

Council On Aging News

August 2015



7th Annual Fenno House Fun-Raising Fair
Friday & Saturday, August 14th & 15th 9am-3 pm.
Giant indoor yard sale, raffle and bake sale. Proceeds
benefit Fenno House.



Brookdale Senior Health & Wellness Fair
September 17th, 10-2 pm, 99 Brackett Street. A
health fair with a mind, body, spirit theme. Call
617-472-4457 for info.

Dementia Support Group at Atria Marina Place

A dementia support group will be held the first Saturday of each month at Atria. Refreshments will be served, hands will be held and questions and concerns will be addressed. Call Beverly at 617-770-3264 to register.

Dear Friends,

It is my sincere hope everyone is enjoying the relaxing days of summer. It's hard to believe it will soon draw to a close. I would like to take this opportunity to thank Mayor Tom Koch, a great friend of the Kennedy Center. Mayor Koch sponsors and supports countless events, programs and activities for seniors. The party he hosted recently at the Kennedy Center to celebrate the 4th of July with our seniors was a huge success our members were grateful to share in. We at the Council on Aging are grateful for the Mayor's support, encouragement and dedication— it has helped make the Kennedy Center the special place it is.

I urge you to beware of telephone and computer scams. These scams have hit a fever pitch. There are currently many different scams reported, and new, more sophisticated scams are sprouting every day. All ages are vulnerable, but seniors are especially at risk. Common fraud targeting seniors include the grandparent scam, a courthouse call demanding payment for neglecting to report for jury duty, the lottery scam, utility shut off scam, computer anti-virus technical support scam, and more. If your caller ID indicates a call from your own phone number, do not answer it. If anyone calls and asks for personal or financial information, even if they claim to be from an organization you do business with and you suspect the call is real, you should contact the business yourself at a known phone number rather than the one provided by the caller. Everyone can be vulnerable to scams - always remain aware and cautious of all types of scams.

The Annual John D. Noonan is scheduled for September 25th. We will offer many workshops designed to give seniors tools and information helpful to improve general health and quality of life. I am confident you will especially enjoy our featured speaker, famed Boston photographer Bill Brett, who will discuss his fascinating experiences capturing many important moments in Boston's history with his camera lens.

We continue to strive to enrich the lives of seniors in Quincy. Please fill out a comment card at the Kennedy Center to let us know where improvements should be made and how we may better serve you. We value your opinions and ideas. Complete and return a comment card to help us help you.

Sincerely,

Thomas F. Clasby, Jr.
Director



Like us on facebook!
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Quincy Council on Aging



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



'A Sentimental Journey' A tribute to the USO

October 1st at the Common Market Restaurant

\$35 includes matinee show, lunch, tax and gratuity. Attendees are responsible for their own transportation. To reserve your spot for this special event at the Common Market, 97 Willard Street, Quincy, call 857-333-4199.



Gabrielle Freedman Presents "General Wellness"

Tuesday, August 11th at 10:30 am



Join us for a general wellness workshop at the Kennedy Center, including a fascinating demonstration on how sugar interacts with our body. Registration is required. Space is limited. Call 617-376-1506 to register.



The Basics: Memory Loss, Dementia and Alzheimer's Disease

Tuesday, October 6th at 10 am

This free program, presented by Jennifer Hoadley of the SE MA Alzheimer's Association, provides information about Alzheimer's Disease, benefits of early detection, causes, treatment and services. Register at 617-376-1506.



Alzheimer's Disease Listen and Learn Dr. Alan Gruber

September 29th at 10 am

If you have a loved one with behavior changes such as inappropriate social, verbal or aggressive behaviors, or you want to learn more about the disease, join us for Listen and Learn. Call 617-376-1506 to register for this event.



20th Annual John D. Noonan Senior Conference

September 25th 8am-2:30 pm



Kindly sponsored by Mayor Tom Koch and the Quincy COA, the senior conference includes continental breakfast, catered lunch and choice of 2 workshops to participate in. Our featured guest, Bill Brett, famed Boston photographer, will discuss his experiences capturing Boston's history from behind the lens. \$15 pp due at registration.



Wellness Wednesdays

Wednesday Evenings Beginning September 2nd from 5pm-8pm

Supported through a Department of Public Health grant, the Quincy Weymouth Wellness Initiative developed programs to promote healthy living, including a six week self management program, *My Life, My Health*, beginning **September 2nd** at the Kennedy Center. This program was developed for those caring for or living with chronic health conditions and will focus on coping, management and prevention, as well as the tools to best communicate with health care providers. Registration is required for this free program. Call 617-376-1506 to register.



Women's Discussion Group meets the 2nd Thursday of each month at 1:30 pm to discuss a variety of topics in a supportive, educational and fun environment. **Quincy historian Tom Galvin** will be the featured guest at the **September 10th** group and will discuss Quincy's Industrial Past. Registration not req'd.



Join us for a special evening event at the Squantum Yacht Club

Street Magic Acapella

September 30th at 7 pm

Cost is \$ 20per person includes show, light refreshments, cash bar.

Proceeds benefit Alzheimer's Association. Enjoy the clean, smooth sound

of the acapella doo-wop group Street Magic at the Squantum Yacht Club on Quincy Shore Drive. Registration required. Purchase your tickets at the Kennedy Center. Payment due at time of registration.



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

- Aug 7 *Erin Brockovich* Inspiring and entertaining. Based on a true story.
- Aug 14 *Sleeping with the Enemy* This thriller will have you on the edge of your seat!
- Aug 21 *Stepmom* Tearjerker with bursts of comedy, also stars Susan Sarandon and Ed Harris
- Aug 28 *Pretty Woman* Romantic comedy classic that also stars Richard Gere.



August is Julia Roberts Movie Month!





Kennedy Center Book Club Book clubs are a fun way to share laughs, opinions, and thoughts. The Kennedy Center Book Club is a friendly, welcoming group that chooses interesting books and meets the **1st Thursday of each month at 1:30pm** for interesting conversation and great company in a comfortable environment. The book for August is *Pride and Prejudice* by Jane Austen. If you have questions, call 617-376-1506.



Norfolk County RSVP Veterans Book Club

Tuesday, August 18th 2– 4:30pm



Veterans are provided books and meet and share thoughts and reflections over refreshments at the Kennedy Center. The book for August is “Unbreakable: A Navy Seal’s Life by Thom Shea. Copies were generously donated by Shea. Veterans encouraged to call Robert at RSVP at 781-234-3445. Sign up required if you need a book.

GIVE BLOOD



SAVE LIFE

Kennedy Center Red Cross Blood Drive

Friday, September 4th from 9:30am - 2:30 pm

Donate blood and help save a life! Call us at 617-376-1506 for more information. Registration is not required.



Painting with Acrylics at the Kennedy Center

September 11th at 10 am

Stop by to see the painting on display that will be the model for this class. Janet Harrold teaches art in a fun, relaxed environment. Supplies provided and leave with their creations. Light refreshments. **\$15 pp**



Alliance Healthcare Center Presents: Devices that Save Energy

September 17th at 10 am

Colby Williams and Denise Murphy of Alliance Healthcare Center will discuss the energy expended during daily chores, fatigue, and stress decreasing/eliminating equipment and devices available to help keep you safe. Space is limited. Call 617-376-1506 to register. Registration required.



Men's Discussion Group

Held at 10am on the 2nd Thursday of each month, elder men in the community enjoy light refreshments, great company and interesting conversation at the Men's Discussion Group. A different guest speaker is featured at each meeting.

Mayor Tom Koch is the guest speaker for the meeting on **September 10th**. Registration not required.



Yellow Dot Program

Friday, August 21st at 10 am

Yellow Dot is a program to aid elder crash victims and first emergency responders. Joe Canavan from Sheriff Michael Bellotti's office will explain the program, take photos, provide decals and assist in completing envelopes.

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



Smart911 Workshop at the Kennedy Center

September 18th and 20th 10am - 2pm

Smart911 gives 911 secure valuable information about you, your family, home, pets, vehicles, etc. – details that save valuable time during an emergency. Christopher DiBona and representatives from Brewster Ambulance will explain the program, answer questions and assist members with free registration. Unable to attend? Visit www.brewsterambulance.com/smart911 and follow instructions. Call the Kennedy Center at 617-376-1506 to register.



Strength Training 10 Week Course at the Kennedy Center

Beginning September 10th

National Certified Personal Trainer Maggie Faretra will hold a strength training course. Cost is \$50 per person.



Sketching with Bob Farrell

Free 6 Week Session September 16th-October 21st

Learn from a master!

Join Bob Farrell for sketching classes at the Kennedy Center. Registration required. Call 617-376-1506 to register.



Computer Classes - August 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.

August 6 **MAC Computer** **10am –12pm**
Class concentrates exclusively on Mac , including how it works, using email, internet, and more. Bring your Mac to class if you have one.

August 20 **Smart Phones and Tablets** **10am - 12pm**
Learn how they work and what they can do. Bring specific questions with you about your own phone/tablet.

August 27 **Ebay & Craigslist** **10am - 12pm**
Introduction to Ebay and craigslist, what they are, who uses them, how to use them, safety concerns, selling items and more.

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.



Thank you to **Mayor Tom Koch** for hosting a 4th of July celebration at the Kennedy Center. The seniors had an enjoyable day with the Mayor celebrating America. Thank you to **Elizabeth Gearin, JC and Loretta Borneo, Ed Spring, and Al and Kathy Cameron** for their help in making the Mayor's 4th of July celebration a huge success. Thank you to **Danny Ventola** for entertaining the guests at the 4th of July celebration. Thank you to **Deb Deery** and our friends at the **John Adams Nursing and Rehabilitation** for hosting an ice cream social for our members. Thank you to **JC and Loretta Borneo and Kathy Cameron** for their assistance setting up for the special evening event at the Squantum Yacht Club with Sigy Moller and the Sounds of Legends. Thank you to **Judy Ead** for her donation to the Kennedy Center of hand-made dolls, movies and puzzles. Thank you to **Phyllis Feinstein and Ernie Scanzio** for delivering Judy's donations to us. Thank you to **Kathy Cameron and JC and Loretta Borneo** for their tireless efforts helping to set up the Squantum Yacht Club for our special evening event in June. The event was a great success because of their help. Thank you **Tony Losordo** of Quincy's Housing Rehab Department for his home improvement loan workshop at the Kennedy Center to assist members with securing 0-3% loans to improve their quality of life.



Letters to the Troops Let our brave troops fighting for our freedom know they are thought of and appreciated. In an effort to connect supportive seniors with deployed troops and offer a channel for our members to communicate their gratitude and encouragement to the courageous men and women of the US Armed Forces, a box will be at the reception desk at the Kennedy Center for you to drop a letter to a soldier. Letters will be mailed by the Rosie the Riveter Association on August 15th. We ask that your letter be dropped at the Kennedy Center by Tue, August 11th.



Photo right: Molly Papile, Paula Younie and Tony Cronis celebrating their 97th year at our '90's Celebration' at the Kennedy Center. Photo below: Mayor Tom Koch and several members of the Quincy Fire Department after a delightful afternoon cookout hosted by these brave firemen.



Our photo albums and videos are on facebook. Look for us under Quincy Council on Aging. Not on facebook? Sign up for a computer class at the Kennedy Center with Grace Buscher and you'll soon be a computer and social network whiz! Call 617-376-1506 to register for classes.



Mosquito traps 1 cup water, 1/4 cup brown sugar, 1 gram yeast, 1 2-liter plastic bottle. Cut plastic bottle in half. Mix brown sugar with hot water. Let cool. When cold, pour in bottom half of bottle. Add yeast. No need to mix. It creates carbon dioxide which attracts mosquitoes. Place funnel part upside down into the other half of the bottle, taping them together if desired. Wrap bottle with something black, leave top uncovered, and place outside in area away from gathering area. Mosquitoes are drawn to the color black.



Bedbugs feed on human and animal blood. Small, flat, brown and oval, bedbugs get in your home through clothing, personal items, etc. Sometimes hotels have them. It takes just one to start an infestation.

Look closely at used furniture before you bring it home. If an apartment next to you has bedbugs, you might have them or get them. It is difficult to fix a bedbug problem until all units are rid of them. Check apartments before moving in. Bedbugs can survive months without feeding. They hide anywhere, particularly in beds, including seams, box springs, frames, headboards, in carpets and baseboards, behind loose wallpaper, curtains, clocks, radios or phones, inside/under dresser drawers and in picture frames. Look for red/brown spots or smears on bedding, a distinct musty odor and small, itchy red bumps on skin from bites. Wash area of bite with antiseptic soap to reduce infection - don't scratch it. Be sure to immediately call a licensed pest control operator.



Know your rights. Massachusetts housing laws protect people with physical and mental disabilities and help them rent apartments and/or maintain tenancies. These laws prohibit housing discrimination against those with physical or mental disabilities that substantially limit their activities. People with disabilities have the right to expect landlords make *reasonable* accommodations to their handicaps. A landlord is obligated to for both physical and mental disabilities. For example, if there is a 'no pets' policy, but you require a service dog, the landlord must make an exception. Accommodations must be *reasonable*. A landlord does not have to change his operating policies or make a substantial financial investment to accommodate disabilities. Call **Greater Boston Legal Services** at 617-371-1234 with any questions.



Parkinson's Support Group, August 12th 7pm, is held the 2nd Wednesday ea month at the Ward 4 Community Center, 100 Brooks Ave, at 7 pm to discuss Parkinson's. Call Brian 617-770-2090.

Happy Birthday



Happy birthday to **Carolyn Joyce** on August 4th, **Shirley Jacobs** on August 7th, and **Mike Shea** on August 18th!



Suggestion box! Is there something you want to see in the newsletter or an event, activity or trip you think our members would be interested in? Please let us know! We welcome ideas, suggestions and opinions on how we may better serve you. Fill out a comment card in the lobby, stop by or give us a call!



This is a **Beginner** Level Puzzle.

Exercise Your Brain!



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

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!!



2015 commemorates two very important anniversaries and presents great opportunity to celebrate the future while we honor the brave American World War II veterans who fell, and those who survived. Though May 8, 1945 marked the formal acceptance by the Allied Forces of Germany's unconditional surrender in WWII, August 14th marks the official 70th anniversary of the end of the war when the Japanese surrendered.

Thank you to our World War II veteran members who were part of the greatest generation that literally saved the world. It is important we never forget the story of the greatest generation and all they fought for. May God bless and protect all who served then and the courageous men and women who serve today. God Bless America!



Free Legal Clinic/Referral Service Have a legal question? The Norfolk County Bar Association is sponsoring clinics at Quincy District Court **August 11th from 6-8 pm**. Call 617-471-9693 for information.



Farmer's Market Coupons South Shore Elder Services will distribute \$25 in farmer's market coupons to **low-income Quincy elders 60+**. Bring photo ID and proof of low income-, Medicaid, Section 8, etc. Coupons will be distributed at Sons Of Italy, Quincy on **August 12th 10-2pm**.

DID YOU KNOW...

A cow gives nearly 200,000 glasses of milk in her lifetime. * Thomas Edison averaged one patent for every three weeks of his life. * There is a town in Texas called Earth. It's the only place on Earth officially named Earth. * The small pocket in the larger pocket of jeans was originally designed for pocket watches. * More lasting marriages have been produced from "The Biggest Loser" series than from "The Bachelor" and The Bachelorette." * Studies show you'll be happier spending money on experiences rather than possessions. * In 2012, a China man wore 70 pieces of clothing items on a flight to avoid paying extra baggage charges. * A 'gut feeling' is a chemical signal your stomach creates to warn the brain of danger. * After racking up \$40 in late fees for a VHS, Reed Hastings was inspired to start Netflix. * A Bonsai Tree survived the atomic bomb at Hiroshima and now resides in a US Museum. * Apple co-founder Ronald Wayne sold his 10% share in 1976 for \$800-today it's worth nearly \$60 billion. * M&M's stands for Mars and Murries, the founder's last names. * 'Ah, Satan sees Natasha' spelled backwards is 'Ah, Satan sees Natasha.' * The first president of Zimbabwe was named President Banana. * A deep tan damages blood vessels so much it may take 4-15 months to recover. * The lion in the original MGM movie logo killed its trainer and 2 assistants the day after it was filmed. *

1. Which reggae singer died May 11, 1981?
2. For which 1953 movie did Frank Sinatra receive a best supporting actor Oscar?
3. What is the difference between a pig and a hog?
4. What falling fruit supposedly inspired Isaac Newton to write the laws of gravity?
5. What was the first commercially manufactured breakfast cereal?
6. What is the first organism to grow back after fire?
7. How many US states border the Gulf of Mexico?
8. For what magazine was Hugh Hefner circulation manager while raising money to launch Playboy?
9. Bees are found on every continent but one. Which is it?
10. True or False : Bats are mammals.
11. Lucille Le Sueur became famous as what actress?
12. What was the police chief's name in the first two Jaws films?
13. What type of candy does Elliot use to persuade ET to come into his room?
14. Name the first and last names of all 4 Sweat Hogs on Welcome Back Kotter.
15. For which NBA team did *White Shadow* star Ken Howard play?
16. On Little House on the Prairie, what was the name of the town where the Ingalls lived?
17. Name all six Brady kids, their parents, and housekeeper.
18. What show was a spinoff of 'All in the Family'?
19. Name the 3 original Charlie's Angels, character and real names, and who was the voice of Charlie?
20. What was the name of the friendly doorman on Rhoda?

TRIVIA



Answers on calendar on page 9

“Those who fail to take the time to be healthy will ultimately have to take the time to be sick”
- Dr. James Chappell

health
Informed. Empowered.

Sugar should be a very small part of diets Among other health issues, sugary foods and beverages contribute to weight gain, obesity, impaired memory and added risk for heart disease and diabetes. Indulging in these foods can create an insatiable sweet tooth. The more sugar you eat, the more you crave it. It is not recommended to ‘go cold turkey.’ Slowly cut back. Eliminating sugar completely will likely lead to bingeing. It is important to recognize the difference between added sugar and natural sugars (fruits, vegetables, honey, etc.). Natural sugar foods are good energy sources and nourish your body. **Read labels** Begin sugar detox by curbing sweet foods like candy, pastries and soda. Foods like sauces, condiments and soups have added sugar, often masqueraded under a different name (usually ends in ‘ose’). **Drink water** When dehydrated, you begin to crave sweets. Drink water to decrease cravings. **Real, whole foods** If you have head and body aches when not having sweets, eat real, whole foods to help cleanse your body of toxins. **Increase greens** Adding greens keeps energy levels up and eliminates sweet cravings. **Satisfy sweet cravings with fruit** When craving sweets, try fruit. You’ll be surprised how satisfied you feel.



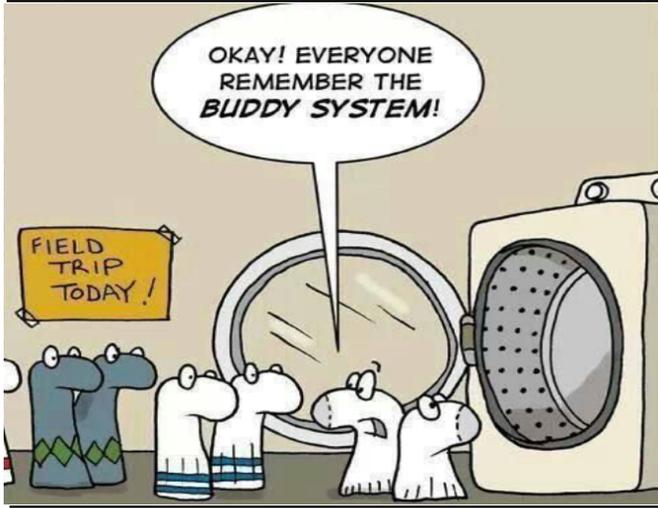
Skin Protection You need your SPF 30, the most important line of defense against sunburns and skin cancer, but eating the right foods can provide protection. **Coffee:** People who have four or more cups of coffee per day are 20% less likely to develop melanoma than those who drink none. Caffeine and certain polyphenols in coffee helps suppress growth of cancer cells from UVB rays. **Fish:** Greece and Italy are drenched with sun, yet have lower melanoma rates than other Mediterranean countries. Research shows this might be due to the Mediterranean diet full of fish rich in Omega 3 fatty acids which boosts the immune system and slows cancer cell growth. **Leafy Greens** Dark, leafy veggies (spinach, kale, chicory) lower risk of skin cancer. Greens are full of carotenoids which fight free radicals that damage skin cells. **Tomatoes** Pink or red foods, ie., guava, apricots, watermelon - especially tomatoes - are full of lycopene and linked to lower cancer rates. A study found those who added tomatoes to their diets had less sunburn than those who didn’t. **Citrus Zest** Lemon peel and grapefruit and orange rinds provide protection. A study found people who had citrus peel in their diet had significant reduction in risk for squamous cell skin cancer. The key appears to limonene, shown to help inhibit early development of cancer.

B12 **Vitamin B12** helps make nerve and blood cells and is crucial for a healthy brain, immune system and metabolism. It is naturally in animal products. Vegetarians may risk deficiency. With age, less stomach acid is produced, key for absorption. Some medications and heartburn meds prevent ability to properly absorb B12. If deficient, supplements and/or injections can be used. Symptoms include fatigue, confusion, weakness, dizziness, tingling, pins/needles in hands and feet, and balance issues. Sore mouth is a visible sign. Symptoms can mimic dementia - memory, disorientation and difficulty thinking. Liver and clams are top sources for B12, others include beef, turkey, oysters, chicken, trout, salmon, etc. Get tested regularly for deficiency.

Overactive bladder Get relief from overactive bladder, in which the bladder muscles contract often and forcefully. **Avoid irritants**, ie, alcohol, caffeine, artificial sweeteners, and spicy foods. **Retrain muscles.** Kegel exercises strengthen pelvic muscles. **Medication.** Many types are available that relax bladder muscles and ease contractions. **Ask your doctor** about pelvic rehab, physical therapy that teaches bladder retraining. With behavioral and lifestyle changes, medication or both, 85% of people see quick results.



Health Checks you can do: Check **cardiovascular health** with a stopwatch and tape measure. Take resting pulse before getting out of bed. Count beats for 30 seconds, then double number. Red flag: over 100 and under 60. * Wrap tape measure around your waist at bellybutton. Red flag: Waistline more than 35”/woman and 40”/man increases risk of heart disease, diabetes and certain cancers. Check **strength/ balance:** Place chair against wall. Sit with arms crossed, feet flat. Stand up without using armrests until legs and hips are straight. Sit back down. Red flag: if you can’t do this at least 8 times in 30 seconds, you’re at risk for falls. Stand on one foot, arms across chest for at least 10 seconds. Red flag: If you can’t do this, you are at risk for falls. * Ask your doctor to review your current medication, weight, diet/exercise program and what health screenings you may need and/or benefit from.



Ha! Ha! Ha!



Word Search

COCOA
KISSES
GUM
MINT
KIT KAT
SUGAR
SMARTIES



FUDGE
HERSHEY
REESES
COTTON CANDY
M n M
TWIX
TAFFY



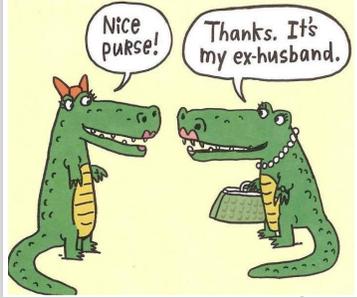
TART
CHOCOLATE
LOLLIPOP
CONFECTION
NABISCO
FUN DIP
JELLY BEAN



POP ROCKS
WONKA
SWEET
PEZ
GOODBAR
GOBSTOPPER
MILKY WAY

P	O	P	R	O	C	K	S	J	K	P	L	B	N	O	I	T	C	E	F	N	O	C
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G	O	O	D	B	A	R	R	H	T	E	V	O	L	I	K	N	S	I	H	T	I	L

August 2015

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Sudoku Answers	<table border="1"> <tr><td>7</td><td>1</td><td>6</td><td>8</td><td>2</td><td>5</td><td>3</td><td>4</td><td>9</td></tr> <tr><td>5</td><td>8</td><td>2</td><td>4</td><td>9</td><td>3</td><td>6</td><td>7</td><td>1</td></tr> <tr><td>3</td><td>4</td><td>9</td><td>1</td><td>6</td><td>7</td><td>8</td><td>2</td><td>5</td></tr> <tr><td>2</td><td>5</td><td>7</td><td>9</td><td>3</td><td>4</td><td>1</td><td>6</td><td>8</td></tr> <tr><td>8</td><td>3</td><td>4</td><td>6</td><td>7</td><td>1</td><td>5</td><td>9</td><td>2</td></tr> <tr><td>6</td><td>9</td><td>1</td><td>2</td><td>5</td><td>8</td><td>7</td><td>3</td><td>4</td></tr> <tr><td>9</td><td>2</td><td>5</td><td>3</td><td>8</td><td>6</td><td>4</td><td>1</td><td>7</td></tr> <tr><td>4</td><td>7</td><td>3</td><td>5</td><td>1</td><td>9</td><td>2</td><td>8</td><td>6</td></tr> <tr><td>1</td><td>6</td><td>8</td><td>7</td><td>4</td><td>2</td><td>9</td><td>5</td><td>3</td></tr> </table>	7	1	6	8	2	5	3	4	9	5	8	2	4	9	3	6	7	1	3	4	9	1	6	7	8	2	5	2	5	7	9	3	4	1	6	8	8	3	4	6	7	1	5	9	2	6	9	1	2	5	8	7	3	4	9	2	5	3	8	6	4	1	7	4	7	3	5	1	9	2	8	6	1	6	8	7	4	2	9	5	3	<ol style="list-style-type: none"> Bob Marley From Here to Eternity A pig is a hog, a hog is not a pig. A pig is a baby hog. Apple Shredded Wheat Moss five (5) Children Activities Magazine Antarctica True Joan Crawford Martin Brody 	<ol style="list-style-type: none"> Reese's Pieces Vinnie Barbarino Freddie Washington, Arnold Horshack, Juan Epstein Chicago Bulls Walnut Grove Greg, Marcia, Peter, Bobby, Jan, Cindy, Mike, Carol, Alice Jeffersons Farrah Fawcett (Jill), Jaclyn Smith (Kelly), Kate Jackson (Sabrina), and John Forsythe Carlton 	<p>At my age... I've seen it all, I've heard it all, I've done it all...I just can't remember it all.</p>  <p>Age does not determine who's right...it only determines who's left!</p>		
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2	<p>3 Foot Screening by appt 9:30 Walking Club 11 Scrabble 11:45 ZUMBA</p> 	<p>4 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Ballroom Dance 10:30 Computer 12:30 pm Yoga</p> 	<p>5 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 5 Wellness Series</p>	<p>6 9 am Exercise 9 Chess/lessons 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 12:30 pm Yoga 1:30 Book Club</p> 	<p>7 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie 1 Olde Kids on the Block</p>	8																																																																																	
9	<p>10 9:30 Walking Club 11 Scrabble 11:45 ZUMBA</p>	<p>11 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Loan Presentation 10:00 Ballroom Dance 10:30 Computer 10:30 General Wellness 12:30 pm Yoga 6 Legal Clinic at Quincy Court</p>	<p>12 S.H.I.N.E. By appt 9:30 Tai Chi 10 Knitting 11 Volleyball 11 Blood Pressure 1:30 pm Computer 5 Wellness Series</p> 	<p>13 9 am Exercise 9 Chess & lessons 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 12:30 pm Yoga 1:30 Women's Discussion</p> 	<p>14 Simple Wills by appt 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie</p>	15																																																																																	
16	<p>17 Hearing Screening by appt 9:30am Walking Club 11 Scrabble 11:45 ZUMBA</p>	<p>18 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Brewster Ambulance 10 Ballroom Dance 10:30 Computer 12:30 pm Yoga 2 Veterans Book Club</p>	<p>19 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 11 Volleyball 11 Blood Pressure 1:30 pm Computer 5 Wellness Series</p>	<p>20 9 am Chess & lessons 9 Exercise 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Brewster Ambulance 10 Computer Class 12:30 pm Yoga</p>	<p>21 9 am ZUMBA 10 Kelley Auctions 10 Yellow Dot 10:30 Tai Chi 12 pm Bridge 2:30 Free Movie</p> 	22																																																																																	
23	<p>24 9:30am Walking Club 11 Scrabble 11:45 ZUMBA</p> 	<p>25 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10:00 Ballroom Dance 10:30 Computer 12:30 pm Yoga</p>	<p>26 S.H.I.N.E. by appt 9:30 Lobster Cruise 9:30 am Tai Chi 10 Knitting 11 Volleyball 11 Blood Pressure 1:30 pm Computer 5 Wellness Series</p>	<p>27 9 am Chess & lessons 9 Exercise 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 12:30 pm Yoga</p>	<p>28 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie</p> 	29																																																																																	
30	<p>31 9:30am Walking Club 11 Scrabble 11:45 ZUMBA</p>	<p>"I'm offended by all the dumb blonde jokes because I know I'm not dumb... and I also know that I am not blonde!" - Dolly Parton</p>	<p>"Old age ain't no place for sissies." - Bette Davis</p>	<p>Reminder:  The deadline to register to vote in the September 22nd primary is September 2nd. If you have any questions or concerns, call City Hall at 617-376-1143.</p>	<p>Every person can make a difference, and every person should try. - John F. Kennedy</p>																																																																																		
	<p>A physician once said, "the best medicine for humans is love." Someone asked, "what if it doesn't work?" He smiled and said, "increase the dose."</p>		<p>When registering for trips, it is NECESSARY to let staff know of any and all special requests, ie., handicap accessible transportation, personal care attendants, etc.</p>	<p>Please be sure to stop by the Kennedy Center office to verify/update emergency contact information. We MUST have accurate contact information.</p>	<p>**Please note** Calendar subject to change without notice Reminder: The Kennedy Center will be closed on Labor Day, September 7th</p>																																																																																		