

# Kennedy Center News



December 2015

Merry Christmas



Dear Friends,

Winter greetings! It's time to put on your snow boots and deck yourself with gloves and woolens and get outside to enjoy fresh, crisp air when the spirit of the holiday season is overflowing with good will and dazzling Christmas displays. Be sure to visit the Kennedy Center after for warmth, a hot cup of soup and good company. It is important to remember fresh air, daylight and sunlight are essential for physical and mental health.

As we approach another Christmas season, with all the joy, excitement and merriment that is tradition, I am delighted to extend seasons greetings to all Kennedy Center members and friends. I truly enjoy this time of year as it is when I reflect on what has been achieved during the year here at the Center. 2015 has been a great and productive year for the QCOA family and I am proud of all we accomplished. I would like to recognize the efforts of my hardworking QCOA staff and thank the Kennedy Center volunteers and members for their ideas, support and contributions.

Overall it has been a very busy year that will culminate with holiday celebrations, including a New Year's Eve party at 12 noon December 31st at the Sons of Italy on Quarry Street, Quincy. It promises to be a grand event with a delicious catered lunch, great entertainment, a 'photo booth,' raffles, cash bar and more. Stop by the Kennedy Center to purchase your ticket to ring in the new year at a fun celebration with us!

A busy time of year, this is a festive season of celebration and togetherness filled with laughter and love. While I do hope these sentiments can be enjoyed by all, we must be mindful of those who are alone during the holidays and realize it can be a very difficult and lonely time. May we be ever thoughtful of the spirit of caring, sharing, love and generosity this season brings. Please consider reaching out to lonely seniors with a smile, word of cheer or an invitation. Kindness may be the only holiday gift they receive.

On behalf of Mayor Tom Koch and the Council on Aging family, best wishes for a very merry and blessed Christmas season and an upcoming year filled with peace, productivity, happiness and prosperity. We wish our friends of Jewish faith a pleasant holiday bright with joy and rich in memories and tradition.

Warm Christmas wishes,

Thomas F. Clasby, Jr.  
Director



For timely information, topics of interest, announcements and more, be sure to like us on facebook! Search us under Quincy Council on Aging



**KENNEDY CENTER**

Kennedy Center  
440 East Squantum Street  
Quincy, MA 02171  
617-376-1506

[www.quincyma.gov/government/elderserv](http://www.quincyma.gov/government/elderserv)  
Hours : Monday - Friday 8:30 a.m.– 4:30 pm



## Rotary Club Pasta Luncheon

Tuesday, January 12th at 12 Noon

The Quincy Rotary Club will once again prepare and serve a pasta lunch for seniors, a favorite annual event for our members. Come enjoy delicious food, games, prizes, and lots of fun and laughs with the Rotary Club members. Registration is required. Call 617-376-1506 or visit the Kennedy Center to register. **Space is limited.**



## Quincy Historical Society

Thursday, December 3rd at 3:15 pm

The Quincy Historical Society will present a free silent movie at the Kennedy Center open to the public. Filmed in 1916, *A Romance of Quincy*, features stars from Quincy and was filmed entirely in Quincy. The Quincy Historical Society will tell remarkable stories of how the movie was made and how it was rediscovered and preserved. This is a great opportunity to see movie footage of Quincy as it looked a century ago and to learn about this lost episode in Quincy history. Enjoy piano accompaniment and popcorn. Call 617-1506 to register. This is one you don't want to miss!



## New Year's Eve Party

Thursday, December 31st at 12 pm

Join us for great entertainment, a delicious catered dinner served on China, cash bar, DJ Mark McGillicuddy, dancing, free raffles, hats and blow horns! Visit the Kennedy Center to reserve your seat to kick off 2016 with us at the Sons of Italy, Quarry Street, Quincy! **\$35 pp at registration**



## Event Cancellation

We regret the Friends of the Kennedy Center Holiday Shopping event at the Kennedy Center on December 6th has been canceled. We hope to host a shopping day in the future.



## Living with Diabetes

Thursday, Jan 28th at 10am

Join Quincy Public Health Nurse and Educator Ruth Jones for a presentation on living with diabetes. Space is limited. Registration is required. Call 617-376-1506 to register. Light refreshments.



**Parkinson's Support Group** is held the **2nd Wednesday** of each month at the Ward 4 Community Center, 100 Brooks Ave, at 7 pm to discuss Parkinson's. Call Brian 617-770-2090 for information.



## Free Movies at the Kennedy Center

Every Friday at 12:30pm

- December 4** *Miracle on 34th Street* Christmas classic with John Payne, Natalie Wood & Maureen O'Hara
  - December 11** *Holiday Inn* Bing Crosby and Fred Astaire star in this Irving Berlin classic musical
  - December 18** *It's a Wonderful Life* Jimmy Stewart as George Bailey in this Christmas classic.
- Be sure to visit the Kennedy Café for refreshments to enjoy during the movie.**



Feel the spirit of Christmas at the Kennedy Center!



## Senior First Aid

Thursday, January 21st 9am-2pm

Join Quincy Public Health Nurse Ruth Jones for a workshop on training to respond to and prepare for emergencies. If you need a refresher course, this is an opportunity to learn new skills and stay knowledgeable, confident and ready to respond in an emergency. Space is limited. Registration is required. Call 617-376-1506 to register.



## Painting with Acrylics

January 8th at 10am

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



**The Kennedy Center Book Club** is a friendly, welcoming group that meets the **first Thursday** each month at 1:30 pm for stimulating conversation in a comfortable environment. The book for **December 3rd** is "Leaving Time" by Jodi Picoult. The book for January 7th is "This Year It Will Be Different" by Maeve Binchy.



**Quincy Historical Society Special Event** Prior to the silent movie on **Thursday, December 3rd**, the Quincy Historical Society will be at the Kennedy Center at 1:45 pm to display photos circa 1940-1950 with the hopes to have long term Quincy residents 70+ years old view and identify people and places in the photos. Call 617-376-1506 to register.



I decide to wash the car. I start toward the garage and notice mail on the table. I'm going to wash the car, but first I'll go through the mail. I lay the car keys on the desk, discard the junk mail and notice the trash is full. Ok, I'll just put the bills on my desk and take the trash out, but since I'm going to be near the mailbox anyway, I'll pay these bills first. Now, where is my checkbook? Oops, there is only one check left. My extra checks are in my desk. Oh, there's the coke I was drinking. I'm going to look for those checks. But first I need to put my coke further away from the computer. Maybe I will pop it in the fridge to keep it cold. I head towards the kitchen and my flowers catch my eye. They need water. I set the coke on the counter and oh-there are my glasses! I was looking for them all morning! I'd better put them away first. I fill a container with water and head for the flowers. Aaagh! Someone left the TV remote in the kitchen. We'll never think to look in the kitchen tonight when we want to watch TV, so I'd better put it back in the family room. I splash some water into the pots and onto the floor. I throw the remote onto a soft cushion on the sofa and head back down the hall trying to figure out what it was I was going to do. End of day: The car isn't washed. The bills aren't paid. The coke is still on the counter. The flowers are half watered. The checkbook still only has one check in it and I can't seem to find my keys. When I try to figure out why nothing is done today, I'm baffled because I was busy all day long. I realize this is a serious condition and I will get help, but first I think I'll check my e-mail... Does this sound familiar to you?

- sent in by Mary Gougian



**Jewelry Making Class** Call the Kennedy Center if you would be interested in participating in a jewelry making class in the new year. There will be a cost for supplies. Before we schedule this class, we would like to make sure it will generate interest and a commitment from members who inquire. Call 617-376-1506 for more information and to express interest.



**Meditation & Mindfulness** We are pleased to announce Meditation & Mindfulness with Karen Gaughan will continue as a weekly activity on Mondays at 1:30 pm. \$3 pp.



## Tax Preparation

At the end of the month, the Quincy Council on Aging will take appointments for free tax assistance for seniors. Tax assistants are trained AARP volunteers. You will need W-2 and 1099 statements of other income information for all deductions or credits, and a copy of 2014 tax return. Only uncomplicated returns considered for this free service. Please call the Kennedy Center at 617-376-1506 for appointment. Appointments fill fast!



**The National Guard Armory** is collecting toiletries for troops. If you would like to donate toiletries to American servicemen and women, the Quincy Armory at 1000 Hancock Street. Call SSG Jarrod Brown or Susan Clarke-Lynn at the Armory at 617-471-3391 for more information.



**Fuel Assistance** QCAP's Fuel Assistance program can help you pay your winter heating bills. New applicants may apply by calling QCAP's Energy Program. Fuel assistance is for incomes at or lower than 60% of the estimated state median income. If you qualify, you may also get discounts on National Grid and NStar bills. Discounts can save you up to 30% on your gas and electric bills. Homeowners can also get help to repair/replace inefficient or inoperable heating systems. Regular clean and tune services are also available to keep your system in working order. Call 617-479-8181 for information or to find out if you qualify.



## Computer Classes - December 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.

<b>December 3</b>	<b>MAC Computer</b>	<b>10am-12pm</b>
Class concentrates exclusively on Mac, including how it works, using email, internet and more. Bring your Mac to class if you have one.		
<b>December 10</b>	<b>Smart Phones &amp; Tablets</b>	<b>10am-12pm</b>
Learn about smart phone. Ask specific questions about smart phones or your own phone. Review overall basics of smart phones.		
<b>December 17</b>	<b>Questions and Answers</b>	<b>10am-12pm</b>
This Bring your questions regarding cell phones, digital cameras, computers or tablets. Questions will be taken on a first come, first serve basis.		

**Seniors are often intimidated by new technology, join Grace for beginner computer classes at the Kennedy Center—stimulate your mind and learn about how to work a computer and navigate the internet. 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 **Jack and Peg Kelly, Elizabeth Gearin and Kay MacPherson** for their hard work at the Halloween Spooktacula. Thank you to Health Commissioner **Drew Scheele, Bill DeCarli, Glen Spencer,** and **Tim Marble** for setting up the gym for the celebration. Thank you to **Lisa Leak of the Atrium** and **Batt DeWale of Bayada Home Care** for their questions and answers workshop on fall prevention. Thank you to **Richard O'Mara of Cedar Grove Gardens** in Dorchester for his annual floral arrangement class at the Kennedy Center. Thank you to the **Alzheimer's Association** for hosting an estate planning and financial preparation workshop for Alzheimer's sufferers and families. Thank you **Sell Mom's House** (sellmomshouse.com) for hosting a presentation on liquidating real estate and selecting assisted living residences. Thank you to **Angela Durkin** for her kind and generous donation of a creatively assembled gift basket for an event raffle. Thank you to **Janet Harrold, Dianne Bertocchi and Elizabeth Gearin** for lending their creative talents in making beautiful and patriotic centerpieces for the Veteran's Day tribute luncheon. Thank you to **Deb Deery and the talented culinary staff of John Adams HealthCare Center** for hosting the Veteran's Day tribute complete with a delicious pasta and meatball lunch, dessert and gift. Thank you to everyone who kindly shared their baking skills to benefit the Kennedy Center at the Election Day Bake Sale. Special thanks to **Peg Joyce, Joan Arnold, and Elizabeth Gearin** for their efforts working the Bake Sale table. Thank you to the very talented **Kenny Morrell** for entertaining Quincy veterans and members at the Veteran's Day tribute.



### Exercise Study for Helping Elders with Chronic Pain

The Helping Elders Living with Chronic Pain (HELP) study began with a grant awarded to researchers at UMass College of Nursing & Health Sciences. The study is recruiting elders 65+ who do not regularly exercise and who experience pain in 2 or more body locations. Call the study line at 617-287-7394 or visit [www.umb.edu/helpforelders](http://www.umb.edu/helpforelders) to learn more. This study is independent of the Kennedy Center.



**Please help:** If you know of any Kennedy Center member who is sick or distressed, please contact the Kennedy Center at 617-376-1506.

Our photos 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 become a computer and social network whiz! Register at 617-376-1506.



**Photo on left:** Models at the Caryn's Corner Fashion Show



**On Right:** Guests at our Oktoberfest celebration enjoying authentic German music and singing along



**Palindromes** are words or phrases that read the same in both directions, ie., eye, race car, ‘Madam, I’m Adam’. Here are more: Do geese see God? \* Never odd or even \* Don’t nod, too bad - I hid a boot \* a Toyota-race fast, safe car, a Toyota \* Are we not drawn onward, we few, drawn onward to new era? \* Some men interpret nine memos.

\*Rats live on no evil star \* Redder \* Civic \* Pullup \* Repaper \* Rotator \* Step on no pets \* Too hot to hoot \* Was it a car or a cat I saw? **Pangrams** are sentences that use every letter of the alphabet like the old favorite ‘the quick brown fox jumps over the lazy dog.’ Here are more: The five boxing wizards jump quickly. Jack amazed a few girls by dropping the antique onyx vase. A large fawn jumped quickly over white zinc boxes. Sympathizing would fix Quaker objectives. Pack my box with five dozen liquor jugs. How quickly daft jumping zebras vex.

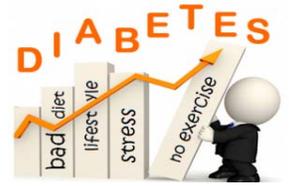


**Did you know** Los Angeles, CA, often referred to as LA, was originally called El Pueblo de Nuestra Senora la Reina de los Angeles de Porciuncula. \* The first World Series, 1903 was between the Boston Americans (became the Red Sox in 1908) and the Pittsburg Pirates. Pittsburgh did not end in an ‘h’ until



### Diabetes and High Blood Pressure

If not closely monitored, high **blood pressure (HBP)** can damage blood vessels and strain the heart, which increases risk of stroke and heart attack. **Diabetes** puts you at risk for serious health problems, such as disease of the heart, eye and kidney, as well as greater risk for



HBP. Most people with diabetes, especially type 2, will develop high blood pressure. HBP usually has no symptoms. Have your blood pressure checked regularly and monitor it closely. Most people with diabetes should have a reading of lower than 140/90. The top number is the systolic pressure, the pressure in the arteries when your heart beats. The bottom number is the diastolic pressure, the pressure in your arteries when heart rests between beats. Living with diabetes means knowing how to control high blood sugar. Over years, blood sugar levels that stay high can harm blood vessels. When damaged, blood vessels are more likely to harden.

\* Follow treatment plan. Take all prescribed medicines. Visit doctor regularly. With care, blood sugar can be controlled. An A1c level of below 7% is recommended. The term A1c or HbA1c refers to your average blood sugar levels for past 2-3 months. \* Maintain healthy weight. Abdominal obesity (waist measurement more than 40” inches for men, 35” for women). Losing weight can lower risk of heart disease. \* Eat right. Limit sodium. \* Limit alcohol. \* Stop smoking. Smoking damages blood vessels making them 2-3 times more likely to experience a heart attack or stroke. \* Exercise! The more active, the more benefits. Be active at least 30 minutes a day, 5 days a week. \* Take medicine as instructed, even if you feel well.



This is a **Beginner** Level Puzzle.

Exercise Your Brain!



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

**DID YOU  
KNOW...**

'Nollaig Shona' is Irish for Happy Christmas. \* Befana brings presents to children in Italy. \* Stollen is the cake eaten at Christmas in Germany. \* On December 13th, girls in Sweden dress as St. Lucia. \* December 6th is the feast day of St. Nicholas. \* St. Nicholas was Bishop of Myra, Turkey. \* The first Christmas crib (nativity scene) was made in Assisi by St. Francis. \* Clement Clarke Moore wrote the poem 'The Night Before Christmas.' \* Queen Victoria is credited with bringing the Christmas tree to Britain and Ireland. \* Humphrey Bogart was born on Christmas Day. \* Mulled, spiced wine is the winter treat called Gluehwein. \* The poinsettia is native to Mexico. \* *The Toy Show* is a special seasonal edition of the Irish TV program 'The Late, Late Show.' \* The first Christmas card was invented in 1843. \* New Year is called Hogmanay in Scotland. \* A silver sixpence was once placed in Christmas puddings. \* The European terms *ilex* and *hedera* are better known as holly and ivy. \* Christmas in Ireland lasts from December 24th through January 6th, although December 8th is viewed as the start of Christmas. Christmas trees and decorations are put up on December 8th. According to Christian tradition, December 8th is the date of the Immaculate Conception. \* The traditional Irish Christmas Eve dinner is fish, eaten as a form of fasting before Christmas. Christmas dinner typically consists of turkey or goose and ham with vegetables and potatoes. Desert is traditionally plum pudding served with brandy set alight and poured over it. \* From a religious viewpoint, Easter is the only holiday considered bigger than Christmas. \* According to the Gospels, the Wise Men brought gold, frankincense and myrrh. \* The German title of O'Christmas Tree is "O Tannenbaum." \* The movie *The Lemon Drop Kid* starring Bob Hope introduced "Silver Bells." \* The movie *Miracle on 34th Street* came before the book. \* The Florida town "Christmas" maintains a fully decorated Christmas tree all year round. \* Kentucky, Indiana, New Hampshire, Pennsylvania, Maryland, Connecticut and Georgia all have the city name Bethlehem in common. \* Oklahoma was the last state to declare Christmas a legal holiday. \*



1. How many items are in a 'bakers dozen'?
2. Insolation means winter apparel, sunstroke or shade?
3. What famous actor created his own salad dressing?
4. What is the minimum number of musicians a band must have to be considered a big band?
5. Who was the first American team to join the NHL in 1924?
6. What legendary rock band, formed in 1965, was originally called The Warlocks?
7. True or False: Sweet red peppers have more Vitamin C than a Valencia orange?
8. How old was the Elephant Man when he died?
9. What term for Bigfoot comes from the Indian word meaning 'wild man'?
10. What is an albatross in golf scoring?
11. On what TV show did the characters often hang out at Warsaw Tavern?
12. What famous WWII general went into battle wearing two ivory handled revolvers on his hips?
13. What is the capital of County Kerry, Ireland?
14. What is better than paper in the paper, rock and scissors game?
15. What late actor played the Monster in the 1974 movie "Young Frankenstein"?
16. What newspaper did Superman work for?
17. What is the material nylon named after?
18. The Fields Medal is an award given in what field?
19. How many feet separate the bases in a regulation sized baseball diamond?
20. What Saturday Evening Post artist was known for his whimsical drawings of Santa Claus?
21. What European country was known as Hibernia by the Romans?
22. What German composer wrote "Ode to Joy"?
23. On Mount Rushmore, which one of the presidents is wearing a jacket?
24. What nickname was given to General Thomas J. Jackson during the Civil War?
25. In the poem, *The Night Before Christmas*, Santa Claus is used how many times?



**Answers on  
calendar on page 9**



## Quincy Historical Society

### Become a member of the Quincy Historical Society

Located at the Adams Academy Building, the Quincy Historical Society is a community based organization dedicated to preserving and promoting knowledge about Quincy history. The Society maintains collections of historical archives and artifacts and has been stewards of the Adams Birthplaces and the Adams Academy for many years, as well as preserves and shares Quincy's history in the Quincy History Museum and through programs and presentations. Quincy history is presented in each elementary school in Quincy. All of this is possible because of the support of members. Member benefits include advance notice of all programs and activities, priority access to research facilities, and discounts on all group trips and shop merchandise. You are invited to become a member of the Quincy Historical Society and enjoy all the special benefits membership offers while supporting an organization important to Quincy history. Membership is just \$25/individual and \$35/family.

**The greatest wealth is your health.**

**Cut Sugar** Sugar is shown to suppress the immune system, interfere with calcium and magnesium absorption, lead to chromium deficiency, increase breast cancer risk and cause obesity, kidney stones, hemorrhoids, tooth decay, copper deficiency, varicose veins and contribute to heart disease. New studies show people who cut sugar for 9 days lower blood pressure, LDL 'bad' cholesterol and blood sugar and insulin levels, suggesting sugar is a major factor in heart disease and diabetes. Subjects lost an average of 2 lbs in 10 days. A University of California study definitively shows sugar is metabolically harmful not because of calories or effects on weight; rather it is metabolically harmful because it is sugar. When reduced significantly, the effects are startling and dramatic, as well as consistent from subject to subject. Researchers shows eating too much sugar can have severe health effects. A study estimated eating too much sugar killed 184,000 people a year. Health officials advise eat less processed sugar. Excessive sugar overwhelms the liver, which turns it directly into fat. Studies suggest it can cause the body to absorb extra sodium, causing water retention and raise blood pressure.



**No matter how good or bad you think life is, wake up each day thankful for life. Someone somewhere is fighting to survive.**

### Flourless Chocolate Chip Cookie Bars

1 can of chickpeas, drained, 16oz	3/4 cup almond butter
2 tsp vanilla extract	1/2 cup coconut sugar
1/2 teaspoon sea salt	1/2 tsp baking soda
1 tsp baking powder	1/2 cup chocolate chips



Preheat oven to 350 degrees. Spray 9x9 pan with coconut oil spray. Place all ingredients except chocolate chips in food processor and pulse until smooth. Add chocolate chips to batter and mix. Pour into pan and sprinkle with more chips on top. Bake 45-55 minutes until top is slightly browned. Remove and cool for 10-15 minutes. Enjoy!

**No matter how good or bad you think life is, wake up each day thankful for life. Someone somewhere is fighting to survive.**

**COPING  
WITH  
GRIEF**



### Coping with Grief

Losing someone you love is very painful. Five common stages of grief are: 1. Denial 2. Anger 3. Bargaining (Make this not happen and, in return, I will...) 4. Depression 5. Acceptance. Common symptoms include shock, disbelief, sadness, guilt, anger, fear, and physical symptoms. There is no right or wrong way to grieve, but there are healthy ways to cope. Grief is a personal and highly individual experience. There is no "normal" timetable for grieving. Crying does not mean you are weak. You do not need to 'protect' your family and friends by putting on a brave front. Tips for coping with grief include: Turn to and lean on friends/family. \* Face grief and actively deal with it. \* Draw comfort from your faith. \* Join support group. \* Talk to therapist or grief counselor. \* Show true feelings. \* Write honestly about feelings. For example, write in journal or write letter saying things you never got to say. \* Express feelings in creative, tangible ways, ie., make scrapbook/photo album celebrating person's life or get involved in cause that was important to him/her. \* Look after your health. \* Don't use alcohol or drugs to numb pain. \* Plan ahead for grief 'triggers' (anniversaries, holidays,). Contact doctor or grief counselor/therapist if you feel life is not worth living, wish you had died with your loved one, blame yourself, feel numb or disconnected from others for more than a few weeks, are having difficulty trusting since loss and/or are unable to perform normal daily activities.

**Those who think they have no time for healthy eating will sooner or later have to find time for illness.**



One Christmas Eve, Pete and Patty were driving their Russian friend Rudolph back to his house. The weather outside was frightful. Patty asked Pete, "Do you think that's sleet or rain out there?" "It's rain." Pete replied. "I think it's sleet, Pete," said Patty. Rudolph chimed in, "It is definitely rain." "No, I really think it's sleet, Rudolph" said Patty. "Don't argue with the expert, Patty" said Pete. "What do you mean, Pete?" asked Patty. Pete replied, "Rudolph the Red knows rain, Dear."

### Christmas Carols Word Search

SILENT NIGHT

PEACE ON EARTH

LITTLE DRUMMER BOY

DECK THE HALLS

JINGLE BELLS

O TANNENBAUM

FROSTY

LET IT SNOW

SANTA BABY

SILVER BELLS

NOEL



WHITE CHRISTMAS

O HOLY NIGHT

WE THREE KINGS

JOY TO THE WORLD

CHESTNUTS ROASTING

I SAW THREE SHIPS

WHAT CHILD IS THIS

AVE MARIA

GRINCH

RUDOLPH



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



# December 2015



Mon	Tue	Wed	Thu	Fri																																																																																	
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<p>7 Foot Screening 9:30 Walking Club 10 Line Dancing 10 Art with Mike 11 Scrabble 11:45 ZUMBA <b>1:30 Mindfulness/Meditation</b></p>	<p>8 S.H.I.N.E. by appt Piano Lessons by appt 9am Exercise 10 Quilting 10 Ballroom Dancing 10:30 Computer 12:30 pm Yoga</p>	<p>9 <b>Foxwoods</b> S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting Group 11 Blood Pressure 1pm Sketching with Bob 1:30 pm Computer</p>	<p>10 9 am Exercise 9 Chess/lessons 10 Mah-jongg <b>10 Men's Discussion</b> 10 Sing-a-long 10:30 Strength Training 10 Blood Pressure 10 Computer Class 12:30 pm Yoga <b>1:30 Women's Discussion</b></p>	<p>11 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie</p>																																																																																	
<p>14 9:30am Walking Club 10 Art with Michael 10 Line Dancing 11 Scrabble 11:45 ZUMBA <b>1:30 Mindfulness/Meditation</b></p>	<p>15 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>16 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting Group 11 Blood Pressure 1pm Sketching with Bob 1:30 pm Computer</p>	<p>17 9 am Exercise 9 Chess &amp; lessons 10 Mah-jongg 10:30 Strength Training 10 Sing-a-long 10 Blood Pressure 10 Computer Class 12:30 pm Yoga</p> 	<p>18 Simple Wills by appt 9 ZUMBA 10 <b>Acrylic Painting</b> 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie <b>1 Christmas Party</b></p> 																																																																																	
<p>21 Hearing Screening 9:30am Walking Club 10 Art with Michael 10 Line Dancing 11 Scrabble 11:45 ZUMBA <b>1:30 Mindfulness/Meditation</b></p>	<p>22 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Ballroom Dance 12:30 pm Yoga</p>	<p>23 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 11 Blood Pressure 1 Sketching with Bob</p>	<p>24 <b>Closing at Noon</b> 9 am Exercise 9 Chess &amp; lessons 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10:30 Strength Training</p> 	<p>25 Kennedy Center closed <b>Merry Christmas</b></p> 																																																																																	
<p>28 9:30am Walking Club 10 Line Dancing 10 Art with Michael 11 Scrabble 11:45 ZUMBA <b>1:30 Mindfulness/Meditation</b></p>	<p>29 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10:00 Ballroom Dance 12:30 pm Yoga</p>	<p>30 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 11 Blood Pressure</p>	<p>31 <b>Closing at Noon</b> 9 am Exercise 9 Chess &amp; lessons 10 Mah-jongg 10 Sing-a-long 10 Blood pressure 10 Computer 10:30am Strength Training 12:00 <b>New Year's Party</b></p> 	<p>Reminder: The Kennedy Center will be closed on New Year's Day. Happy New Year!</p> <p>***</p> <p>There is so much good in the worst of us, and so much bad in the best of us, that it hardly becomes any of us to talk about the rest of us. - Edward Wallace Horton</p>																																																																																	
<p>Seen at a local dairy farm : "You can't beat our milk, but you can whip our cream!" ** If we are to teach real peace in the world, we shall have to begin with children. - Gandhi ** Failure is the condiment that gives success its flavor - Truman Capote</p>		<p>1. 13 2. Sunstroke 3. Paul Newman 4. Ten 5. Boston Bruins 6. Grateful Dead 7. True 8. 27 9. Sasquatch 10. 3 under par</p> 	<p>11. Drew Carey Show 12. General George Patton 13. Tralee 14. Scissors 15. Peter Boyle 16. The Daily Planet 17. New York and London 18. Mathematics 19. 90 feet 20. Norman Rockwell</p>	<p>21. Ireland 22. Beethoven 23. George Washington 24. "Stonewall Jackson" 25. Zero</p> 																																																																																	