

Kennedy Center News

January 2016



 **Winter Policy at the Kennedy Center** When Quincy Public Schools are closed due to inclement weather, all events, activities and transportation are canceled for the day at the Kennedy Center; however, the Center is always open during regular hours 8:30am-4:30pm. The days following a storm, it is best to call 617-376-1506 to confirm an activity is taking place. Please call 617-376-1242 with transportation related questions. ❄️ The City of Quincy provides snow plowing services to all neighborhoods. When a snow emergency is declared, additional parking enforcement guidelines go into effect, including towing cars parked illegally. If you must park on street, follow winter parking rules. Overnight parking is prohibited without a resident parking permit, available from the Quincy Police Department 617-745-5852. Resident parking permits are void during snow emergencies. Call 617-376-1927 with snow removal questions or concerns. ❄️

Greetings to all,

I hope all of you had a wonderful and joyous Christmas season. Wow! It's the first month of the year...another year... I cannot believe how time flies here at the Kennedy Center! It is my sincere pleasure to wish you and your loved ones a safe, happy and healthy New Year. **2016** promises to be an exciting and busy year here at the Center.

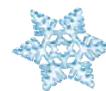
It seems most of us confidently resolve to better ourselves in some way each new year. Some of us have a difficult time attaining our lofty goals - all the while making local fitness centers rich with all the new gym memberships and weight loss programs we sign up for and neglect to use. Well, the Kennedy Center makes those New Year's resolutions easy to achieve - membership is free - and our conveniently scheduled yoga, exercise and strength training classes are affordably priced at just \$3 per class. You can start each day off right here with friends while staying fit, active, and healthy.

During this time of the year, I urge all of you to take every precaution to keep yourself protected from the bitter cold days of January. If it ever gets difficult for you to remain safe in your home, be sure to call our Outreach Coordinator Marge Donaher at 617-376-1506. Marge can provide you with information and services you may need. If it is during the evening or weekend when the Kennedy Center is closed, do not hesitate to call the Quincy Police Department at 617-479-1212. As always, in the case of an emergency, call 911! Your safety is our number one concern!

Sincerely,



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  Like


KENNEDY CENTER



Kennedy Center
440 East Squantum Street
Quincy, MA 02171
617-376-1506
www.quincyma.gov/government/elderserv
Hours : Monday - Friday 8:30 a.m.– 4:30 pm



Coming Soon...

Event dates, sign up dates and deadlines to be announced. Payment for all events due at registration.



Newport Playhouse \$89 per person includes transportation, a delicious buffet, the Broadway worthy show *Play it Again, Sam*, and fabulously enjoyable Cabaret entertainment.



Cape Cod Lunch Train \$89 includes transportation, 2 hour narrated scenic train ride aboard Cape Cod Central Railroad (voted one of top dinner trains in US by TV Food Network), 3 course lunch incl Cape Cod Central Seafood Chowder. Weather permitting, time to shop in Hyannis.



The Kennedy Center Book Club

Thursday, January 7th at 1:30 pm

All are welcome! Registration not necessary.

The Kennedy Center Book Club is a friendly, welcoming group that meets the **first Thursday** of each month at 1:30pm for easy, stimulating and lively conversation in a comfortable environment. The book for January 7th is *"This Year It Will Be Different"* by Maeve Binchy and *"The Yellow House"* by Patricia Falvey for February 4th.



ALL Kennedy Center events, activities and programs scheduled on Tuesday, January 26th are CANCELED for staff training.



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.



Oral Health

Tuesday, March 1st at 10 am

Registration required. Space is limited. Call 617-376-1506 to register.

Oral health is essential to overall health and studies show significant link between oral health and diseases, including increased risk of heart disease, stroke, diabetes, high blood pressure, and high cholesterol. Jamie Lannan, RDH of Dr. Edwin Littke's dental office, will join us to discuss dental concerns in seniors, ie., how to prevent or stop gingivitis, periodontal disease, gingival recession, etc. The workshop will end with oral health Q & A.



Mardi Gras at the Kennedy Center

Tuesday, February 9th at 1 pm



\$7pp includes 'Carrtunes' entertainment, light refreshments and masquerade masks, beads and hats that will make you look like you came straight from Bourbon Street. Space is limited. Visit the Kennedy Center to purchase your



Free Movies at the Kennedy Center

Every Friday at 12:30pm



- Jan 8** *A Tree Grows in Brooklyn* A classic based on classic novel about a young Brooklyn girl
- Jan 15** *Guilt Trip* Barbara Streisand plays the mother in this outrageously funny adventure comedy.
- Jan 22** *Courageous* Four men, one calling: to serve & protect.
- Jan 29** *Marley & Me* Hilarious, heartwarming comedy/drama based on a true story about a family and their dog.



Health Express Walk-In Urgent Medical Care

February 24th at 11 am

This workshop will introduce Health Express services to the South Shore, treating everything from fevers to fractures. Light refreshments. Registration is required. Call 617-376-1506 to register.



The Sinatra and More Show Featuring Jeff Jarvis

January 22nd at 1pm

Join us for an afternoon of fun with the talented Jeff Jarvis, who will perform hits from Elvis, Frank Sinatra, Bobby Darren, Dean Martin, Tom Jones, Michael Buble and more. Light refreshments. \$5 pp due at time of registration. Stop by the Kennedy Center to buy your ticket.



Jewelry Making Class

February 18th at 10:30 am

Learn how to create your own beautiful custom jewelry that will wow your friends using beads, wire, chains, charms, crystals and more. Cost to be determined. Supplies included in cost. Visit the Kennedy Center to reserve a spot in this craft class that will take your fashion style from simple to standout. Call 617-376-1506 with questions.



Painting with Acrylics at the Kennedy Center

January 8th at 10am

Instructor Janet Harrold teaches the principles of art in this fun, relaxed environment. Participants leave with their creations. Light refreshments. Supplies provided. **\$15pp** due at registration. Cost incl supplies.



Healthy Eating

at the Kennedy Center

March 2nd-April 20th 5-7pm

Ready to start eating healthier? The Quincy Weymouth Wellness Initiative invites you to join us for a free, 8 week Healthy Eating Class 'Reaching and Maintaining a Healthy Weight'. This program provides tips for nutrition and lifestyle changes to promote better health and weight management. Healthy snacks served at meetings.

Call the Quincy Health Department
at 617-376-1283 to register.
Space is limited.



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.



Norfolk County Sheriff TRIAD Program

January 15, at 10am

A representative from Norfolk County Sheriff Michael Bellotti's office will speak about the Sheriff's TRIAD Program. This program is a partnership between senior citizens, law enforcement/public safety agencies and senior support services. TRIAD Programs include RUOK?, File of Life, Yellow Dot, LoJack Safety Net Search and Rescue, Speakers Bureau, and Senior I.D. Call the Kennedy Center at 617-376-1506 to register.



Hydrogen Peroxide

In addition to lightening hair, cleaning a wound and douching the ears, Hydrogen Peroxide can be used to: **Clean cutting board/counter** to bubble away anything left after food prep. **Wipe fridge/dishwasher.** It is non-toxic - great for cleaning food and dish storage. **Clean sponges** Soak in 50/50 peroxide/water mixture. **Remove crud from pots/pans** Combine peroxide with baking soda to make paste and rub on dirty pan. Let sit. Later, scrub with warm water to remove baked on stains. **Whiten grout** Dry tub. Spray liberally with hydrogen peroxide. Let sit. Later, scrub grout with old toothbrush. Repeat if necessary. **Clean toilet** Pour half cup of peroxide into toilet. Let stand 20 minutes then scrub. **Remove fabric stains** fabric on clothing, curtains, tablecloths, etc., peroxide can be used as pre-treater for stains. Soak stain in 3% peroxide before laundering. Add cup to regular load of whites to brighten. **Brighten floors** Combine half a cup with one gallon of hot water. It's so mild it is safe for any floor. No need to rinse. **Clean grand-kids' toys.** It is safe cleaner and not a lung irritant. Fill spray bottle and clean toys, lunchboxes, doorknobs and anything the kids touch. **Help plants** Ward off fungus with spray of 1/2 cup peroxide/one gallon water. **Mouth-wash** Gargle with peroxide-just don't swallow it. **Water purifier** Add a pint to a gallon of water for use in humidifier. **Pet Emetic** If you furry friends get into something toxic, peroxide can be used to induce vomiting. **Sinus infection relief** Warm water with 1/2 teaspoon peroxide and 1 teaspoon sea salt. Use same way as a saline rinse.



In sympathy We extend our heartfelt sympathies to the family and friends of **Ann Quinlan** who passed away in November at 97 years young. An active member of the Kennedy Center family, Ann was an avid, competitive and gifted Scrabble player who could often be found scurrying down the hallway warmly greeting all she passed by on her way to the Center's Game Room. She will be sorely missed and warmly remembered in the hearts of all she touched.





Computer Classes - January 2016 - \$5 per class Instruction by Grace Buscher



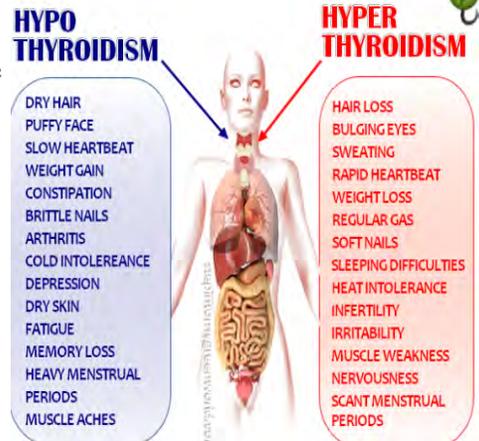
Registration required for classes * Bring your laptop. You are welcome to come without laptops for instruction only. The center's computers are available first come, first serve.

- January 14th** **Did you get a new laptop for Christmas?** 10am-12pm
Bring your laptop with you to class and Grace will set it up and make sure it is ready to use, as well as how to hook up and use the Internet. This class includes basic Windows 10 instruction.
 - January 21th** **So you got a new phone?** 10am-12pm
You got a new phone... so what do you do now? Bring in your new phone and Grace will teach you the basics and give you fun things to do.
 - January 28th** **How do you use your new tablet?** 10am-12pm
Bring your new tablet to class and Grace will help you understand how to use it, learn fun things to do, set up your email and reader.
- 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 our talented and irreplaceable SHINE counselors, **Kay MacPherson** and **Elizabeth Barry**, for their efforts and dedication to the many elders who asked for their guidance and support with health care options during Open Enrollment. Seniors often struggle understanding and navigating through the maze of insurance options - Kay and Elizabeth provided them with the knowledge to make the best personal health care decisions. We thank them on behalf of all they assisted. Thank you to the **Quincy Historical Society** for hosting a special event at the Kennedy Center that included historic photo displays and a free silent movie filmed in 1916 in Quincy called *A Romance of Quincy*, starring Quincy residents. Thank you to **our members** who kindly and generously donated much needed baby clothes, diapers and baby/mother items for the **Friends of the Unborn**. Special thanks to the very creative and talented Kennedy Center **Knitting Group** for their large donation of beautiful hand made sweaters, blankets, hats and more for the Friends of the Unborn.

Thyroid Function The thyroid, a gland above the Adam's apple, can dramatically impact bodily functions. Odds of a thyroid disorder are more than 30% higher for elder women. Fifteen million are undiagnosed sufferers. The thyroid produces thyroid hormone (TH), which regulates your body's temperature, metabolism and heartbeat. It produces too little TH when sluggish (underactive); when amped (overactive), it produces too much. It could be caused by genetics, autoimmune attack, stress, nutritional deficiencies or environmental toxins. Symptoms incl: exhaustion, depression, anxiety, altered appetite, difficulty concentrating, forgetfulness, fluttering like heart skips a beat, dry skin, bowel problems, painful extremities/muscles, high blood pressure, cold/hot, hoarseness, sore neck, sleep too much/too little, weight gain, hair thinning or high cholesterol. If you have one or more symptoms, see your doctor and ask for a thyroid stimulating hormone (TSH) test, Free T3 and T4 tests.



The talented and generous Kennedy Center Knitting Group proudly display their beautiful knit creations for the Friends of the Unborn.

F, U, N, W, I, T, H, W, O, R, D, S. **Try this tongue twister:** Mr. See owned a saw. Mr. Soar owned a seesaw. Now, See's saw sawed Soar's seesaw before Soar saw See, which made Soar sore. Had Soar seen See's saw before See sawed Soar's seesaw, See's saw would not have sawed Soar's seesaw. So See's saw sawed Soar's seesaw. But it was sad to see Soar so sore just because See's saw sawed Soar's seesaw. **Homographs are words of like spelling with more than one meaning.** Here are some: 1. The bandage was wound around the wound. 2. The farm was used to produce produce. 3. The dump was so full it had to refuse more refuse. 4. We must polish the Polish furniture. 5. He could lead if he could get the lead out. 6. The soldier decided to desert his dessert in the desert. 7. Since there was no time like the present, he thought it was time to present the present. 8. A bass was painted on the head of the bass drum. 9. When shot at, the dove dove into the bushes. 10. I did not object to the object. 11. The insurance was invalid for the invalid. 12. There was a row among the oarsman on how to row. 13. They were too close to the door to close it. 14. The buck does funny things when does are present. 15. A seamstress and a sewer fell down into a sewer line. 16. To help with planting, the farmer taught his sow to sow. 17. The wind was too strong to wind the sail. 18. After a number of injections, my jaw got number. 19. Upon seeing the tear in the painting, I shed a tear. 20. I had to subject the subject to a series of tests. 21. How can I intimate this to my most intimate friend? 22. I hit the bat with the bat.

100 YEARS

What a difference a century makes! Here are some statistics from 1915: The average life expectancy for men was 47 years. Car fuel was sold only in drug stores. Just 14% of homes had a bathtub, 8% of homes had a phone. The maximum speed limit in most cities was 10mph. The tallest structure in the world was the Eiffel Tower. The average US hourly wage was 22 cents. The average US worker made \$200-400 per year. A dentist earned \$2,500 a year, a mechanical engineer \$5,000. More than 95% of births were at home. 90% of all doctors had no college education. Instead, they attended 'so-called' med schools. Sugar cost four cents a pound, eggs were 14 cents a dozen, coffee 15 cents a pound. Most women washed their hair once a month and used Borax or egg yolks for shampoo. Canada passed a law prohibiting poor people from entering the country for any reason. The five leading causes of death were 1)pneumonia and influenza 2)TB 3)diarrhea 4)heart disease 5)stroke. The American flag had 45 stars. The population of Las Vegas was 30. Crossword puzzles, canned beer and iced tea had not been invented yet. There was neither Mother's Day or Father's Day. Two of every 10 adults could not read or write. Only 6% of all Americans graduated high school. Marijuana, heroin and morphine were available over the counter at drugstores. Back then, pharmacists said, "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and is a perfect guardian of health!" Shocking!! There were about 230 *reported* murders in the US. 18% of households had at least one full time servant. Imagine what life may be like in another 100 years!



This is a **Beginner** Level Puzzle.

Exercise Your Brain!



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

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...**

Did you know 11% of people are left handed? August has the highest percentage of births. Unless food is mixed with saliva, you can't taste it. The average person falls asleep in less than 10 minutes. A bear has 42 teeth. An ostrich's eye is bigger than its brain. Lemons contain more sugar than strawberries. 8% of people have an extra rib. The first Burger King was opened in 1954 in Miami. A lobsters blood is colorless, but when exposed to oxygen it turns blue. Ralph Lauren's original name was Ralph Lifshitz. 55% of all movies are rated 'R.' You burn more calories eating celery than it contains - the more of it you eat, the thinner you become. The smallest bones in the human body are in the ear. There are 10 million bricks in the Empire State Building. Elvis Presley made just one TV commercial - it was for Southern Maid Donuts. Wine is sold in tinted bottles because it spoils when exposed to light. MasterCard was originally called MasterCharge. The side of a hammer is called a cheek. There are 1,929,770,126,028,800 different color combinations possible on a Rubik's Cube. The first telephone book in 1878 contained just 50 names. Bookkeeper and bookkeeping are the only two words in English with three consecutive double letters. The oldest word in the English language is 'town.' The word 'strengths' is the longest word in the English language with just one vowel. M&M's chocolate stands for initials for its inventors Mars and Murrie. Tiger Woods' real first name is Eldrick. Chevy Chase's real first name is Cornelius. Albert Einstein never learned to drive a car. The longest street in the world is Yonge Street in Toronto measuring 1,178 Miles. 'Typewriter is the longest word that can be typed using only the top row of a key-

1. What was the popular muscle car launched in 1964?
2. George Clooney first gained acting fame playing Dr. Doug Ross on what TV series?
3. What country borders Peru and Panama?
4. Can you name five common fruits whose names start with the letter P?
5. What was the date of the North East Blackout?
6. Easily confused or misused, the first means every 2 months, the second means twice a month. What are they?
7. How many consecutive years in the 2000's did baseball's Barry Bonds win the National League MVP award?
8. In 1941, when General Douglas MacArthur said "I shall return," to which country was he referring?
9. Who was the first attorney to become President of the U.S.?
10. On May 18, 1980, which Pacific northwest mountain erupted after being dormant for 123 years?
11. Which is greater—the pressure in a car tire or in a bottle of champagne?
12. What advisory group, composed of the commanders of the US Army, Navy, Air Force and Marines, counsels the President on military affairs?
13. With her legs insured for \$1,250,000 in 1937, she was known as the "Girl with the \$1,000,000 legs." Who was she?
14. Which actress played the role of singer known as the first lady of country in the 1980 film *Coal Miner's Daughter*?
15. Someone who has bathophobia has an abnormal fear of what?
16. What is the shortest word in the English language containing the letters A, B, C, D, E and F?
17. The name for what military rank comes from the Latin word meaning to hold in high regard?
18. What is the first book of the New Testament?
19. On a pedestal of the Statue of Liberty is a sonnet, "The Colossus," : "Give me your tired, your poor, your" ...what?
20. The British Union Jack can be found in the flag of which US state?
21. In Hitchcock's film, *The Trouble with Harry*, what was the trouble?
22. What car did Caractacus Potts drive?
23. What actor studied as a priest, then an architect before becoming an actor?
24. What did Marlon Brando and George C. Scott refuse?
25. What food makes up nearly all (99%) of a Giant Panda's diet?



**Answers on
calendar on page 9**

HEALTHY CHANGES

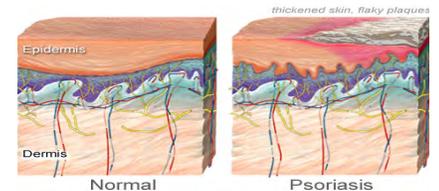
Raid the kitchen-Get rid of unhealthy foods in the house, especially those high in calories, added sugars and saturated or trans fats. While it's ok to eat these on occasion, not having cookies, chips and ice cream can help remove temptation and mindless munching. **The Right Fruit Bowl** - Once the junk is cleared, you'll need to buy healthy foods, like apples, pears and bananas and be sure to actually eat them. Turns out people automatically eat more fruit when it sits in a clear versus opaque bowl, according to studies. **Schedule exercise**-You'll never find time to exercise, so you must make time. Take a look at tomorrow's or the week's schedule to plan out exercises you'll do and when. Pack your gym bag. **Food Splurges**-We know splurges are going to happen. Splurging can keep you from feeling deprived and make healthy eating more doable long term. Rather than make all those splurges impromptu, plan small treats for yourself, like a square of chocolate. It helps you control your splurges. **Plan and Prep Meals**-Meal prep is the pinnacle of weight loss planning. It will save you countless hours and calories over the course of the week. Write down all the meals you want to cook or eat during the week, head to the store to stock up on the ingredients and then cut, chop, saute and bake everything that day. Package each meal in its own container and label it. Get to Sleep-No weight loss strategy survives a bad night's sleep. According to studies, people eat an average of 549 extra calories when they missed just 80 minutes of sleep the night before. And if you are tired, you will likely skip exercise. **Stock Healthy Snacks Everywhere**-Wherever you are, protein rich snacks should be there, too. They'll take care of hunger and keep you from nibbling on junk food. Plus, protein sticks around longer in your stomach to keep you feeling fuller longer. Store them in your pocketbook, desk and car. Greek yogurt, hardboiled eggs and nuts make great snacks. **Buy Small Plates**-A study of all-you-can-eat buffets found when diners serve themselves using large plate, they ended up eating 45% more food than those who filled smaller plates. **Refillable Water Bottle**-You will stay hydrated, vital to keeping your body functioning properly and your stomach feeling full.

An Alzheimer's Poem

Do not ask me to remember.
Do not try to make me understand.
Let me rest and know you are with me.
Kiss my cheek and hold my hand.
I'm confused beyond your concept.
I am sad and sick and lost.
All I know is that I need you.
To be with me at all cost.
Do not lose your patience with me.
Do not scold or curse or cry.
I can't help the way I'm acting,
Can't be different 'though I try.
Just remember that I need you,
That the best of me is gone.
Please do not fail to stand beside me,
Love me till my life is done.
-Unknown

Psoriasis

is the result of an overactive immune system. While specific causes are not fully known, it is believed multiple proteins in the immune system, including IL-17A, may play a role in scaling, inflammation and skin plaque growth. Some people with psoriasis experience joint inflammation called psoriatic arthritis. A new approach to treatment involves identifying triggers for psoriasis and treating accordingly. Treatment for some include: eliminating trigger foods, like gluten. Clean up bad yeast with an antifungal. Incorporate anti-inflammatories, healthy fats and supplements like probiotics, vitamin D, vitamin A and zinc to heal skin. While psoriasis often becomes linked with gluten intolerance, it can be triggered by heavy metals exposure and yeast overgrowth in the gut. Try removing these obstacles for relief. Eat a whole food, anti-inflammatory diet that includes wild fish and other sources of omega 3 fats, red and purple berries rich in polyphenols, dark green leafy vegetables, orange sweet potatoes and nuts. Add anti-inflammatory herbs, including turmeric (curcumin), ginger and rosemary to



your daily diet. Eliminate inflammatory foods, ie., refined, omega 6 and inflammatory oils (corn, soy, safflower oils). Test for heavy metal toxicity, ie., mercury. Remove gluten and dairy. Yeast overgrowth, abnormal gut flora and gut issues trigger psoriasis. See an integrative doctor to optimize gut health. Try prescription or herbal anti-fungals for yeast. Nutrients, ie., fish oil, vitamin D and probiotics help psoriasis. Consider anti-inflammatory nutrients like quercetin, grape seed extract and rutin. Exercise. It is a natural anti-inflammatory. Relax. Studies show chronic stress can develop or exacerbate psoriasis. Calming techniques such as yoga, deep breathing, and massage can reduce stress and anxiety. Sleep 8 hours a night. Studies show those with psoriasis suffer sleep disturbances.

 The Kennedy Center has added other ways we interact with seniors, other agencies and organizations. With the introduction of our facebook page a couple years ago, we are able to bring you timely information on topics of interest and keep you updated with announcements, activities, and photo albums you are sure to enjoy. Like us on facebook at Quincy Council on Aging. Not on facebook? Sign up for a computer class to learn how to use it.



Ha! Ha! Ha!



A New Year's resolution is something that goes in one year and out the other.



President Word Search

Adams
Arthur
Bush
Carter
Cleveland
Clinton
Hoover



Coolidge
Eisenhower
Fillmore
Ford
Garfield
Grant
Madison



Jackson
Jefferson
Johnson
Kennedy
Lincoln
McKinley
Monroe



Nixon
Obama
Pierce
Polk
Reagan
Taft
Washington

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

Happy New Year!

January 2016

Mon	Tue	Wed	Thu	Fri																																																																																						
<table border="1"> <tr><td></td><td>4</td><td>2</td><td>6</td><td>5</td><td>7</td><td>1</td><td>3</td><td>9</td><td>8</td></tr> <tr><td></td><td>8</td><td>5</td><td>7</td><td>2</td><td>9</td><td>3</td><td>1</td><td>4</td><td>6</td></tr> <tr><td rowspan="5">Sudoku Answers</td><td>1</td><td>3</td><td>9</td><td>4</td><td>6</td><td>8</td><td>2</td><td>7</td><td>5</td></tr> <tr><td>9</td><td>7</td><td>1</td><td>3</td><td>8</td><td>5</td><td>6</td><td>2</td><td>4</td></tr> <tr><td>5</td><td>4</td><td>3</td><td>7</td><td>2</td><td>6</td><td>8</td><td>1</td><td>9</td></tr> <tr><td>6</td><td>8</td><td>2</td><td>1</td><td>4</td><td>9</td><td>7</td><td>5</td><td>3</td></tr> <tr><td>7</td><td>9</td><td>4</td><td>6</td><td>3</td><td>2</td><td>5</td><td>8</td><td>1</td></tr> <tr><td></td><td>2</td><td>6</td><td>5</td><td>8</td><td>1</td><td>4</td><td>9</td><td>3</td><td>7</td></tr> <tr><td></td><td>3</td><td>1</td><td>8</td><td>9</td><td>5</td><td>7</td><td>4</td><td>6</td><td>2</td></tr> </table>		4	2	6	5	7	1	3	9	8		8	5	7	2	9	3	1	4	6	Sudoku Answers	1	3	9	4	6	8	2	7	5	9	7	1	3	8	5	6	2	4	5	4	3	7	2	6	8	1	9	6	8	2	1	4	9	7	5	3	7	9	4	6	3	2	5	8	1		2	6	5	8	1	4	9	3	7		3	1	8	9	5	7	4	6	2	<p>When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers, you will always find people who are helping." -Mr. Rogers</p> 	<p>"You live longer once you realize any time spent unhappy is wasted."</p> <p>★</p> <p>First, I was a good BOY. Then, I became a nice KID. I was then a great GUY. Later, I grew up to be a fine MAN. Now, I'm just an old FART.</p>	<p>Can you see those things you take for granted? If you concentrate on finding what is good in every situation, you will discover that your life will be suddenly filled with gratitude, a feeling that nurtures the soul.</p> 	<p>1 Kennedy Center Closed</p>  <p>Best wishes for a Happy and Healthy 2016!</p>
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<p>4 Foot Screening 9:30 Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA 1:30 Mindfulness/Meditation</p>	<p>5 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>6 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting Group 11 Blood Pressure 1:30 pm Computer</p>	<p>7 9 am Exercise 9 Chess/lessons 10 Mah-jongg 10 Sing-a-long 10:30 Strength Training 10 Blood Pressure 10 Computer Class 12:30 pm Yoga 1:30 Book Club</p>	<p>8 9 am ZUMBA 10 Painting with Acrylics 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie 'A Tree Grows in Brooklyn'</p>																																																																																						
<p>11 9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA 1:30 Mindfulness/Meditation</p>	<p>12 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Writing Class 10:00 Ballroom Dance 10:30 Computer 12pm Rotary Club Lunch 12:30 Yoga</p> 	<p>13 Foxwoods S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting Group 11 Blood Pressure 1:30 pm Computer</p>	<p>14 9 am Exercise 9 Chess & lessons 10 Mah-jongg 10 Men's Discussion 10:30 Strength Training 10 Sing-a-long 10 Blood Pressure 10 Computer Class 1:30pm Women's Discussion 12:30 pm Yoga</p> 	<p>15 Simple Wills by appt 9 ZUMBA 10 Norfolk County Sheriff Triad Programs 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie 'The Quiet Man'</p>																																																																																						
<p>18 Kennedy Center Closed Martin Luther King, Jr. Day</p> 	<p>19 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Writing Class 10 Ballroom Dance 10:30 Computer 12:30 pm Yoga</p>	<p>20 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 11 Blood Pressure 1:30pm Computer</p>	<p>21 9 am Senior First Aid 9 Exercise 9 Chess & lessons 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10:30 Strength Training</p> 	<p>22 9 ZUMBA 10:30 Tai Chi 12pm Bridge 12:30 Free Movie 'Courageous' 1 Sinatra & More Show</p> 																																																																																						
<p>25 9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA 1:30 Mindfulness/Meditation</p>	<p>26 All Kennedy Center activities are canceled for staff training</p> 	<p>27 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 11 Blood Pressure 1:30pm Computer</p>	<p>28 9 am Exercise 9 Chess & lessons 10 Mah-jongg 10 Sing-a-long 10 Blood pressure 10 Living with Diabetes 10 Computer 10:30am Strength Training 12:30pm Yoga 2 Veteran's Book Club</p>	<p>29 9 ZUMBA 10:30 Tai Chi 12pm Bridge 12:30 Free Movie 'Marley & Me'</p>																																																																																						
<p>A little gray hair is a small price to pay for all this accumulated wisdom.</p>  <p>Age does not determine who's right, it only determines who's left!</p>	<p>Age is a matter of mind and if you don't mind, it don't matter!</p>  <p>Count your life by smiles, not tears. Count your age by friends, not years.</p>	<p>1. GTO 2. E.R. 3. Colombia 4. Prune, Peach, Pear, Plum Pomegranate, Pineapple, etc 5. November 9, 1965 6. Bi-monthly, semi-monthly 7. 4 years, 2001-2004 8. Philippines 9. John Adams -Harvard Law</p> 	<p>10. Mount St. Helens 11. Champagne has 3 times the pressure 12. Joint Chiefs of Staff 13. Betty Grable 14. Sissy Spack playing Loretta Lynn 15. Depths 16. Feedback 17. Admiral</p> 	<p>18. Matthew, followed by Mark and Luke 19. Huddled masses yearning to breathe free 20. Hawaii 21. He was dead 22. Chitty Chitty Bang Bang 23. Anthony Quinn 24. Oscars 25. Bamboo</p>																																																																																						