

# Council On Aging News

*Merry  
Christmas*

*December 2014*



Dear Friends,

How can it be we are nearing the end of 2014? We have had a very busy, exciting and productive year here at the Kennedy Center. I hope you were able to participate in some of the many special events, activities, programs and trips we offered, including, the celebration to commemorate our 5th anniversary at the Kennedy Center, the senior conference, senior Olympics, senior fashion show, Alzheimer's discussion with Greg O'Brien, Friends' Open House and trips to St. Joseph's Abbey, Washington, D.C., Niagara Falls, Atlantic City, Pennsylvania Dutch, and New York City.

It is my particular pleasure to share the Christmas season and welcome the New Year with you. In the new year, the mission of the Council on Aging will remain the same...based on the fundamental value that dignity is inherent to all and elders should have the opportunity to maintain their health, independence, and happiness. We will continue to strive to keep seniors healthy, social, active and happy. As always, please let us know if you have suggestions on how we might better serve you.

During this festive time of year, we reflect on all for which we are grateful. While we try to remember to be thankful for our blessings every day throughout the year, it is most during the holidays we tend to recognize God's blessings and give thanks for the freedom and opportunities we enjoy as Americans. We at the Kennedy Center truly appreciate our friends in the community who support our efforts on behalf of seniors. You have our heartfelt gratitude during the holiday season and all year round.

On behalf of Mayor Tom Koch, the Quincy Council on Aging and myself, I am honored to extend to you best wishes for a healthy, peaceful and merry Christmas and a happy and prosperous New Year! For our friends in the community celebrating Chanukah, we extend our best wishes for a year filled with many blessings and happiness.

Sincerely,

Thomas F. Clasby, Jr.  
Director



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Search us under  
Quincy Council on Aging



**KENNEDY CENTER**

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



## Ring in the New Year with us!

### December 31st at 12:30 pm at the Sons of Italy, Quincy



Join us for great entertainment, a delicious catered dinner and dessert served on China, cash bar, DJ Mark McGillicuddy, dancing, free raffles for great prizes, coffee, tea, hats and fun noise-makers! We hope you are able to share in this festive affair - it promises to be a great time! \$30 per person. Visit the Kennedy Center to reserve your seat to kick off 2015 with us! Pre-registration required. If you have any questions, call 617-376-1506.



## Mid Winter Breakfast With Atria Marina Bay

January 16th at 10 am

Please join us for a delicious breakfast prepared by the talented chefs from Atria at Marina Bay. Enjoy their culinary talents at a 'mid-winter breakfast' held at the Kennedy Center. There is no cost to attend this event; however, we ask that each guest donate a non-perishable food item to help less fortunate in the community. Please be sure to check expiration dates of the items you donate. Space is limited. Registration is required. Please bring food donation at time of registration. Call 617-376-1506 if you have any questions.



## Game Show at the Kennedy Center

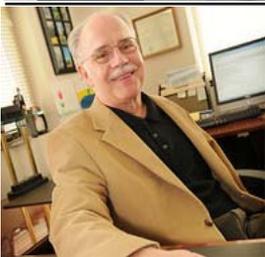
Friday, January 30th

No activity will tickle the brain better than Mr DJ's Quiz Show! This authentic, 'as seen on TV' treat will engage, entertain and provide therapeutic benefits as we stroll down memory lane with a basket full of topics. Registration is required. Space is limited. Visit or call the Kennedy Center at 617-376-1506 to register for this fun event.



Congratulations to our volunteers, **Ed Burke and Elizabeth Gearin**, who were recognized at the 19th Annual John D. Noonan Senior Conference with the 2014 Francis "Frank" Kearns and Mary Vallier Awards for their dedication to the Kennedy Center and seniors in the community. It is the efforts of volunteers like Ed and Elizabeth that make the Kennedy Center the special place it is. The Quincy Council on Aging Board, staff and members are sincerely grateful for their hard work and commitment.

**Thank you, Ed and Elizabeth... Congratulations!**



## Men's Discussion Group Thursday, December 11th at 10 am

No registration required

Enjoy light refreshments, great company and interesting conversation at the Men's Discussion Group, open to all elder men in the community and held the 2nd Thursday of each month. Quincy Council On Aging Board Member Ken Tarabelli, LICSW, of Bay State Community Services, will be the featured guest speaker December 11th.

## SURVIVE WINTER

## Winter Survival December 12th at 10 am

Space is limited. Registration req'd

During the winter months, ice, snow and cold temperatures can make life challenging for everyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses - especially for seniors. Join Ruth Jones, Public Health Nurse Educator for the Quincy Health Department, for some helpful advice for preventing common winter dangers. Call 617-376-1506 to register.



## Senior Sex

**January 28th at 10 am at the Kennedy Center**

Many people want and need to be close to others as they grow older. This includes the desire to continue an active, satisfying sex life. But, with aging, there may be changes that can cause problems. Join Ruth Jones, BSN, RN, BC, CP-FS, Public Health Nurse Educator for the Quincy Health Department to discuss senior sex. Register for this event by calling 617-376-1506.



## Senior Hygiene with Ruth Jones

**January 7th at 10 am at the Kennedy Center**

Personal hygiene is the first step to good grooming and good health. Neglect causes problems that you may not even be aware of. Join Ruth Jones, BSN, RN, BC, CP-FS, Public Health Nurse for the Quincy Health Department, to talk about the importance of personal hygiene. Registration is required. Call 617-376-1506 to register for this event. Space is limited.



## Free Legal Clinics/Referral Service

**December 16th from 6-8 pm at Quincy District Court**

The Norfolk County Bar Association is sponsoring a free legal clinic to address legal questions and issues. If unable to attend, call 617-471-9693 for a free referral or with any questions you may have.



## White Elephant Sale at the Kennedy Center

**Thursday, December 11th from 10 am-2 pm**

Stop by and browse the wide assortment of Christmas decorations, books and more, on sale at the Kennedy Center on December 10th. Proceeds benefit the Kennedy Center.



## Kennedy Center Cookbooks

**December 12th 11 am - 2pm at the Kennedy Center**

Kennedy Center Cookbooks are perfect Christmas gifts for friends and family...and a bargain at \$10ea. Beth Romano and Aura Abreu will be selling cookbooks the day of the Christmas party. The cookbook has all the ingredients for a happy holiday season, including great recipes and kitchen tips. Already done with your Christmas shopping? Stop by and pick up a copy for yourself!



## Painting with Acrylics

**December 12th and January 9th**

With instructor Janet Harrold, this fun, relaxed 'paint in the moment' affair will teach the principles of art to beginners. Participants leave with their creations. Light refreshments. Supplies are provided to each participant. Cost is \$15 per person, per class and due at registration.

Supplies are provided  
\$15 per person, per class



## Alzheimer's Discussion

**January 20th at 10 am**

A representative from the Alzheimer's Association will be at the Kennedy Center as a guest speaker on January 20th at 10 am. Alzheimer's Disease is a progressive, degenerative disorder among the top leading causes of death in the US. Alzheimer's impacts all generations, young and old. Join us for an informative and interactive discussion on Alzheimer's. Call 617-376-1506 to register for this important event.

Space is limited. Registration req'd



A **night of Acapella** with quintet Street Magic was held recently at the Kennedy Center to raise awareness of Alzheimer's Disease and raise money for the MA/NH Chapter of the Alzheimer's Association. The event, along with a raffle, raised \$2,300. The Alzheimer's Association would like to thank Director Tom Clasby and Assistant Director Linda Bowes and their staff who have been a tremendous help in the fight against Alzheimer's. Further Alzheimer's related events are being planned for the near future.



# Computer Classes - December 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.

**December 4** **Apple Computers** **10 am-12 pm**

Learn everything about the Mac: how to browse the internet, get emails and everything in between. Bring your Mac if you have one.

**December 11** **Digital Photography** **10 am-12 pm**

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

**December 18** **Digital Photography with your Computer Processing** **10 am-12 pm**

This class reviews digital photography class. It will demonstrate picture upload, edit, modify, print, save, and photo book.

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



### City of Quincy Water, Sewer & Drain

**It is against the law to dump fats, oils or grease into household drains.** Household fats, oils and grease include cooling oil, food scraps, meat fat, lard, butter, margarine, baking goods, sauces, and dairy products. Violators will be fined \$1,000 for the first offense. Fats, oils and grease that enter our sewer system cause blockages expensive to repair and impacts the entire City. **NEVER** pour grease in sink drains, toilets or garbage disposals. Scrape food and grease into the trash before washing dishes. Pour grease into covered disposable container and put in trash or pour into a can and put it in the freezer. Put congealed grease into the trash on trash collection day. Call the Quincy Water and Sewer Department at 617-376-1910 with questions.



**Save money:** \* Refinance mortgage to lower interest rate, if possible. \* Increase deductible on home insurance. \* Buy only used cars. \* Check charges. Ask credit cards to reduce interest rates. While you're at it, ask cable, phone and internet providers for reduction in monthly fees and cancel unused features and services. \* Cut the line. Switch to prepaid mobile phone and drop land line to save approx \$45/mo. \* Evaluate spending. ie., do you use a gym? Instead, workout at home or come to the Kennedy Center for exercise, strength training and yoga. \* Use credit wisely. Don't use credit cards on groceries or vacations. \* Buy only what you need. \* Shop around. Browse online to find lowest price for purchases, particularly large ones. \* Set spending goals.



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

- December 5** *It's a Wonderful Life* is a 1946 Christmas film where an angel helps a compassionate but frustrated business man. Jimmy Stewart stars in this unforgettable Christmas classic.
- December 12** *Miracle on 34th Street (1947)*, the story of a nice old man who claims to be Santa Claus, the young girl who befriends him and a lawyer who defends him in court that he is real Santa.
- December 19** *White Christmas*, a Christmas classic starring Bing Crosby and Rosemary Clooney, is a romantic tale that takes place in a rural Vermont lodge.
- December 26** *Scrooge* Adaptation of Charles Dickens' classic *A Christmas Carol*. The rich, stingy miser, Ebenezer Scrooge, is played by Albert Finney.

December is Christmas Movie Month

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

1. The movie 'Miracle on 34th Street' is in what city?
2. What were Frosty's last words?
3. How many reindeer hooves are there (including Rudolph)?
4. How many Wise Men were there according to the Bible?
5. What does Advent mean?
6. For the first time in 38 years, what two religious holidays coincided on December 25, 1978?
7. After Joseph, Mary and Jesus left Bethlehem, they went to what country?
8. Which country created eggnog?
9. Who said "God Bless Us, Every One"?
10. Who knocked out Hans Stretz in a boxing match on Christmas 1950?
11. Can you name the 3 wise men who went to see Baby Jesus? ?
12. On this day every year, the largest government mailing takes place.
13. Name the three reindeer whose names begin with "D."
14. December 24, 1814 ended what war?
15. What river did General Washington cross Christmas, 1776?
16. Scrooge feared this Ghost the most.
17. If you spent \$86,609 in 2008, what would you be buying?
18. What is Scrooge's first name?
19. In the song 'Jingle Bells,' who was seated by my side?
20. What was the most popular toy of 1984 was a doll named after a vegetable?

# TRIVIA

Answers on calendar.



The Quincy Council on Aging would like to recognize the members of our extraordinary **Transportation Department** who serve the public so well. We so often receive compliments from elders in the community regarding the drivers. We are grateful for your feedback on their outstanding service. We want you (and them!) to know the Kennedy Center staff and members truly appreciate all of the members of the Transportation Team and all they do to help seniors. Sincere thanks to **Bob Connell, Jane D'Amico, Maureen DeCelle, Joanne Hall, Jennifer Higgins, Carol Lydon, Joe Lyons, Joe O'Neill, Michelle Paige, Robert Panico, Jim Shields, and Lisa Sullivan.**



During this festive season, please be mindful of those who are less fortunate; the homeless, hungry, sick, dying, lonely, dispirited, and helpless. The holidays provide many opportunities to give of ourselves, our time, our money and our prayers.

**Kindness goes a long way!**



This is a Beginner Level Puzzle.

Exercise Your Brain!



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

Level: Beginner  
**Good luck!!**



**Did you know...?** Germans made the first artificial Christmas trees out of goose feathers. More than 3 billion Christmas cards are sent in the US each year. All the gifts in the Twelve Days of Christmas equal 364 gifts. Christmas trees usually grow 10-15 years before they are sold. 'White Christmas' by Irving Berlin sold 100 million copies worldwide. President Teddy Roosevelt, an environmentalist, banned Christmas trees from the White House in 1912. 30-35 million Christmas trees are sold yearly in the US. The first person to decorate a Christmas tree was Protestant reformer Martin Luther. The first Christmas postage stamp was issued in the US in 1962. 1/6 of all retail sales in the US are Christmas purchases. Apples were earliest known Christmas tree decorations. The real "George Bailey" of *It's a Wonderful Life* was A.P. Giannini who founded Bank of Italy, which became Bank of America. The first president to decorate the White House Christmas Tree was Franklin Pierce. The poinsettia was brought to US from Mexico by Joel Poinsett in early 1800s. Holly berries are poisonous...contrary to popular belief, poinsettia plants are not. In 1843, "A Christmas Carol" was written by Charles Dickens in six weeks. Traditionally, Christmas trees are taken down after Epiphany (12th day after Christmas to celebrate visit of three wise men to Christ). More diamonds are sold at Christmas than any other time of year. 7 of 10 dogs in England receive Christmas gifts from their doting owners. In Mexico, wearing red underwear on New Year's Eve is said to bring new love in the new year. Friday after Thanksgiving is not busiest shopping day of the year-Friday and Saturday before Christmas are busiest shopping days. Animal Crackers are not *really* crackers, but cookies that were imported to the US from England in the late 1800's. Barnum's circus-like boxes were designed with a string to be hung on a Christmas tree. Candy canes are shaped to depict a shepherd's crook. They were passed to children in church to keep them quiet. Christmas caroling began as an English custom called 'wassailing'-toasting neighbors to long, healthy lives. During Christmas shopping season, Visa cards are used an average of 5,340 times each minute in the U.S.



Thank you to **Senator John Keenan** for donating the beautiful basket to raffle at the Halloween Spook-tacular. Thank you to **Carol McGlone, Peg Kelly, Elizabeth Gearin, Brenda Kelly, Jack Kelly, Deni Sindel, and Ray Brennan**, for their efforts in making the Spook-tacular a huge success! Thank you to delicious Quincy eateries, **Early American Restaurant** and **Villa Rosa** for donating gift cards for costume contest prizes. Thank you to **Richard O'Mara** of **Cedar Grove Gardens** for his workshop on creative holiday floral arranging. Thank you to everyone who came out to support the **Alzheimer's Association** at the Street Magic Acapella event. Thank you to **Deb Deery** and **John Adams Rehabilitation** for providing a delicious spaghetti and meatball lunch for our Veteran's Day Luncheon. Thank you to **Neil Deery, Rose Souza, Jacqui Gentile, Joan Malvesti, Jack Kelley, Betty DeCristofaro, and Al Cameron** for all their help in making the Veteran's Day luncheon a great time for all. Thank you **Joe McCarthy Plumbing** for donating scratch ticket raffle prizes. Thank you **Back to Basics** for donating a gift card for our raffle. Thank you **Furnace Brook Golf** for the golf package raffle prize. Thank you **Denis O'Gorman** for donating two music cds for our veteran's raffle. Thank you to **Caryn Smith** of **Caryn's Corner** for hosting a fun and interesting fashion show at the Kennedy Center and sharing her fashion expertise. Thank you to the **Knitting Group** for kindly making and donating many beautiful items to the **Friends of the Unborn**. Thank you **Hahn Home Health Care, Inc.** for hosting *One Pot Cooking* to teach attendees the importance of balanced nutrition and how to prepare simple, healthy recipes in one pot. Thank you to **all** who prepared baked goods for our **Election Day Bake Sale**. Your generous contribution helped raise money for the Center. Of course, thank you to our **fabulous customers** who stopped by the table on their way to cast their votes. Many thanks to **Peg Joyce, Joan Ahearn, Peg Kelly, Jack Kelly** and **Kathy Cameron** for volunteering their time to work the Bake Sale. Thank you to **Jim Joyce** for his assistance with the Veteran's Tribute preparations. Thank you to **Michelle Lydon** of **Lydon Funeral Home** and **Jeff of Quincy Memorials Monument Company** for hosting a fun and informative workshop on obituary writing and funeral pre-planning, free raffles, lunch, dessert, scratch tickets for attendees and more. Thank you to our good friend **Amy Gorham** of **Marina Bay Skilled Nursing** for hosting a fun trivia game with super prizes for members. Thank you to **Thomas J. Mickey** for sharing excerpts of his book, *America's Romance with the English Garden*, with the Book Club.



**Holiday Transportation Schedule:** December 24th and 31st no Transvan transport; Hancock Park 1/2 day transport (a.m.) only. Medical transportation, call to Transportation office at 617-376-1242 **must** be received by 11am for return ride. South Suburban Dialysis morning transport only. Transportation closed December 25th and January 1st.

**Sudoku Answers:**

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



**Protect yourself from influenza-Get your flu shot**

The exact timing of influenza is unpredictable. Peak weeks are generally January - March, but flu season can begin as early as October and last as late as May. It can take two weeks for antibodies to develop in your body after a flu shot. Waiting to get vaccinated until you see those around you experiencing symptoms is not advisable. Vaccination is most important for those at high risk of serious flu-related complications. Schedule a flu shot with your doctor or visit a pharmacy.



Happy birthday to **Jim Shields** (12/13) and **Linda Peters** (12/21)



Congratulations **Alice Leonard**, winner of a painting created by the incredibly talented Bob Farrell, Kennedy Center art instructor. Bob kindly and generously donated a piece of his beautiful art for the Friends of the Kennedy Center Open House.

**Make A Mammogram Promise**

**Breast Cancer** : 1 in 8 in US will be diagnosed with breast cancer in her lifetime.

\* 2 of 3 breast cancers are found in women age 55+. \* White women are more likely to develop breast cancer than African American, Hispanic and Asian. \* Having one first degree relative (mother, sister, daughter) with breast cancer doubles risk. However, 85% of women who get breast cancer have no family history of the disease. \* Women who have not had child or had first child after age 30 face higher risk than those who had children earlier. \* Excess weight can increase risk, especially after menopause. \* Smokers have higher risk of breast cancer, especially in younger women. \* Three alcohol drinks per week increases breast cancer risk by 15 %. \* Other risk factors being studied include lack of exercise, light exposure at night (example, night shift work), low vitamin D levels, chemicals in cosmetics and food. Mammograms are meant to find cancers before they cause symptoms. Breast cancers found because they are felt tend to be larger and are likely to have spread beyond breast. In contrast, breast cancers found during exams are more likely to be small and still confined to the breast. Make your mammogram promise today!



*We're like family.*



Thank you to the Bank of Canton for generously supporting the efforts of the Quincy Council on Aging. It is through the support and generosity of local businesses like **Bank of Canton** that make the Kennedy Center a special place for seniors. They make the wide array of interesting and enjoyable services, events, activities and programs possible. **Thank you Bank of Canton** for your generous and kind support of the Kennedy Center and the seniors in our community!

Attorney General's Office  
Elder Hotline:  
Open Monday - Friday,  
10am - 5pm  
Call 888-AG-ELDER  
(888-243-5337)

Finding answers to questions about issues can be confusing. The Attorney General's Office has a toll-free hotline to assist individuals on a wide range of elder issues. Call 888-243-5337 Monday - Friday, 10am- 4 pm. The elder hotline provides a valuable service to senior citizens, their families and others seeking information about elder-related issues and programs. The hotline, staffed by volunteers, provides dispute resolution services and a comprehensive resource and referral on a full range of concerns, ie., debt/collection practices, home improvements, long-term care insurance, telemarketing, health insurance, landlord/tenant issues and scams.



**Event & activity photographs** can be viewed on the Quincy Council on Aging facebook page. Visit the page or google 'Quincy Council on Aging facebook' to enjoy many albums of photos.



Then Grinch thought of something he hadn't before! What if Christmas, he thought, doesn't come from a store. What if Christmas, perhaps, means a little bit more! - Dr. Seuss \* I will honor Christmas in my heart and try to keep it all the year. - Charles Dickens \* Our hearts grow tender with childhood memories and love of kindred and we are better throughout the year for having, in spirit, become a child again at Christmas-time. -Laura Ingalls Wilder \* Christmas, old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that? - Bob Hope. \* Christmas waves a magic wand over the world ever. Mankind is a great, an immense family. This is proved by what we feel in our hearts at Christmas.—Pope John XXIII \* There has been only one Christmas... the rest are anniversaries. -W.J. Cameron \* Love is what's in the room with you at Christmas if you stop opening presents and listen. – a 7 year old boy \* There are no strangers on Christmas Eve.—Mildred Cram \* Christmas is the season when you buy this year's gifts with next year's money.—Author unknown \* Christmas is not about opening gifts, it is about opening our hearts.—Author unknown  
more beautiful.- Norman Vincent Peale



## Christmas Word Search



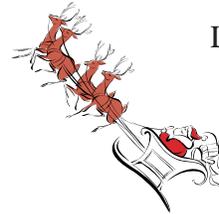
ADVENT  
ANGEL  
BELL  
BLITZEN  
CAROLS  
DASHER



FESTIVE  
GARLAND  
GIFTS  
JESUS  
JOY  
JOSEPH



ELF  
MANGER  
MARY  
MERRY  
MISTLE TOE  
NATIVITY



LIGHTS  
SANTA  
SLEIGH  
STOCKING  
TINSLE  
WISE MEN

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

# December 2014

Mon	Tue	Wed	Thu	Fri	S
<p>1 Foot Screenings by appt 6 am <b>New York/Foxwoods</b> Departs Squantum Point Park 9:30 Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA 1 Watercolors</p> 	<p>2 S.H.I.N.E. by appt Piano Lessons by appt 10 am Quilting 10 Creative Writing 10:30 Computer 1 pm Sketching 1 pm <b>QATV TV Production</b> 2 pm Healthy Eating</p>	<p>3 S.H.I.N.E. by appt 9:30 am Tai Chi 10 am Knitting Group 11 am Volleyball 11 am Blood Pressure 1:30 Computer</p>	<p>4 <b>Sicilian Tenors Day</b> trp 9 am Exercise 9 Chess 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 10:30 Strength Training 12:30 pm Yoga <b>1 Protecting Assets</b> <b>1 Book Club</b></p>	<p>5 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie 1pm <b>Sigy Moller</b> <i>It's a Wonderful Life</i></p> 	6
<p>7 8 9:30 Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA 1 pm Watercolors</p> 	<p>9 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 <b>Enchanted Village</b> 10 Quilting 10 Creative Writing 10 Ballroom Dance 10:30 Computer 12:30 pm Yoga 1 Sketching 1 <b>QATV TV Production</b> 2 Healthy Eating</p>	<p>10 S.H.I.N.E. by appt Foxwoods (pre-register) 9:30 am Tai Chi 10 Knitting Group 11 Volleyball 11 Blood Pressure 11 <b>Friends of Unborn Collection</b> 1:30 pm Computer</p> 	<p>11 9 am Exercise 9 Chess 10 Mah-jongg 10 Sing-a-long 10 <b>Men's Discussion</b> 10 Blood Pressure 10 Computer Class 10:30 Strength Training 12:30 pm Yoga</p>  	<p>12 9 am ZUMBA <b>10 Painting with Acrylics</b> <b>10 Winter Survival</b> 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie <b>1 Christmas Luncheon</b></p> 	13
<p>14 15 Hearing Screening By appt 9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA</p> 	<p>16 <b>Chanukah begins</b> S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 am Quilting 10 Ballroom Dance 10:30 Computer 12:30 pm Yoga 1 pm QATV TV Production 2 pm Healthy Eating</p> 	<p>17 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 10 <b>Register of Deeds, Bill O'Donnell Office Hours</b> 11 Volleyball 11 Blood Pressure 1:30 pm Computer</p>	<p>18 9 am Exercise 9 Chess (&amp; lessons) 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 10:30 Strength Training 12:30 pm Yoga</p> 	<p>19 Simple Wills by appt 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie <i>White Christmas</i></p> 	20
<p>21 22 9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA</p> 	<p>23 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Ballroom Dance 12:30 pm Yoga 1 pm QATV TV Production 2 Healthy Eating</p>	<p>24 <b>Christmas Eve</b> S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 11 Volleyball 11 Blood Pressure <b>Chanukah ends</b></p>  <p><b>Kennedy Center will be closing early.</b></p>	<p>25 <b>Kennedy Center Closed Merry Christmas!</b></p> 	<p>26 Kwanzaa begins Simple Wills by appt 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie <i>Scooge</i></p> 	27
<p>28 29 9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA</p> 	<p>30 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Ballroom Dance 12:30 pm Yoga 1 QATV TV Production 2 Healthy Eating</p>	<p>31 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 11 Volleyball 11 Blood Pressure <b>12:30 New Year's Party</b></p>  <p><b>Kennedy Center will be closing early. Happy New Year!</b></p>	<p><b>Answers</b></p> <ol style="list-style-type: none"> <li>1. New York</li> <li>2. "I'll be back again someday."</li> <li>3. 36</li> <li>4. It does not say</li> <li>5. 'Coming'</li> <li>6. Christmas &amp; Chanakuh</li> <li>7. Egypt</li> <li>8. England</li> <li>9. Tiny Tim</li> </ol>	<p>11. Caspar, Balthasar, Melchior 12. December 26 13. Dasher, Donner, Dancer 14. War of 1812 15. The Delaware River 16. Ghost of Christmas to Come 17. Gifts in 12 Days of Christmas 18. Ebenezer 19. Miss Fannie Bright. 20. Cabbage Patch Doll</p>	
<p>30 <b>Please note:</b></p>	<p><b>Our calendar is subject</b></p>	<p><b>to change without notice.</b></p>			