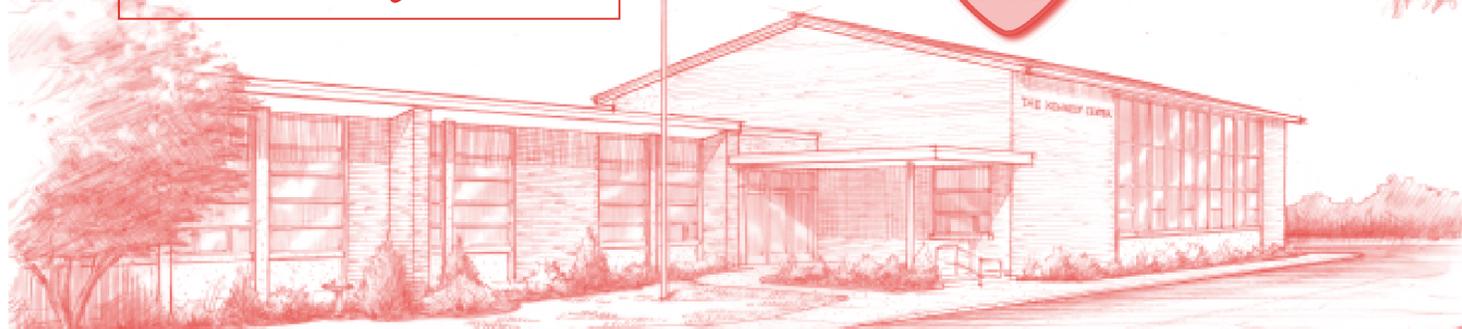


# Council On Aging News

February 2015

HAPPY  
VALENTINES  
DAY!!!



Americans see the heart as the symbol of love. February, American Heart Month, is a time to show *yourself* love. Cardiovascular Disease (heart disease, stroke, high blood pressure) is the number one killer in the US. It is the leading cause of disability, preventing people from working and enjoying their lives. You can control some risk factors, including diet, physical activity, tobacco use, obesity, blood pressure, cholesterol, and diabetes. To reduce risks, see your doctor, monitor blood pressure and cholesterol, maintain healthy diet and weight, exercise, quit smoking, limit alcohol, and manage diabetes.

**Reminder:**

The Kennedy Center will be closed on President's Day, February 16th.



Dear Friends,

I sincerely hope that you and your loved ones are enjoying the start of this new year.

As many of you are aware, 2014 was a very difficult year for me personally. I wish to express my gratitude to so many of you for your sympathy cards and the words of kindness and encouragement that you offered to me on the occasions of the loss of my parents and nephew. It means more to me than I could ever express.

I'm looking forward to 2015 and whatever joys and challenges come with it.

February is Black history month, this gives us an opportunity to look at the tremendous contributions that people of color have made to our country. Also it's a time to reflect on the painful realities of the past and to see how far we have come as a nation.

Some significant dates in the near future include February 18th, which is Ash Wednesday, March 8th, the start of daylight savings, April 3<sup>rd</sup> at sundown marks the beginning of Passover, April 5th is Easter, April 12<sup>th</sup> is Orthodox Easter and April 16th is Holocaust Remembrance Day.

I seem to be getting ahead of myself. We have many great events planned for the upcoming months and I hope to see you at some of them.

Sincerely,

  
Thomas F. Clasby, Jr.  
Director



Like us on facebook!  
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



**Quincy Council on Aging presents  
50th Anniversary Celebration of  
“The Sound of Music”  
Includes Dinner at the Von Trapp Family Lodge  
Wednesday - Friday, August 19-21, 2015**

\$479 pp Triple Occupancy / \$499 pp Double Occ / \$649 pp Single Occupancy  
Package includes luxury motor coach transportation, 2 nights accommodations

at the Commodores Inn, Stowe, VT, admission to all attractions (Vermont State House Tour, Tour and Taste Ben & Jerry’s Ice Cream Factory, Cabot Cheese, Vermont retail outlet, Lake Champlain Chocolates and Snowfarm Wines, History tour at Trapp Family Lodge, *Sound of Music* sing-a-long at Trapp Family Lodge, Emily’s Haunted Bridge, Church Street Marketplace, Shelburne Museum, Shelburne Vineyard Tour and Taste, Mount Mansfield) and 5 meals, including 2 full breakfasts/1 lunch/2 dinners, one at Trapp Family Lodge and 1 murder mystery dinner cruise aboard Spirit of Ethan Allen on Lake Champlain. The Quincy Council on Aging strongly recommends registrants purchase optional trip cancellation coverage at \$34 per person for two or \$44 per person for single.



In the past, we have had last minute cancellations due to illness or unexpected events. Those that had purchased cancellation coverage received a refund and those that did not have coverage were not refunded. Coverage must be purchased at least 30 days prior to departure. Call 617-376-1506 if you have any questions. Reservations will not be accepted without a \$100 deposit. This is trip you don’t want to



**Casino Night  
Saturday, February 28th**

**St. Mary’s Parish Hall—\$15 per ticket, \$20 at door**

The Collaborative of St. Mary’s, Sacred Heart and St. Anne’s are hosting a casino night for adults 21 and older. Raffle tickets to win a variety of gift baskets, lottery boards, sports packages, and more. Food and cash bar. Tickets are available at the churches listed above.



**It’s Tax time...** Tax time can be overwhelming. It is necessary to prepare for it. Keep all important tax documents in a safe place. **AARP Tax Preparation** Make an appointment with a trained AARP Tax-Aide counselor/volunteer to have your taxes done at the Kennedy Center. To find out exactly what documents you will need, call 888-227-7669. If you think it’s important, bring it with you. Call 617-376-1506 to make an appointment.



**North Quincy Memories**

Maureen Conway is still searching for information, photographs, and history about North Quincy, including Montclair, Atlantic and Norfolk Downs. If you have a Story or two to tell or a picture(s) that tells a story, please call Maureen at 617-328-3093 or 617-895-6108 (cell) or email her at [QuinzeeMem@gmail.com](mailto:QuinzeeMem@gmail.com).



**Parkinson’s Disease Support Group  
February 11th at 7 pm**

Join the Parkinson’s Support Group at the Ward 4 Community Center, 100 Brooks Avenue, Quincy for a discussion on Parkinson’s Disease. All are welcome and encouraged. For further information, call Brian 617-770-2090.



## Paint with Acrylics

Instructor Janet Harrold will teach the principles of art to beginners in a fun, relaxed environment. Participants leave with their creations. Light refreshments. Supplies provided to each participant. Cost \$15 per person, per class and due at registration.

**Please note:** Acrylics for February has changed from February 13th to February 20th.



## Women's Discussion Group Thursday, February 5th at 10 am

Call 617-376-1506 for more information.

The Women's Discussion Group is a newly created group with meetings held on the first Thursday of each month to discuss a wide array of topics in a supportive, educational and fun environment. Open to all elder women in the community.



## St. Patrick's Day at the Kennedy Center Tuesday, March 17th at 12:30 pm \$17 per person



Wear your Kelly green, Irish knits, Scally caps, Celtic plaid, leprechaun hats or anything Irish and join us for a fun Irish celebration at the Kennedy Center complete with a traditional lunch of corned beef and cabbage, dessert and free raffles. Sing along to Irish music by Tom Clasby, Don Timmons and Mark Carey. Registration is required. Space is limited. Visit the Kennedy Center to purchase your ticket. Ticket payment is due at registration.



## Health Fair

**Tuesday, February 24th from 1-4 pm  
At Atria Marina Place, 4 Seaport Drive, Quincy**

Activities will include free screenings of blood pressure, blood sugar, hearing, CapTel Phone System, "Brain Games," therapeutic hand massage, question and answers and more. Free lunch will be provided. Registration not necessary. Call the Atria at 617-830-7921 for more information.



## Self Defense for Seniors April 6th and 7th 6-9 pm

Quincy Police Department's Crime Prevention Unit will sponsor a free two night self defense program at the Kennedy Center to teach seniors proper and effective ways to protect themselves. Attendance is required both nights. The training is progressive, advancing from one technique to the next. Call 617-376-1506 to register. Space is limited. In an effort to ensure all seniors learn self-defense, only seniors who did not participate in the June, 2014 class are eligible to register.



## Alzheimer's Disease Discussion with Dr. Robert Stern Tuesday, March 10th at 10 am at the Kennedy Center

Join us for an in depth, informative discussion on Alzheimer's Disease. Dr. Stern, Professor of Neurology and Neurosurgery at BU School of Medicine, and Director of the Clinical Core of the BU Alzheimer's Disease Center. Dr. Stern has appeared on national and international media, including CNN, Frontline, GMA, Nightly News, Fox, etc. for his work on Alzheimer's Disease. He also appears in the full-length documentaries "Head Games" and "I Remember When I Paint.:"

Dr. Stern will share his vast knowledge on Alzheimer's Disease at this important event at the Kennedy Center. Space is limited. Registration required. Call the Kennedy Center at 617-376-1506 to register.



**Computer Classes - February 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.*

**February 5** **MAC Computer** **10am –12pm**

This class will concentrate exclusively on Mac, including how it works, emails, internet, and more. Bring your Mac if you have one.

**February 12** **Internet Safety** **10am - 12pm**

Class on perils of virus, malware, adware and items harmful to your computer, anti-virus protection and general maintenance.

**February 19** **Advanced Internet** **10am - 12pm**

Class will cover spam email and dangers of opening sites which have unknown safety issues.

**February 26** **Advanced Word** **10am - 12pm**

Word processing based on Microsoft Word. Learn what you can do with word processing, program features and how to use them.

**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.**



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

**February 6** *An Officer and a Gentleman* Romantic classic tearjerker with Richard Gere & Debra Winger

**February 13** *Ghost* Romantic thriller stars Demi Moore and Patrick Swayze

**February 20** *An Affair to Remember* Cary Grant & Deborah Kerr are magical in this Valentine's classic.

**February 27** *Notting Hill* is a tale where everyman's dream comes true. Stars Hugh Grant and Julia Roberts

February is Romantic Movie Month

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

**Happy Birthday**

Happy birthday to **Sue Donovan** (2/1) and **Kay MacPherson** (2/9)



Thank you to **Grace Buscher** for her donation of a VCR and many great VHS movies. Thank you to our irreplaceable S.H.I.N.E. counselors, **Kay McPherson** and **Elizabeth Barry**, for their tireless work assisting seniors with health care options during open enrollment. Thank you to **Atria Marina Bay** for hosting a mid-winter breakfast for our seniors. Thank you to the seniors who attended the breakfast and kindly donated non-perishable food items for Quincy food pantries. Thank you to **Captain Tim and Nicole Ross** of the **Salvation Army** for sharing the mission and vision of the Salvation Army with attendees at the breakfast. Thank you to **Deni Sindel** and **Denise Conlon** for their help in decorating the Kennedy Center New Year's Eve Party. Thank you to **Robin Bromberg of the Alzheimer's Association** for her informative and interactive presentation at the Kennedy Center to raise awareness of Alzheimer's. Thank you to our friend **Ed Spring** for facilitating the event with the Alzheimer's Association. Thank you to the **Atrium at Faxon Woods** for donating refreshments for the Alzheimer's Awareness event. Thank you to our friends at the **Rotary Club** for hosting the annual Rotary Club Pasta Luncheon. Our members enjoyed delicious food served by the Rotarians, an ever-competitive Bingo game and great prizes. This luncheon is always a fun day full of laughs.



**Yellow Dot**

**Wednesday, February 18 10am**

Call 617-376-1506 to register

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

1. Which two MLB players are in the top ten list twice for most hits in a regular season?
2. Since 1975, there have been only four MLB player/managers, the last being in 1986. Name two of four.
3. Michael Jordan was the third player picked in the 1984 NBA Draft. What two teams passed on him?
4. In 1981 NFL Draft, New Orleans passed on Lawrence Taylor to take what Heisman Trophy winning running back?
5. Granadilla is another name for which fruit?                      6. Who painted the Water Lily Pool?
7. Kodiak Island is in which US state?                              8. In the human body, what is the 'hallux'?
9. What animal was in Sputnik 2 when launched into orbit in 1957?
10. A couple celebrating their 'crystal wedding anniversary' have been married for how long?
11. Which US state is named on the label of a Jack Daniels bottle?
12. What color would Coca Cola be if the artificial coloring was removed?
13. How many legs do butterflies have?                              14. Which British Prime Minister was awarded the Nobel Prize?
15. How many dots in total are on a pair of dice?                      16. What is the square root of 16?
17. In Darts, how much is the Outer Bull worth?                      18. What is the capital of the Bahamas?
19. Hushabye Mountain is featured in what musical film?
20. What part of an aircraft is the empennage?



Answers on calendar.



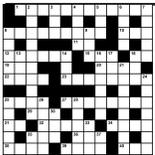
### In Home Care Services



Home Instead Senior Care and Hilarity for Charity are providing a grant program to provide in-home care services for families living with Alzheimer's Disease and other dementias. The grant will provide exceptional home care to families affected by dementias and give these families support and rest. Visit [HelpForAlzheimersFamilies.com](http://HelpForAlzheimersFamilies.com), call Home Instead at 866-936-7457 or email [hfcu@hilarityforcharity.org](mailto:hfcu@hilarityforcharity.org).



**Veteran's Benefits** - For qualifying veterans and their spouses, the Veterans Affairs Aid and Attendance Pension Program can cover up to \$1,704 per month of in-home care costs for a veteran and \$1,094 per month for a spouse. Contact local Veterans Agent (Quincy Veterans Agent 617-376-1192). Or visit [www.veteransaidbenefit.org/](http://www.veteransaidbenefit.org/)



**Exercise your Brain** Just as the body needs physical exercise to keep fit, the brain needs mental exercise to stay active and alive. Mental exercise stimulates the brain, often providing lasting effects regarding thinking and reasoning skills, memory and processing speed. Cognitive activities help keep your mind sharp and alert while reducing the risk or delaying the onset of dementia.

Exercise your brain with reading, crosswords, Sudoku, word searches and brain teasers.



This is a **Beginner** Level Puzzle.

Exercise Your Brain!



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

### 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!!**

## Coconut Oil



There has been a lot of hype about coconut oil lately. It may not be a cure-all and, of course, what works for some people might not work for others, but coconut oil is helpful to have around. With a little bit of resourcefulness and creativity, you may find new everyday uses for coconut oil. Here are some suggested uses: \* Moisturize your skin for refreshing, healing effects. \* Condition and smooth your hair, as well as deep condition your scalp. \* Make homemade soap - it helps break down grease and oils. \* Weight loss : If you sit around eating coconut oil, you aren't going to lose weight. However, if used to substitute other fats, it can help you drop weight. The saturated fats in coconut oil don't pack away fat as easily and can give you energy when metabolized. \* If your dog itches a lot, use coconut oil - both inside and out - massage into dog's skin and add a dab to food. It has been proven to help ease allergy symptoms and treat raw and inflamed skin. \* Cold sore treatment : Cold sores are a result of a virus. Coconut oil contains lauric acid that helps prevent the virus from reproducing how it normally would when applied several times a day. \* Coffee creamer : Use in place of higher calorie creamers. Stir in well. \* As a wood polish - it will keep your wood looking sleek and shiny. \* Reduce Alzheimer's risk. Use 2 teaspoons taken daily with food to help improve cognitive. \* Lower cholesterol and risk of heart disease. Coconut oil boosts high density lipoproteins, the good cholesterol you want. \* Use in place of butter. \* Use as lip balm \* Use as a make up remover, even waterproof eye make-up. \* Massage oil \* Nail and Cuticle treatment \* Fight inflammation with coconut oil, which appears to have a direct effect on suppressing inflammation. \* Leather polish \* Remove chewing gum, including from carpet and hair. \* Season cast iron pans. \* Bath oil \* Cutting board conditioner \* Rash soother \* Vapor rub, mix with peppermint oil and apply under your nose or on your chest to relieve congestion. \* Prevent lice - lice don't seem to like coconut oil. \* Fight hair frizz with a small amount on your fingers, if possible stay close to the ends. \* Use in place of butter. \* Popcorn topping—Melt it and drizzle it over your popcorn with a touch of salt. \* Motor lubricant—use small amount of melted for small motors, such as blenders. \* Constipation relief—take a tablespoon each morning to keep your digestive track running smoothly. \* Soften dry knees, heels, ankles and elbows \* Fade age and sun spots - Coconut oil can lessen the appearance of blemishes. Just rub on daily. \* Rid dark under-eye circles—rub a little bit under your eyes each night and in the morning. \* Bee sting soother \* Soothes dry, cracked dog paws \* Metal polish \* Athlete's Foot treatment \* Coat your throat to relieve sore throat pain and cough \* Ink cleaner \* Personal lubricant \* Sunburn soother (and it has a natural SPF of 4-6). \* Reduce wrinkles and fine lines \* Ease Osteoporosis \* Remove rust \* Tupperware stain prevention \* Dust repellent \* Slick your snow shovel \* Unstick a zipper \* Fix sticky, squeaky hinges \* Give plants a shine by rubbing a tiny bit on them and reapply weekly. \* Grease pans \* Grease a bicycle chain \*



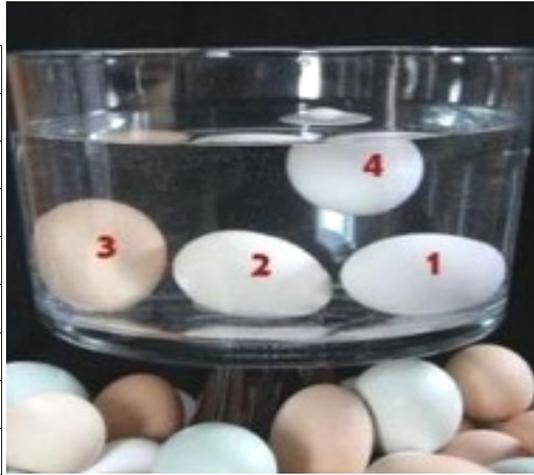
## Protecting Your Assets

With Rob Romano, Esq.

February 24th from 1 pm—3 pm

Attorney Rob Romano will conduct an estate planning essentials workshop at the Kennedy Center to discuss the important issues that effect seniors. Please call 617-376-1506 to register for this important workshop. Space is limited.

Sudoku Answers:									
8	1	3	5	6	7	9	2	4	
9	6	7	4	1	2	5	8	3	
5	2	4	3	9	8	6	7	1	
4	3	8	9	5	1	2	6	7	
1	5	6	2	7	4	8	3	9	
2	7	9	8	3	6	4	1	5	
7	9	2	1	8	5	3	4	6	
3	4	1	6	2	9	7	5	8	
6	8	5	7	4	3	1	9	2	



### Determine Freshness of Eggs:

- Very fresh eggs:** A very fresh egg will sink to the bottom of a bowl of water and lay on its side.
- Week old eggs:** Week old eggs will rest on the bottom but the fat end of the egg will rise up slightly.
- Three week old eggs:** Three week old eggs will be balanced on a pointy end with the fat end sticking up.
- Old eggs:** Old eggs will float and bob in water. Throw them away as they are no longer good to eat.

### HOUSEHOLD TIPS

*Household tips to make your life easier...*

### Helpful Household Hints

Use a hanging shoe rack to store cleaning supplies. \* Take a picture of open fridge with cell phone before you go to the grocery store to remember just what you need to buy. \* Tired of extension cords unplugging? Tie them together. \* Leave house and struggle to remember if you locked the door or shut off the iron? Do something unusual when you do a particular task to help remember you did it. \* Drill holes in bottom side of your waste barrel to prevent suction when trying to remove the trash bag.

- \* Need an inexpensive cookbook holder? Try a pants hanger-hook it to the cabinet door and clip recipe to the pants hanger.
- \* Cut open toilet paper rolls and use as cuff to save wrapping paper and keep it from unrolling.
- \* Put wooden spoon across boiling pot of water to keep it from boiling over.
- \* Clear nailpolish on a button keeps thread from fraying.
- \* To get the build up of residue off of shower head, tie a baggy of vinegar around the shower head. Leave overnight and it will clean with no effort.
- \* Want to light a candle but wick is hard to reach in the jar? Don't burn yourself trying, just light a stick of spaghetti and light wick with that.
- \* Stick of butter too hard to spread? Use grater to spread over toast.
- \* Empty Pringle containers perfectly stores spaghetti in cupboard.
- \* Clean headlights with a little toothpaste. You will be amazed at how clear they will be.
- \* Need ice water? Fill a water bottle half-full the night before and put it in freezer. Fill the rest of the way in the morning and you're ready to go!
- \* Use a clothespin to hold a nail whilst hammering.
- \* Protect end of cell phone chargers by using the spring from inside a pen.



### Watercolors with Bob Farrell

#### 6 Week Session beginning March 23rd at 1 pm

Learn from a master watercolorist or improve your skills. Classes held at the Kenney Center. Participants must have completed Bob's sketching class. Registration is required. Space limited. Cost: \$95 per person. Does not include supplies. Call 617-376-1506 with questions.



### Men's Group

#### Second Thursday of Each Month

Enjoy light refreshments, great company and interesting conversation at the Men's Discussion Group. The Group is open to all elder men in the community and is held at 10 am on the second Thursday of each month. Each month features a different guest speaker. Registration is not required. Call 617-376-1506 with any questions.

### Free Legal Clinic/Referral Service

#### April 21st at Dedham District Court

Registration is not required

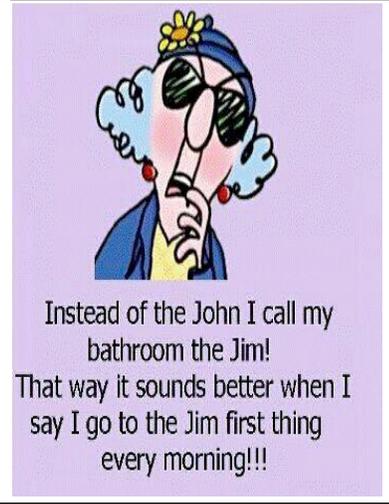


The Norfolk County Bar Association is sponsoring a free legal clinic to address legal issues and questions. If unable to attend, call 617-471-9693 for a free referral or with questions.



Ha! Ha! Ha!

I wish there was a way to know you were in the good old days before you actually left them. \* What happens to a frog's car when it breaks down? It gets 'toad' away. \* A cleric asked a heavenly messenger if there was golf in heaven. "Yes, said the messenger, "many beautiful courses with first class greens and perfect weather." "That's marvelous news," said the cleric. "Yes, it is, and we have you down for a foursome next Saturday," said the messenger.



HEART Word Search

- AEROBIC
- ARTERY
- ASPRIRIN
- AFFECTION
- BLOOD
- GREETINGS
- CARDIO



- CUPID
- DIET
- AIR
- ENZYMES
- EXERCISE
- FOND
- FRIEND

Healthy Heart

- CHOCOLATE
- FLOWERS
- SWEETHEART
- LIKE
- LOVE
- LIFE

*Happy Valentine's Day*

- LUNGS
- BOUQUET
- PULMONARY
- PUMP
- VALENTINE
- YEARN

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

♥ *February 2015* ♥

	Mon	Tue	Wed	Thu	Fri	S
1	<p><b>2 Groundhog Day</b> Foot Screenings by appt 9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA</p> 	<p><b>3</b> S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Creative Writing 10:30 Ballroom Dance 12:30 pm Yoga 1 QATV TV Production 2 Healthy Eating</p>	<p><b>4</b> S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 11 Volleyball 11 Blood Pressure 1:30 pm Computer</p> 	<p><b>5</b> 9 am Exercise 9 Chess (&amp; lessons) 10 Mah-jongg 10 <b>Women's Discussion</b> 10 Sing-a-long 10 Blood Pressure 10 Computer Class 10:30 Strength Training 12:30 pm Yoga 1:30 Book Club</p>	<p><b>6</b> 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie</p>  <p><b>National Wear Red Day For Heart Health</b></p>	7
8	<p><b>9</b> 9:30 Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA</p> 	<p><b>10</b> S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Creative Writing 10:30 Ballroom Dance 10:30 Computer 12:30 pm Yoga 1 QATV TV Production 2 Healthy Eating</p>	<p><b>11</b> Foxwoods ( pre-reg) S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting Group 11 Volleyball 11 Blood Pressure 1:30 pm Computer 7 <b>Parkinson's Support Group</b> at Ward 4 Community Center</p>	<p><b>12</b> 9 am Exercise 9 Chess 10 Mah-jongg 10 Sing-a-long 10 <b>Men's Discussion</b> 10 Blood Pressure 10 Computer Class 12:30 pm Yoga</p> 	<p><b>13</b> 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 1 <b>Olde Kids</b></p> 	14
15	<p><b>16 Presidents Day</b> <b>Kennedy Center is Closed</b></p> 	<p><b>17 Mardi Gras</b> S.H.I.N.E. Piano Lessons 9 am Exercise 10 am Quilting 10 Creative Writing 10:30 Ballroom Dance 10:30 Computer 12:30 pm Yoga 1 pm QATV TV Production 2 pm Healthy Eating 2 <b>Mardi Gras Party</b></p> 	<p><b>18 Ash Wednesday</b> S.H.I.N.E. 9:30 Tai Chi 10 Knitting 11 Volleyball 11 Blood Pressure 1:30 pm Computer</p> 	<p><b>19</b> 9 am Exercise 9 Chess (&amp; lessons) 10 Mah-jongg 10 <b>Hypertension</b> 10 Sing-a-long 10 Blood Pressure 10 Computer Class 12:30 pm Yoga</p> 	<p><b>20</b> Simple Wills by appt 9 am ZUMBA 10 <b>Painting with Acrylics</b> 10:30 Tai Chi 12 pm Bridge 12:30 Movie</p> 	21
22	<p><b>23</b> 9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA</p> 	<p><b>24</b> S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Creative Writing 10:30 Ballroom Dance 12:30 pm Yoga 1 pm QATV TV Production 1 <b>Protecting Assets</b> 1 <b>Health Fair at Atria</b> 2 Healthy Eating</p>	<p><b>25</b> S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 11 Volleyball 11 Blood Pressure 1:30 pm Computer</p> 	<p><b>26</b> 9 am Exercise 9 Chess (&amp; lessons) 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 12:30 pm Yoga</p> 	<p><b>27</b> 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12:30 Movie</p> 	28
	<p><b>BLACK HISTORY MONTH</b> February is Black History Month, a time to reflect on the history and contributions of black Americans in the US. Recognition of black history is important because of what it represents, a culture that rises because of the contributions of individuals. The Council on Aging proudly joins Mayor Tom Koch in appreciation and respect of black history and the leaders who were the successful contractors of change and equality.</p>	<p> <b>Special thanks to police and fire personnel for everything they do in our community every day.</b></p> 	<p>1. Ichiro Suzuki &amp; George Sisler 2. Pete Rose, Don Kessinger, Joe Torre, Frank Robinson. 3. Houston Rockets &amp; Portland Trail Blazers 4. George Rogers 5. Passion -Fruit 6. Claude Monet 7. Alaska 8. Big toe 9. A dog named 'Laika' Sadly, he didn't survive. 10. 15 years</p>	<p>Answers Continued... 11. Tennessee 12. Green 13. Six (6) 14. .Sir Winston Churchill 15. 42 16. Four (4) 17. 25 18. Nassau 19. Chitty, Chitty Bang, Bang 20. Tail</p>	<p><b>Please note: Calendar is subject to Change without notice</b></p> 	

**Answers**