	V	P	E	P	Q	C	U	R	D	O	S	C	L
R	B	C	Y	A	D	R	O	B	R	A	B	D	U	I	E	N	W	E	Y	L	T	I
E	E	V	N	C	I	T	R	D	A	W	E	S	A	C	R	S	B	P	W	O	U	D
P	E	D	I	E	A	P	D	Y	U	S	P	O	D	X	R	H	Z	G	A	O	T	O
E	N	Q	S	C	X	G	H	L	G	H	K	X	B	O	U	I	Y	W	G	F	L	F
H	U	X	M	D	S	W	E	O	N	P	I	E	A	V	S	N	U	D	Z	E	G	F
G	A	T	N	P	U	Y	M	H	U	A	W	B	T	T	E	E	Y	N	N	U	B	A
G	E	H	A	E	Q	B	R	G	P	X	O	N	I	A	R	U	Z	E	P	K	T	D

April

S Mon	Tue	Wed	Thu	Fri	S
<p>Answers to Trivia</p> <ol style="list-style-type: none"> 1. Zero 2. \$200 3. Matthew, Mark, Luke 4. Sue Ann Nivens - <i>The Happy Homemaker</i> 5. Honey Bee 6. Greenland 7. Civil War 8. Sinter Klaus 9. Fidelity, Bravery and Integrity 	<p>1 April Fools Day</p> <p>8 am Piano Lessons 9 am Exercise 10 am Sewing 10 am Writing Class 10:30 am Computer 10 am Dance 12:30 pm Yoga 1 pm Movie</p> 	<p>2</p> <p>10 am Knitting Group 11 am Volleyball 11 am Blood Pressure 12 pm Games 1:30 pm Computer</p> 	<p>3</p> <p>9 am Exercise 10 am Mah-jongg 10 am Sing-a-long 10 am Blood Pressure 10 am Chess (& Chess lessons) 10:30 am Strength Training 12:30 pm Yoga 1 pm Book Club 2 pm QATV Production Class</p> <p>There is no computer class today</p>	<p>4</p> <p>9 am ZUMBA 10 GERD Presentation 11 Sen John Keenan 12 pm Bridge 12:30 Red Sox Opener</p> 	5
<p>6 7</p> <p>Foot Screenings -Appt 9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 am ZUMBA 1 pm Sketching</p> 	<p>8</p> <p>8 am Piano Lessons 9 am Exercise 10 am Sewing 10 am Writing Class 10:30 am Computer 10 am Dance 12 pm Healthy Back 12:30 Yoga 1 pm Movie</p>	<p>9 Foxwoods Must Pre-register</p> <p>9:30 am Tour Jail & lunch with Sheriff Bellotti 10 am Knitting Group 11 am Volleyball 11 am Blood Pressure 12 pm Games 1:30 pm Computer</p> 	<p>10</p> <p>9 am Exercise 10 am Mah-jongg 10 am Sing-a-long 10 am Blood Pressure 10 am Chess (& Chess lessons) 10 am Men's Discussion Group Guest Speaker: Amy Schram Of Better Business Bureau 10 am Computer Class 10:30 am Strength Training 12:30 pm Yoga 1 pm Watercolors 1 Glen Buscher: Sochi Experience 2 pm QATV Production Class</p> 	<p>11</p> <p>9 am ZUMBA 10 am Shifting Gears 12 pm Bridge</p> 	12
<p>13 14 Passover begins</p> <p>9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 am ZUMBA 1 pm Sketching</p>	<p>15 Tax Day</p> <p>Piano Lessons by appt 9 am Exercise 10 am Sewing 10 am Writing Class 10 am Dance 10:30 am Computer 12:30 pm Yoga 1 pm Movie 2 pm Healthy Eating</p> 	<p>16</p> <p>10 am Knitting Group 10 am Yellow Dot Program Sign Ups 11 am Volleyball 11 am Blood Pressure 12 pm Games 1:30 pm Computer</p>	<p>17 Holy Thursday</p> <p>9 am Exercise 10 am Mah-jongg 10 am Sing-a-long 10 am Blood Pressure 10 am Chess (& Chess lessons) 10 am Computer Class 10:30 am Strength Training 12:30 pm Yoga 1 pm Watercolors 2 pm QATV TV Production Class</p>	<p>18 Good Friday</p> <p>Simple Wills by appt 9 am ZUMBA 12 pm Bridge 1 pm Tribute Show: Patsy, Connie, Dolly</p> 	<p>19</p> <p>Holy Saturday >>></p>
<p><< Palm Sunday</p>	<p>20 21</p> <p>Hearing Screenings Appt 9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 ZUMBA</p> 	<p>22 Earth Day</p> <p>Piano Lessons by appt 9 am Exercise 10 am Sewing 10 Dance 10 Introduction to Tai Chi 10 Writing Class 10:30 Computer 12:30 pm Yoga 1 pm Movie 2 pm Healthy Eating of</p>	<p>23</p> <p>10 am Knitting Group 11 am Volleyball 11 am Blood Pressure 12 pm Games 1:30 pm Computer</p> <p>Administrative Professional Day</p>	<p>24</p> <p>9 am Exercise 10 am Mah-jongg 10 am Sing-a-long 10 am Blood Pressure 10 am Computer 10:30 am Strength Training 10 am Chess (and Chess lessons) 12:30 pm Yoga 1 pm Watercolors 2 pm QATV Production Class 2 pm Finance for Women</p> 	26
<p>27 28</p> <p>9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 am ZUMBA 1 pm Sketching</p> 	<p>29</p> <p>Piano Lessons by appt 9 am Exercise 10 am Sewing 10 am Dance 10 am Writing Class 10:30 am Computer 12:30 pm Yoga 1 pm Free Movie 2 pm Healthy Eating</p>	<p>30</p> <p>10 Knitting Group 10 Protecting Assets 11 Volleyball 11 Blood Pressure 12 pm Games 1:30 pm Computer 7pm Street Magic Acapella</p> 	<p>Answers to Word puzzles From page 7</p> <ol style="list-style-type: none"> 1. Total Shambles 2. Lay it on thick 3. Whoops a Daisy 4. Dead Wrong 5. A pound of flesh 6. Too much of a good thing 7. A few good men 8. Knuckle under to pressure 9. Star Crossed Lovers 10. What's Up, Doc? 	<p>'April hath put a spirit of youth in everything.' -William Shakespeare</p> <p><i>quotable quotes</i></p> <p>Why are people so tired on April 1st? Because they just finished a 31 day March!!</p>	