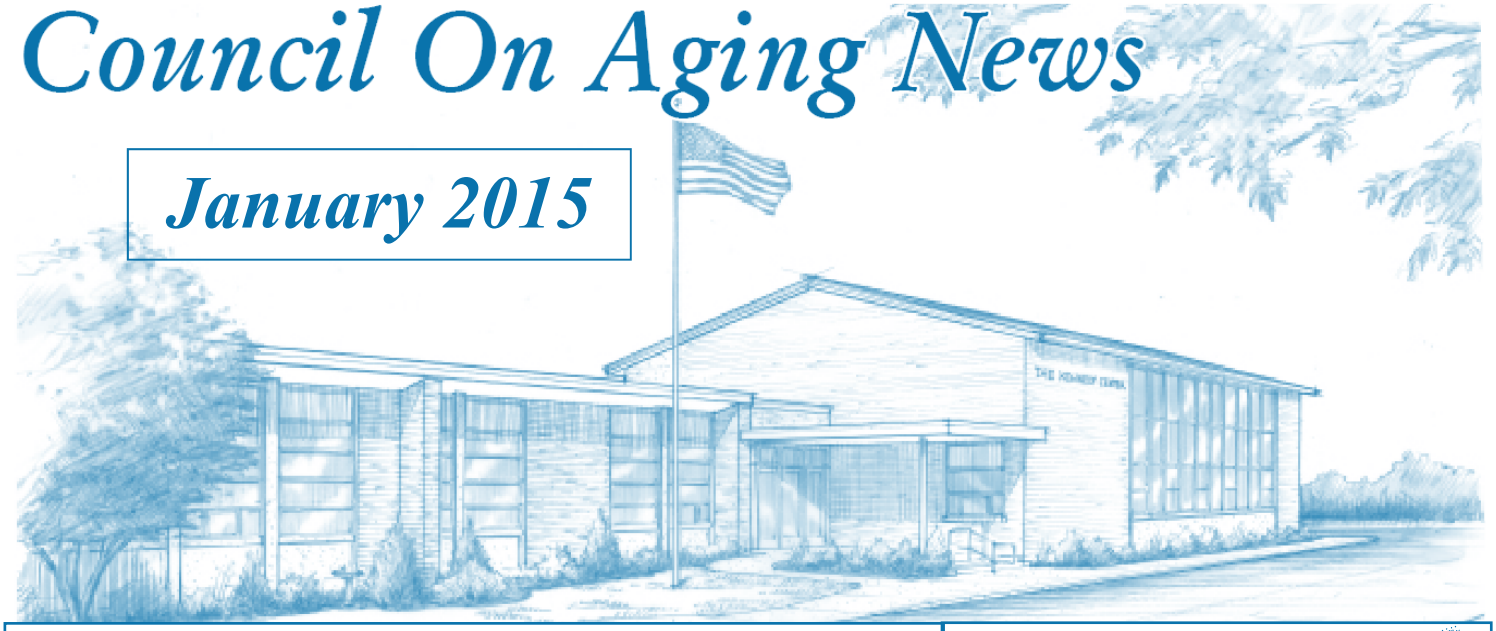
Council On Aging News

January 2015



Winter Policy: During inclement weather, if Quincy Schools are closed, all Kennedy Center transportation and events are cancelled. The Kennedy Center will, however, remain open during inclement weather to provide shelter from the snow and cold. In **the event of an emergency, call 9-1-1.** It is advised to keep informed by monitoring QATV Channel 8 or by calling 617-376-1506 or 617-376-1245 for updates and other important information based on press releases from Mayor Tom Koch and the City of Quincy.

Don't let winter slow you down! Keep moving...

Come to the Kennedy Center for one of the many health and fitness classes we offer. **Keep walking**! Visit the mall to do morning walking. In the morning when the stores are still closed, malls usually open and welcome walkers.

Dear Friends,

It is my sincere pleasure to wish you and your loved ones a safe, happy and healthy New Year. I am particularly happy to welcome 2015 with you and welcome you back to the Kennedy Center for another year. It is my hope in the New Year that you face any and all challenges you encounter with courage and confidence, spread love and affection to those in your life, and that, with the blessings of God, your dreams, hopes and, of course, your New Year's resolutions, come true.

Most of our programs and services are paid for or subsidized by local, state and federal grants. In fact, some of our employees' salaries are paid for by grants. We receive and sustain these grants based mainly on attendance. We rely on our members to sign in at the registration desk for each event they participate in. In addition to adhering to grant requirements for tracking attendance, sign-ins also allow us to monitor the success and popularity of programs and determine which ones to consider for elimination. If you have difficulty signing in, do not hesitate to ask Kennedy Center staff or volunteers for assistance. If you are unable to sign in because you lost your membership card, please visit our office for a replacement. Replacement cards are just $2 each. Your cooperation is appreciated.

On behalf of Mayor Tom Koch, the Kennedy Center staff and myself, best wishes for good health, happiness and prosperity in the New Year.

Sincerely,

Tom

Thomas F. Clasby, Jr.
Director

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Search us under
Quincy Council on Aging

Like

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

Olde Kids on the Block

February 13th at 1 pm

Celebrate the season of love with your favorite Valentine and friends at the Kennedy Center as we enjoy the sounds of the Olde Kids, a dance band in the style of the big bands of the 30's and 40's. They have been called a living museum - with a library of music that will have you dancing, humming and tapping your feet. $7 per person. Light Refreshments.

Bingo Bonanza

Thursday, April 16th

Join us for Bingo Bonanza at Wrights Farm Restaurant in Harrisville, Rhode Island. $49 per person includes transportation, Bingo games, famous family-style dinner at Wrights Farm Restaurant. Bring your daubers and win great prizes. Space is limited. Visit the Kennedy Center to reserve your spot on this fun day trip. Call 617-376-1506 for information.

Parkinson's Disease Support Group

Wednesday, January 14th 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.

Hypertension

Thursday, February 19th at 10 am

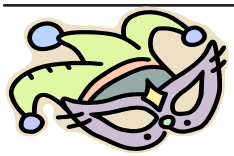
Call 617-376-1506 to register for this important event!

Hypertension affects 75 million adults in the US and is a major risk factor for stroke, myocardial infarction, vascular disease, and chronic kidney disease. Join Ruth Jones, BSN, RN, BC, CP-FS Public Health Nurse Educator for the Quincy Health Department, to learn about high blood pressure, including its causes, symptoms and treatment.

Rotary Club Pasta Luncheon

Tuesday, January 27th at 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, bingo, 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.



Mardi Gras

February 17th at 2 pm

Price includes entertainment, light refreshments, and masquerade masks, beads and hats that will make you look like you came straight from a Mardi Gras parade on Bourbon Street in New Orleans. Registration is required. Space is limited. Please visit the Kennedy Center to purchase your ticket to this festive and fun annual event. Tickets are $ 5 each.

A Special Thank you to the very talented Quincy Council On Aging member **Susan Farago** for making and donating a beautiful Christmas afghan for the Kennedy Center to raffle during the holiday season. Proceeds from the raffle benefit the Kennedy Center. On behalf of the Kennedy Center members, staff and volunteers, **thank you Susan Farago!**

Lunch at Fox and Hound

Date and time to be Announced

Join us for a delicious lunch, laughter, good conversation and great company in a comfortable, friendly atmosphere at the Fox and Hound Restaurant in Quincy. Date and time to be determined provided there is enough interest. $20 pp includes soup/salad, entrée, dessert, and coffee/tea. Cash bar. Call 617-376-1506 if you are interested.

Healthy Eating

Call 617-376-1506 to register. Space limited.

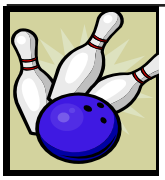
Every Tuesday at 2 pm beginning January 6th

Reaching and maintaining a healthy weight is essential for overall health and to help prevent and control many diseases and conditions. To lose weight, you must eat less and move more, but this is often easier said than done. Join Ruth Jones, BSN, RN, BC, CP-FS, Public Health Nurse Educator, for this free 12 week program consisting of 1 hour sessions to help you successfully lose and maintain your ideal weight. You must attend first session on January 6th to participate in program. Regular attendance strongly suggested.

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 not required. Call 617-376-1506 if you have any questions.



An Afternoon of Bowling

Would you be interested in an afternoon of bowling with friends from the Kennedy Center? It is a great activity to break up the winter, stay social and active, and make new friends. O'Lindy's Bowling Alley in Quincy has invited the Kennedy Center to bowl for a discount, including shoes. Transportation will not be provided. Call 617-376-1506 for further information, including dates and times.

Wanted: Memories of North Quincy from long ago

Are you a long or lifetime resident of North Quincy? Do you remember what it was like back in the day when folks went "up the Down's" and White Brothers was on French Street? Were you a soda jerk working the counter at Bono's or a co-ed sitting in a booth at Neighborhood Pharmacy? QATV recently aired a show on QATV about Squantum in the past that generated a lot of interest. I would like to do a similar show about North Quincy. I need your pictures and your stories. The holidays are coming and you'll be connecting with family and friends. Tell them about this project and talk about your favorite memories. Some of the memories may center on events that continue and have become tradition. Others may only exist in our hearts and minds. **January 7, 2015, 1:00 – 3:00 P.M.** Bring pictures and/or a summary of your story to the Kennedy Center. Pictures will be scanned and logged. Release must be signed for pictures and interviews. **January 21, 2015, 1:00 – 3:00 P.M.,** Film those who agree to tell their stories on camera. You can appear alone or with 2 or 3 friends. **Note:** The goal is to capture memories from all areas of Quincy. North Quincy is just the beginning. Please contact Maureen Conway at **QuinzeeMem@ gmail.com**. Thank you. Remember *when we share memories of our youth, we introduce others to another version of ourselves.*

MASSACHUSETTS ASSOCIATION for the Blind and Visually Impaired

Volunteers Needed

For Blind and Visually Impaired in Quincy Area

Volunteers needed for blind/visually impaired Quincy residents. Help as a reader, grocery shopping, or clerical assistance. No experience required. For more information, please call Kyle Robidoux, Director of Volunteer and Support Group Services, Massachusetts Association for the Blind and Visually Impaired at 617-926-4312 or visit www.mabvi.org/volunteer.

NORFOLK TRIAD — Law Enforcement, Seniors, Community Groups — Reducing Crime Against The Elderly

Yellow Dot

Wednesday, January 21 10am

Yellow Dot is a Program that provides emergency responders (Fire, Police and EMS) at accidents with vital information on elder crash victims. Participants place a yellow dot decal on the driver's side rear windshield to alert responders to an envelope in the glove compartment that contains a photograph, personal and medical information. Joe Canavan from Sheriff Michael Bellotti's office will explain the program, take photographs, provide dots and assist in the completion of the envelopes.

Computer Classes - January 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.

January 8 **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.

January 15 **Windows 8** **10am - 12pm**
Learn this new operating system on your own laptop (the Kennedy Center does not have Windows 8).

January 29 **Smart Phones and Tablets** **10am - 12pm**
Learn how they work and what they can do. Learn how to download books for free to your kindle and nook.

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

January 2 ***An Affair to Remember*** Cary Grant and Deborah Kerr find laughter and heartbreak in this romantic screen classic.

January 9 ***Charade*** Cary Grant and Audrey Hepburn are magical on screen in this first rate thriller

January 16 ***The Penny Serenade*** stars Cary Grant and Irene Dunne as newlyweds who struggle early in their marriage.

January 23 ***The Amazing Adventure*** Grant stars in this romantic comedy as heir to a huge fortune. An early Grant (and great) film.

January 30 ***His Girl Friday*** This masterpiece stars Grant as an editor and ex-husband who plots to win back his wife.

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

January is Cary Grant

Happy Birthday

Happy birthday to **Elizabeth Gearin** (1/16) and **Mayor Tom Koch**(1/22)

Crazy Cake Recipe

(No eggs, milk, butter or bowls!)

Ingredients: 1 1/2 Cups All Purpose Flour
*3 Tablespoons unsweetened cocoa * 1 Cup Sugar
*1 Teaspoon Baking Soda * 1/2 Teaspoon salt
*1 Teaspoon White Vinegar * One Cup Water
*1 Teaspoon Pure Vanilla Extract *5 Tbsp Vegetable Oil

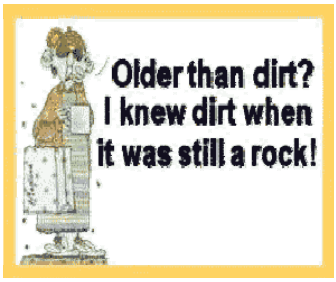
Instructions: Preheat oven to 350 degrees. Mix first 5 dry ingredients in greased 8" square baking pan. Make three (3) depressions in dry ingredients-two small, one larger. Pour vinegar in one depression, vanilla in the other and vegetable oil in the third larger depression (see photo at right). Pour water over all. Mix well until smooth. Bake on middle rack for 35 minutes. Check with toothpick until it is clean. Cool. Top with your favorite frosting and enjoy! Note: oven cooking times may vary. Make sure you do not over-bake.

"People are often unreasonable and self-centered. Forgive them anyway. If you are kind, people may accuse you of ulterior motives. Be kind anyway. If you are honest, people may cheat you. Be honest anyway. If you find happiness, people may be jealous. Be happy anyway. The good you do today may be forgotten tomorrow. Do good anyway. Give the world the best you have and it may never be enough. Give your best anyway. For you see, in the end, it is between you and God. It was never between you and them anyway." - Mother Teresa

TRIVIA

1. During WWII, what was a Victory Garden?
2. What would "A little dab 'll do ya" do?
3. Sears was originally called what?
4. What was duck and cover?
5. A man died recently at age 113. What did he say was the secret to his longevity?
6. What postwar auto was said to not know whether it was coming or going?
7. What was not delivered in the US in the 1940s?
8. What color were flash bulbs for use with color film"?
9. Who said "old soldiers never die, they just fade away?
10. Name the longest running daytime drama that moved from radio to tv in 1952.
11. In 1952, Nixon made a speech known as 'Checkers' in answer to allegations against him. What was subject of it?
12. In 1954, the law known as Brown vs. Board of Ed was passed. What did the law prohibit?
13. Dr. Joyce Brothers won the $64,000 question. What was her topic?
14. What fast food opened to the jingle "Hold the pickle, Hold the lettuce" in 1954?
15. What are curb whiskers?
16. Name first image that appeared on cover of TV Guide.
17. What comic used to say, "I'm a BAAAD boy"?
18. What company sponsored Capt'n Midnight on radio?
19. What was Disney's first animated *feature* film ?
20. You collected them, licked them and got free merchandise with them. What were they?
21. Singing siblings Kathy, Diane, Peggy and Janet were known as what?
22. Where was Elvis Presley born, including state?
23. What is Doris Day's given name?
24. What is the highest military decoration given to a member of the US armed forces?
25. T or F : White wine is made from white grapes, while red wine is made from red grapes.

Answers on calendar.



Friends of the Kennedy Center

A newly formed group called the ***Friends of the Kennedy Center*** is a 501c3 organization that will assist the Quincy Council on Aging by raising or obtaining funds and property for the various programs and activities offered by the Council which are not fully funded or supported by federal, state, or local governments or agencies. Friends of the Kennedy Center Board members include Caryn Smith (President), Ed Barrett (Vice President), Donald Timmins (Treasurer), Marylou Fishman (Secretary), Loretta Borneo, Karen Gaughan, and Ed Spring.

The Friends' Open House on October 20th had more than 100 in attendance. Following the Open House, sixty people became members. For information, contact friendsofthekennedycenter@gmail.com. Watch for upcoming events and activities sponsored by the Friends! Flyers are available at the Center. Please share with your friends!

This is a **Beginner** Level Puzzle.

Exercise Your Brain!

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

Fun, unusual facts of the U.S. states

Did you know…? **Alabama** was the first state to have 9-1-1, in 1968. One in 64 people has a pilot's license in **Alaska**. **Arizona** is only state in continental US that does not follow Daylight Savings Time. **Arkansas** has only active diamond mine in US. The economy in **California** is so large, if it were a country, it would rank 7th in the world. In 1976, **Colorado** became only state to turn down the Olympics. The Frisbee was invented at Yale University in **Connecticut**. **Delaware** has most scientists and engineers in US. At 874.3 square miles, Jacksonville, **Florida**, is largest city in US. In **Georgia** in 1886, pharmacist John Pemberton made first vat of Coca Cola. **Hawaiians** live, on average, 5 years longer than rest of country. TV was invented in **Idaho** in 1922. **Illinois** is home to only river that flows backward. **Indiana** is home to Santa Claus, Indiana, it gets half a million letters for Santa each year. Winnebago RV's got their name from Winnebago County, **Iowa**. The town of Liberal, **Kansas** has an exact replica of the house in *The Wizard of Oz.* **Kentucky** has more than $6B in gold underneath Fort Knox. **Louisiana** has parishes instead of counties as they began as Spanish church units. **Maine** is so large it covers as many sq miles as the other five New England states combined. The Ouija Board was created in Baltimore, **Maryland** in 1892. The Fig Newton is named after Newton, **Massachusetts**. Fremont, **Michigan,** home to Gerber, is the baby food capital of the world. The Mall of America in **Minnesota** is so big, 10 minutes in each store would take 4 days. President Teddy Roosevelt refused to shoot a bear in **Mississippi**, that's how the teddy bear got its name. **Missouri** is the birthplace of the ice cream cone. A sapphire from **Montana** is the Crown Jewel of England. More triplets are born in **Nebraska** than any other state. In 1931, the Pair-O-Dice Club was the first casino to open on Highway 91, the future Las Vegas, **Nevada** strip. Tupperware was invented in 1938 in **New Hampshire**. **New Jersey** has most shopping malls in one area in the world. Smokey the Bear was rescued from a 1950 forest fire in **New Mexico**. **New York** is home to nation's oldest cattle ranch, started in 1747. **North Carolina** is home to first Krispy Kreme. Rigby, **North Dakota**, is the exact geographic center of North America. The hot dog was invented in **Ohio** in 1900. The grounds of **Oklahoma's** capital are covered by operating oil wells. **Oregon** has the most ghost towns in the country. The smiley :) was first used in 1980 by computer scientists at Carnegie Mellon in **Pennsylvania**. The nation's oldest bar, the White Horse Tavern, opened in **Rhode Island** in 1673. Sumter County is home to world's largest gingko farm. The first battle of the Civil War took place at Fort Sumpter in **South Carolina**. **South Dakota** is only state that's never had an earthquake. The Grand Ole Opry in **Tennessee** is longest running live radio show in world. Dr. Pepper was invented in Waco, **Texas** in 1885 and the hamburger was invented in Arlington in 1906. The first Kentucky Fried Chicken opened in **Utah** in 1952. Montpelier, **Vermont** is only state capital without a McDonald's. **Virginia** is home of world's largest office building, the Pentagon. Seattle, **Washington**, has twice as many college graduates as any other state. **Washington, D.C**. is first planned capital in the world. **West Virginia** had world's first brick paved street, laid in Charleston in 1870. The ice cream sundae was invented in **Wisconsin** in 1881 to get around Blue Laws prohibiting ice cream from being sold on Sunday. **Wyoming** was first state to allow women to vote.

Thank you **Register of Deeds Bill O'Donnell** for hosting office hours at the Center for our members. Thank you **Mayor Tom Koch** for providing Quincy seniors with a delicious Thanksgiving dinner and great memories of a special day. Thank you **Ruth Jones**, Quincy Health Department Public Health Nurse, for conducting several health and wellness workshops at the Kennedy Center. Thank you to **Aura Abreu** and **Beth Romano** for their efforts selling Kennedy Center Cookbooks. Thank you **Peg Kelly** for organizing, setting up and working the White Elephant Sale. Thank you to COA Board Member **Ken Tarabelli** for sharing his time, energy and insights with the Men's Discussion Group. Thank you to our creative volunteer **Elizabeth Gearin** for sharing her decorating talents with the Center. Our members, staff and guests enjoy the beautiful job she did decorating the Center for Christmas. Thank you to **Deni Sindel** for the beautiful pillows she made and donated for the Art/Music Room sofa at the Center. Thank you **School Committee member Kathleen Hubley** for donating a beautiful bag full of goodies for our Christmas raffle. Thank you to valued, longtime volunteer **Sue King** for her dedicated service to the Center. She has not just been a friendly face here at the Center, but an individual that staff and members came to rely on. It has been a privilege to have her here. We wish her and her husband well as they now plan to enjoy retirement. **Special thanks** you to our Wednesday Knitting Group for all the beautiful handmade items donated to the Friends of the Unborn. And thank you to the other members who donated clothing, diapers and money. Joan Bailey of the Friends of the Unborn dropped in to explain the program and was overwhelmed with the generosity of our members.

Friends of the Unborn
"The Natural Choice is Life"

Soduko Answers:

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

'A friend of mine opened his wife's dresser drawer and picked up a package, wrapped in beautiful paper. "This isn't any ordinary package," he said. He unwrapped the box and stared at the lovely silk nightgown. "She got this the first time we went to New York many years ago. She never put it on, as she was saving it for a 'special occasion.' "Well, I guess this is it," he muttered to himself. He placed the gift box next to the other clothing he was taking to the funeral home, as his wife had just died.' ** Never save something for a special occasion. Every day is a special occasion. Remember to read more and clean less. Sit on the porch without a worry. Spend more time with family. Life should be a source of experience to be lived up to, not survived through. No longer keep anything for a 'special occasion.' Use your crystal glasses every day. Wear new clothes and special perfume to go the supermarket. Remove *someday* and *one day* from your vocabulary. Each day, hour and minute is special. Live for today, for tomorrow is promised to no-one.

- Copied with appreciation from Braintree Elder Affairs newsletter

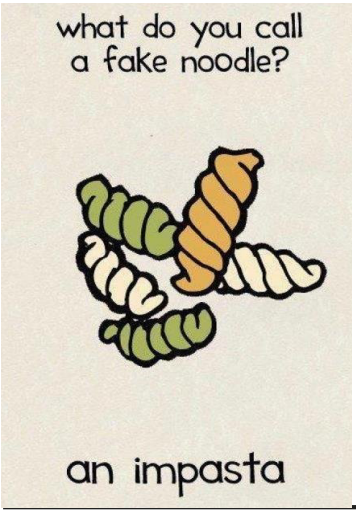
Deciding where to start is the enemy of starting. Get started—whatever it is… you can't steer a parked car!

Car Advice from AAA

Headlight Glare: Elder drivers are more sensitive to glare than younger drivers because their eyes take longer to adjust to changing light levels. Light colored eyes are particularly sensitive. Clean headlights. A thin layer of grime on lenses can block up to 90% of light and severely restrict your ability to see at night. Streaks, smudges and road grime on windows and windshield catch and refract light. This includes the inside of your windshield. Check wiper blades to make sure they work properly and effectively. Have a tech make sure headlights are aimed properly. Adjust outside mirrors to reduce blind spots and reduce glare from cars behind you. When oncoming vehicles shine light directly in your eyes, look down and to right. Turn your eyes to white line on right side of the road until the vehicle goes by. Use rearview mirror's 'night' setting. All cars have 'day/night' interior mirrors to reduce reflected glare from cars behind you. You can change the mirror to 'night' setting by flipping the small level at the bottom of mirror. Use lights courteously by only using fog lights for fog. High beams temporarily blind drivers. Use low-beam headlights. Try anti-reflective eyeglass coatings to improve vision at night. This coating should not be confused with 'night-driving glasses,' as those glasses may reduce glare, but dangerously reduce your night vision. Eye professionals warn against use of sunglasses at night or indoors. They restrict night vision - eventually eyes get used to them and become inadequate for daytime protection.

MOVE OVER LAW: When an emergency (police, fire, EMT) or maintenance vehicle is stopped on the side of the road, move over to the next lane or slow down if changing lanes is not possible. Failure to do so could result in a fine up to $100.

Driving on Ice & Snow Icy surfaces make steering difficult and require careful, precise movements of the steering wheel. The *push-pull-slide method* of steering is done by shuffling your hands so neither hand crosses over an imaginary line between 12 and 6 o'clock. Since the arms never cross, you're able to adjust in either direction. The *fixed hand steering method* allows rapid 180 degree steering to either direction, but this method is confining because your arms may get locked together as you attempt to steer past 180 degrees, leaving you in an awkward position to make adjustments. * Stopping requires twice the distance on ice at 0 degrees than at 32 degrees. With anti-lock braking, do not remove your foot from the brake or pump the pedal. Avoid slamming brakes if you skid. Continue to look at your path of travel and steer in the direction you want to go. * It is suggested that you keep the following items in car: a bag of abrasive material (sand, salt, cat litter), small snow shovel, snow brush, traction mats, flashlight, window washing solvent, gloves, ice scraper, rags, booster cables, blanket, warning flares, a bottle of drinking water, and a charged cell phone. * **AAA or other road side assistance membership is important, particularly during winter months when cars tend to stall more and ice/snow present more hazards for driving**.



Ha! Ha! Ha!

She was only a whiskey maker, but he loved her still. * There was a person who sent ten puns to friends with the hope that at least one pun would make them laugh. No pun in ten did. * Thing is, we seniors know a lot; we just can't remember much. * I always wear two pairs of pants while golfing, just in case I get a hole in one. * We know we're getting old when the only thing we want for our birthday is not to be reminded of it. * I'm old enough to make my own decisions, just not young enough to remember what I decided…*

"I replace forgotten memories with stuff I make up."

Word Search

ALASKA
COLORADO
DELAWARE
FLORIDA
GEORGIA
HAWAII
MASSACHUSETTS
IDAHO
IOWA
KANSAS
KENTUCKY
LOUISIANA
MAINE
RHODE ISLAND
MISSOURI
MONTANA
NEVADA
OHIO
OREGON
PENNSYLVANIA
SOUTH DAKOTA
TEXAS
USA
UTAH
VERMONT
VIRGINIA
WISCONSIN
WYOMING

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V	A	I	K	N	I	S	T	T	E	S	U	H	C	A	S	S	A	M	H	T	I	W

January 2015

	Mon	Tue	Wed	Thu	Fri	S
	1. home garden to raise food 2. Keep hair in place 3. Sears, Roebuck & Co. 4. drill for school children in case of atomic attack 5. Giving up smoking at 97 6. '51 Studebaker 7. Pizza 8. Blue 9. Gen'l MacArthur - 1951 10. Guiding Light Soap Opera 11. Cocker Spaniel 'Checkers' 12. School segregation 13. Boxing 14. Burger King **Answers**	15. Projections mounted on car to let driver know car close to curb -protect whitewall tires. 16. Lucille Ball and new baby 17. Lou Costello to Bud Abbot 18. Originally by Skelly Oil Co, but Ovaltine took over in 1940. 19. Snow White (1938), followed by Pinocchio (1940) 20. S&H Green Stamps 21. The Lennon Sisters 22. Tupelo, Mississippi 23. Doris Kappelhoff 24. Congressional Medal of Honor 25. False	 Event 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 COA photo albums.	1 **Kennedy Center closed New Year's Day** 	2 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie ***An Affair to Remember*** 	3
4	**5** 9:30 Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA 1 pm Watercolors 	6 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Creative Writing 10 Ballroom Dance 10:30 Computer 12:30 pm Yoga 1 Sketching 1 **QATV TV Production** 2 Healthy Eating	7 S.H.I.N.E. by appt 9:30 am Tai Chi 10 **Senior Hygiene** 10 Knitting Group 11 Volleyball 11 Blood Pressure 1pm **NQ Memories** 1:30 pm Computer	8 9 am Exercise 9 Chess 10 Mah-jongg 10 Sing-a-long 10 **Men's Discussion** 10 Blood Pressure 10 Computer Class 10:30 Strength Training 12:30 pm Yoga 1:30 Book Club	9 9 am ZUMBA 10 **Paint w/ Acrylics** 10:30 Tai Chi 12 pm Bridge 12:30 **Movie *Charade*** 	10
11	12 9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA 	13 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	14 Foxwoods S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 11 Volleyball 11 Blood Pressure 1:30 pm Computer 7 **Parkinsons Support Group** at Ward 4 Community Center, Brooks Road	15 9 am Exercise 9 Chess (& lessons) 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 10:30 Strength Training 12:30 pm Yoga	16 Simple Wills by appt 9 am ZUMBA 10 **Mid Winter Breakfast** 10:30 Tai Chi 12 pm Bridge 12:30 Movie ***Penny Serenade*** 	17
18	**19 Martin Luther King Kennedy Center Closed** 	20 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 **Alzheimer's Discussion** 10 Ballroom Dance 12:30 pm Yoga 1 pm QATV TV Production 2 Healthy Eating	21 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 10 **Yellow Dot** 11 Volleyball 11 Blood Pressure **1pm NQ Memories**	**22** 9 am Exercise 9 Chess (& lessons) 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 10:30 Strength Training 12:30 pm Yoga	23 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12:30 Movie ***Amazing Adventure*** 	24
25	26 9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA 	27 S.H.I.N.E by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Ballroom Dance 12 **Rotary Luncheon** 12:30 pm Yoga 1 QATV TV Production 2 Healthy Eating	28 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 10 **Senior Sex** 11 Volleyball 11 Blood Pressure	29 9 am Exercise 9 Chess (& lessons) 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 12:30 pm Yoga	30 9 am ZUMBA 10 **Game Show** 10:30 Tai Chi 12 pm Bridge 12:30 Movie ***His Girl Friday*** 	31
		Please note: Calendar is subject to Change without notice	"To practice any art, no matter how well or badly, is a way to make your soul grow. So do it. " - Kurt Vonnegut	 Don't forget to purchase your ticket to the Mardi Gras party!	Comparison is the thief of joy. 	