

Council On Aging News

July 2014



On behalf of Mayor Tom Koch and the Quincy Council on Aging, best wishes for a safe and happy 4th of July!

God Bless America!



We hope you are able to join us as we celebrate the 5th anniversary of the Kennedy Center.
Happy Anniversary!

God Bless America!

The month of July is a time to proudly display and demonstrate your patriotism. Quincy is rich in American history and one of the most patriotic places to celebrate the 4th of July. Fourth of July parades, so popular throughout Quincy neighborhoods and always highlights of the holiday, are followed by BBQ's and the spectacular fireworks display over Boston. The 4th reminds us freedom is not free. We join Mayor Koch in honoring the military servicemen and women who have fought and continue to fight to protect our freedom. To our members who served in the military and those who have children, grandchildren, nieces and nephews currently serving, thank you.

I hope you get out and enjoy the long, lazy days of summer when the usual rhythms of life are interrupted by the desire to garden, sit on the beach with a good book, take a leisurely stroll after sunset, float on a raft in a pool, enjoy a BBQ, vacation if we can, and, of course, complain about the heat and humidity. It is important to get out and stay active. If the heat is too much, walk some laps in the comfort of the air conditioned mall, walk the beach with your feet in the water, and be sure to stop by the Kennedy Center for our activities and events. "The value of life lies not in the length of days, but in the use we make of them." - Michel de Montaigne

If you haven't been by the Center in a while, please re-introduce yourself. Over the past year, we have launched an array of new programs and activities to help improve the physical and mental well being of seniors and promote longer, healthier lives. Pickleball generated a great deal of interest, with a huge crowd gathered to watch a demonstration. Tai Chi was introduced in May with an enthusiastic response. Strength training caught on fast and is a popular activity. Creative Writing has been so well received that the first 2 courses had waitlists. Sketching class has allowed members to find their inner artist. We welcome suggestions for activities and events. Your input is important to us.

Mark your calendars for our Annual Senior Conference in September "*Healthy today, healthy tomorrow.*" Stay tuned for more information and registration requirements. Best wishes for a wonderful and safe summer. Please stop in the Kennedy Center to cool off in the air conditioning, enjoy good company and participate in activities.

Sincerely,

Thomas F. Clasby, Jr.

Director



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

GIVE BLOOD



SAVE LIFE

There is a constant need for blood-24/7/365. Giving blood is simple to do, but it can make a big difference in the lives of others. It is often the difference between life and death. Help save a life today by donating blood. Call the Quincy COA at 617-376-1506 today to register for this very important event.

Red Cross Blood Drive

Friday, September 12th from 1 - 6 pm



This Star Won't Go Out : The Life and Words of Esther Earl Book Signing

July 24th at 10 am at the Kennedy Center

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

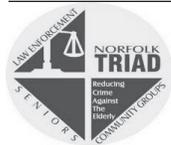
This Star Won't Go Out is the compilation of journals, photographs, essays, sketches and writings of Esther Grace Earl of Quincy who inspired legions of friends and fans, and to whom John Green's award winning novel, *The Fault in our Stars*, is dedicated. Esther died from cancer in 2010, leaving behind a legacy of love, giving and hope. She reminded people, 'don't forget to be awesome.' She said, "Just be happy, and if you can't be happy, do things that make you happy. Or do nothing with the people that make you happy." She made the most of each moment, and when her illness limited her to her home, she made entries to her video blog about her life and illness. The book remained on the New York Bestseller's List for many weeks and earned 5 of 5 stars on 'Good Reads.' Come listen to Lori Earl, Esther's mother, talk about Esther's remarkable life and, if you would like, you can purchase a book at a discount and Lori Earl will sign it. This book will change the way you look at people with terminal illnesses. This book has something for everyone to hold on to.



Appetizer Cook Off with Marina Bay Skilled Nursing

Friday, July 11th at Noon

Our good friend from Marina Bay Skilled Nursing, Amy Gorham, will hold an 'Appetizer Cook Off' at the Kennedy Center. Taste delicious appetizers and vote for your favorites. A Kennedy Center Cookbook will be raffled at the cook-off. Call 617-376-1506 to register. Space is limited.



Yellow Dot

Wednesday, July 16th

Call 617-376-1506 to register!

Yellow Dot provides emergency first responders at accidents with vital information on crash victims. Participants place a yellow dot decal on rear driver's windshield to alert responders to an envelope in the glove compartment containing a photo, personal and medical information. Joe Canavan from Sheriff Mike Bellotti's office will explain the program, take photos and help complete envelopes.

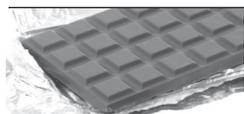


Twin River Day Trip

Wednesday, July 16th

Space is limited! Register today!

Just \$23 per person includes motor coach transport to Twin River, \$10 Casino Slot Cash and a \$7 food credit for luncheon. Enjoy a day full of excitement. Visit the Kennedy Center today to register



Health Benefits of Chocolate with Home Instead

Thursday, August 14th at 1 pm

Call 617-376-1506 to register

Do you love chocolate but feel guilty when you have it? Then you don't want to miss this! A representative from Home Instead will discuss the health benefits of chocolate. Samples will be part of this interesting and delicious presentation. Members who have not attended a *Health Benefits of Chocolate* presentation by Home Instead here before can register on or after July 1st. Those who have previously attended will be waitlisted and able to go if space is available. Space is limited.

Reminder of Sign up Dates and Trips:

Niagara Falls & Erie Canal Spectacular!! September 8-10th Double occupancy \$379/Triple \$369/Single \$479 **Price includes** motor coach travel, luxury hotel, 2 breakfasts, 2 dinners, Niagara Falls tour, Niagara Falls cruise, and Erie Canal cruise. Time to enjoy Casino Niagara. Passport or passport card required. Visit the Kennedy Center to sign up for this fun trip!



Penn Dutch/Amish Country Trip October 19 - 22nd \$584 Double Occupancy / \$574 Triple / \$534 Quad / \$734 Single **Includes** motor coach travel with refreshments, 3 nights hotel, 3 buffet breakfasts, "Moses" theater show, tours of Penn Dutch Country and Amish Country, Smuckers' Farm, Sturgis Pretzel, Wilbur's Chocolate Museum, Founder's Hall and Chocolate World, 3 dinners, including dinner in a private Amish Home and evening entertainment. Space is limited. Sign up on or after August 1st! Trip insurance available.



Showboat Hotel & Casino, Atlantic City August 12-14th \$259 pp/Double Occupancy * \$249 pp/Triple * \$359 pp/Single **Cost includes** motor coach with beverages and donuts, 2 nights hotel, \$50 coin, and "Thunder Over the Boardwalk" (USAF Thunderbirds Flying Team, US Army's Parachute Teams. Sign up today for this great trip!



Old Deerfield Village

Sunday, December 14, 2014



Get into the Christmas spirit with a trip to Old Deerfield Village, making a stop on the way at the Johnny Appleseed Visitor's Center. At Deerfield, we'll step back in time as we are shown an open hearth cooking demonstration on the history of holiday treats, tour a historic house featuring period desserts, have a guided bus tour of the main street where we will view historic, holiday decorated buildings, and participate in a craft making activity where you take home what you make. Full turkey and fish buffet to follow at Deerfield Inn. Next we will visit the Yankee Candle store and winter wonderland. We end the day with a visit to Bright Nights. Visit the Kennedy Center to register after August 1st. Cost is \$92 per person.



Protecting Your Assets - Tuesday, August 19th 10 am - Noon

Attorney Robert Romano will conduct an estate planning essentials workshop at the Kennedy Center to discuss important issues that impact seniors. Call 617-376-1506 to register.



St. Joseph's Abbey & Oktoberfest : Fall in Massachusetts Tuesday, October 28th \$74 Per Person

Enjoy luxury motor coach travel to St. Joseph's Abbey, home of the famous Trappist Jams, Jellies and Ale, a community of Trappist monks who live a contemplative life of prayer and work. Upon arrival, we will be introduced to the Order by Brother Francis and learn about the life of monks and ask questions. Before we leave, we'll have the opportunity to purchase Trappist Jams, Jellies and Ale at wholesale prices! This is a unique and special visit. Next stop : Vienna Inn for Oktoberfest where wait staff will be dressed in authentic, traditional attire of lederhosens and dirndls. Lunch will include salad, followed by Weiner Schnitzel, chicken stuffed, spinach and herbs with a Tarragon cream, sliced tenderloin of beef, hofbrauhaus wurstplatte of bratwurst and knockwurst with braised sauerkraut, spatzle and mustard, or salmon with hollandaise sauce followed by German inspired dessert. After lunch, we everyone will receive apples to take home during a trip to a local orchard. You will have time to browse the gift shop. Reserve your spot after August 1st! Space is limited.





Computer Classes - July 2014 - \$5 per class

Instruction by Grace Buscher



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

July 10 **Digital Photography** **10 am-12 pm**

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

July 17 **Digital Photography with Your Computer** **10 am-12 pm**

This class will review the digital photography class and demonstrate how to upload pictures to your computer. Emphasis will be on printing, saving, photo book and collages and how to modify and edit photos.

July 24 **Windows 8** **10 am-12pm**

Learn this new operating system on your own laptop (the Kennedy Center does not have Windows 8).

July 31 **Advanced Internet** **10 am-12pm**

This class is designed for people with basic computer skills, who understand basic concepts, key, word processing and mouse control. We will explore security, anti-virus, online banking, social networking and more.

There are openings in beginner computer classes on Tuesday at 10:30 am and Wednesdays at 1:30 pm. Please call the Kennedy Center at 617-376-1506 to register.



Reverse Mortgage A reverse mortgage is a home loan that provides cash payments based on home equity. Homeowners who choose reverse mortgage typically defer payment of their loan until they die, sell, or move out of the home. For information and counseling on reverse mortgages, call Jill Joyce at Quincy Community Action at 617-479-8181 ext. 377.



Free Movies at the Kennedy Center Every Friday at 1 pm

July 11 *North By Northwest* A funny, romantic and suspenseful movie by Alfred Hitchcock starring Eva Marie Saint, James Mason and Cary Grant and clever

July 18 *From Here to Eternity*, the Academy Award winning picture, stars Burt Lancaster, Montgomery Clift, Frank Sinatra, Deborah Kerr, and Ernest Borgnine in this portrait of a military camp just before the attack on Pearl Harbor.

July 25 *The Caine Mutiny*, a classic film of mutiny aboard a naval vessel based on the Pulitzer Prize winning novel stars Humphrey Bogart, Fred MacMurray and more notable actors.

It's Classic Movie month at the Kennedy Center!



Note: Beginning July 1st, free movies will be shown **Fridays at 1 pm.**

Snacks are available in the Café



Mass Audiology Screening
Friday, August 29th 10:30 am - 12:30 pm



Join Mass Audiology at the Kennedy Center for a free screening and a presentation on personal hearing systems. Hearing specialists will assess specific hearing loss problems and provide or advise hearing care services to help improve hearing and quality of life. Space is limited. Call 617-376-1506 to register.



Thank you to the Dana Farber Cancer Institute for making the Skin Cancer Awareness & Prevention event at the Kennedy Center a great



success! Dana Farber volunteers and a dermatologist were on hand to educate attendees on the need for sun safety to reduce the incidence of skin cancer. A Dana Farber dermatologist provided private screenings in a mobile unit. Their tireless efforts were appreciated by all who attended. Dana Farber also provided each attendee with a gift bag containing Red Sox baseball hats, SPF lip balm, sunscreen, key chains that indicate UV exposure, antibacterial lotion, educational materials, and more. **Thank you** to the American Cancer Society and the Melanoma Foundation for lending the Kennedy Center face screening units for use at the event. **Thank you** Quincy Credit Union for donating a beautiful gift basket to raffle. **Thank you** to Deni Sindel for her beautiful patriotic decorations on display throughout the Kennedy Cen-

CAUTION Scam Targets Seniors Using Distressed Loved-One Tactic

Con artists are scamming grandparents out of thousands of dollars posing as grandchildren in distress. The caller, who the elder believes is a grandchild or loved one, claims they are in distress and asks that money be quickly wire transferred. Calls usually involve two scammers, one posing as relative, the other as figure of authority, ie., law enforcement, who confirms fees and money needed. Always verify the identity by, asking specific questions and contact another family member regarding the call. Never give personal information to anyone over the phone. **To report a scam:** If you have wired money, call the money transfer company immediately to report it. You can reach MoneyGram at 800-MONEYGRAM (800-666-3947) or Western Union at 800-448-1492. Ask the transfer be reversed if it is not too late. Call the police and the Federal Trade Commission (866-653-4261). For calls involving Canada, call the Canadian Anti-Fraud Call Center at 888-495-8501 to report the call. **Please beware** of persons posing as Census workers visiting households - Please remember that the Census Bureau will NEVER ask for your social security number, money or donations, PIN codes, passwords, bank account information or credit card information. Other scams include *You won the lottery* either by phone, email or mail; a Microsoft representative calls to warn about a computer virus; your automobile warranty is expiring; improve your credit and pay less; 'the IRS (or other federal agency) is calling'; solicitations for charity; and more. Call the Quincy Police Crime Prevention at 617-745-5719 with questions or concerns.



This is a Beginner Level Puzzle.

Exercise Your Brain!



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

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!!



Along with the bright sunny days of summer comes a rise in unwanted critters, including mosquitoes, ticks, etc. Insect bites cause itchy, painful discomfort and are downright annoying, but they can also spread certain illnesses, as well. Avoid outdoor activities between dusk and dawn.

If outside, wear a long sleeved shirt and long pants. Use insect repellent and follow the directions on the label. Ticks carry Lyme Disease, which is particularly harmful to elders. Signs and symptoms vary, affecting the skin, joints, heart and nervous system. A red ring usually appears around the bite.

Call a doctor immediately if you believe you may have been bitten by a tick infected with Lyme Disease. Early treatment with antibiotics is vital. Mosquitoes are especially dangerous. Eastern Equine Encephalitis and West Nile Virus are two of the many diseases mosquitoes carry.



Want to Banish Bloat? Try the following: **Shrimp**, low calories, high in protein; **Bananas** loaded with potassium and fiber; **Cantaloupe** contains potassium, high in water content and low in calories; **Kale, spinach** and **lettuce** high in fiber and ease water retention; **Olive Oil** contains Oleic Acid that helps break down fat in the body; **Grainy Bread** is a better alternative to processed white. Whole grain bread is packed with fiber; **Artichokes** medium in size contain 7 g of fiber, 1/3 your recommended daily allowance; **Avocados** are filled with healthy, filling monounsaturated fat; **Brown rice**

takes a long time to digest, leaving you feeling full and likely to eat less; **Lentils** packed with protein, fiber, complex carbohydrates: the tummy trimming trifecta; **Kimchi** is full of probiotics to boost good, digestive tract healing gut bacteria; **Lemon water** hydrates and soothes the digestive system; **Almonds** high in protein; **Watermelon** packed with water and hydrates you; **Oatmeal** filling and contains fiber; **Probiotic Yogurt** full of good bacteria that promotes gut health and makes digestive tracts run smoothly; **Fatty Fish** (salmon, mackerel) packed with healthy, filling Omega 3 fatty acids; **Apples** contain filling fiber. Eat an apple before a meal to help you eat less later; **Cucumbers** low in calorie and, as a natural diuretic, cucumbers flush out excess water weight; **Tomatoes** rich in potassium that rids your body of belly bloating sodium; **Berries** full of fiber and antioxidants; **Celery** flushes out extra liquids; **Asparagus** contains potassium; **Eggplant** low in sodium and high in water content; **Eggs** high in protein. **Ways to lessen bloat:** If you awake bloated on Monday morning, your weekend diet is likely to blame. High sodium foods retain fluid, which causes a sluggish feeling, puffy look and extra water weight. Avoid table salt, over-processed foods, salt seasonings, and high sodium frozen microwave meals. Use natural, low sodium seasonings. *Trim carbs. Avoid heavy carbohydrates (bagels and pasta). Decrease carbs to train your body to use stored carbs called glycogen and burn them off, while eliminating excess stored fluids. *Starches, including potatoes, corn, pasta and wheat, produce gas as they break down in the large intestine. Rice is the only starch that does not cause gas. Have 1/2 cup if you want carbs with dinner. *Do you feel gassy, crampy and bloated after consuming dairy? You may be lactose intolerant. * Avoid Tabasco, BBQ sauce, garlic, black pepper, chili powder, onions, horseradish and acidic foods. Foods stimulate the release of stomach acid causing bloat. *Ditch diet foods. Low cal & low carb foods contain sugar alcohols (Xylitol & maltitol), which cause gas, bloating and diarrhea. *Alcohol consumption causes dehydration, irritates the GI tract and causes swelling. *Get active! Mild physical activity helps clear gas and alleviate bloating. *Increase fiber with flaxseed to stay regular. *Try peppermint, which kills bacteria. *Try over-the-counter gas relief (Gas X) *Probiotic supplements help regulate your digestive system.



Please join the Quincy Council on Aging in remembering **Connie Leonard** who passed away on May 6th. Connie, usually accompanied by her son Brian, enjoyed participating in the sing-a-long group.



Best wishes for a happy birthday to
Ann Bruce on July 3rd, **Michelle Paige** on July 13th, **Joe Lyons** on July 17th and
Peggy Kelly on July 20th .



Alzheimer's Association

The Alzheimer's Association provides support and information on Alzheimer's disease with their 24/7 Helpline. If you or a loved one has Alzheimer's or dementia, the Alzheimer's Association staff can help. The Alzheimer's Association is also available to help health care professionals with treatment information and care options. Speak to experienced counselors, get current information, program and service information and receive guidance. Call 800-272-3900 or visit www.alz.org.



Farmer's Market Coupons Wednesday, July 30th 9 am - Noon

South Shore Elder Services will be distributing Farmer's Market coupons at the Kennedy Center on Wed, August 7th, from 10 am - 12 pm. Coupons will only be distributed to those over the age of 60. Applicants must have some form of identification, along with proof of low income, ie., documentation of Medicaid, fuel or housing assistance. You must bring a valid ID. One coupon per household - No exceptions.



Breakfast is Important!

Breakfast is the most important meal of the day! Those who skip breakfast become tired, irritable and react slower than those who have it. After an overnight fast of 8 + hours, your brain needs fuel for energy. Skip the common excuses for missing breakfast (lack of time, dislike of breakfast foods, weight loss, etc.). Why eat breakfast? You need to break the fast, supply your body nutrients, and weight control (skipping breakfast is linked to obesity). If you don't like traditional breakfast foods, try different foods, such as pasta or leftovers. Try to eat something in the morning that contains a variety of nutrients. Your daily breakfast should provide approximately 30% of your calories and nutrients for the day.



The Kennedy Center Library in the Kennedy Café often receives duplicate books. If you have any suggestions on where to donate the duplicates, please call the Kennedy Center at 617-376-1506.



Quincy Council on Aging will never refuse a 60 + aged person access to the center based on race, ethnic background, income, sexual orientation, or religion. Participants must be able to care for themselves and interact independently, appropriately and not pose a risk to themselves or others.



Did you know: There are many interesting things you may not know about Boston. Did you know: The BU Bridge on Comm Ave is one of the only places in the world where boat can sail under a train passing under a car driving under an airplane. The TD Garden was built just 9 inches from the Boston Garden - the structure had to be demolished brick by brick. At 90 feet below the surface, the Ted Williams Tunnel is the deepest tunnel in No. America. At 60 stories high, the John Hancock Tower contains 13 acres of glass. Signs along the MA Turnpike reading 'x miles to Boston...' refer to the distance from that point to the Golden Dome of the State House. James Michael Curley was the first Mayor of Boston to have a car. The plate number was '576' - the number of letters in 'James Michael Curley.' The Mayor's official car still uses the same plate numbers. On January 15, 1919, the Boston Molasses Disaster occurred in the North End, where 21 people died and 150 were injured by the hot molasses. It took over 6 months to remove molasses from the cobblestone streets, theaters, businesses, cars, and homes. The Harbor ran brown for months. Famous Boston residents past & present include MLK, Jr., Madeleine Albright, Jason Alexander, Hillary Clinton, Matt Damon, Gena Davis, Melissa Etheridge, Al Gore, Bill Gates, Quincy Jones, David E. Kelley, Norman Lear, Denis Leary, Jay Leno, Howard Stern, Lesley Stahl, Marisa Tomei, Henry Winkler, Meredith Vieira, Cokie Robertson, YoYo Ma, Julianne Moore, Amy Pohler, Natalie Portman, Conan O'Brien, Bill O'Reilly, Barack Obama, Theodore and Franklin D. Roosevelt, Joan Biaz, Mitch Kapor, Diane Sawyer, Mark Zuckerberg, and Ben Affleck.

TRIVIA

1. On TV, who did character Lurch work for?
2. What is the smallest member of the flute family?
3. How old is a horse when it changes from a filly to a mare?
4. In 'All in the Family,' what was Archie's nickname for his son-in-law?
5. On Gunsmoke, what was the name of the deputy who walked with one stiff leg?
6. Who was the last Red Sox player to hit a home run in the old Yankee Stadium?
7. Who is the only person to date to have their ashes on the moon?
8. What is the official currency of Vatican City?
9. What country has been called the 'Jewel in the Crown'?
10. Grocery shopping was greatly simplified after the 1937 invention of what?

Answers found on calendar.

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



A person that can't forget is worse off than a person who can't remember. Rush hour: when traffic stands still? A promise made is a debt unpaid. You can't get much done by starting tomorrow. Giving your best today is the recipe for a better tomorrow. Do not regret growing old - it is a privilege denied many. Say what you mean... mean what you say...and don't say it mean!

July Word Search

BLUE LINE
BOARDS
BRUINS
CAGE
CHARA
CHECK
DEFENSE



DROP
ENFORCER
ESPOSITO
FACE OFF
FIGHT
GARDEN
GOALIE



HAT TRICK
HOME ICE
LEFT WING
NET
O'REILLY
ORR
OVERTIME



PENALTY
PIPES
POWERPLAY
PUCK
RASK
THORNTON
ZAMBONI



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

July 2014

S Mon	Tue	Wed	Thu	Fri	S
<p>Answers:</p> <ol style="list-style-type: none"> Addams Family Piccolo 4 Years Old Meathead Chester Dustin Pedroia Eugene Merle Shoemaker Euro India Shopping cart 	<p>1 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting / Sewing 10 Dance 10:30 Computer 12:30 pm Yoga 2 Healthy Eating</p> 	<p>2 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 11 Volleyball 11 Blood Pressure 12 pm Games 1:30 Computer 2 pm Kennedy Center 5th Anniversary</p> 	<p>3 9 am Exercise 9 Chess (& Chess lessons) 10 am Mah-jongg 10 am Sing-a-long 10 am Blood Pressure 10 am Computer 10:30 am Strength Training 12:30 pm Yoga 1 pm Book Club 2 pm QATV Production Class</p>	<p>4 Kennedy Center Closed Best wishes for a safe and healthy 4th of July</p> 	5
<p>6 7 Foot Screenings By appt 9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 am ZUMBA</p> 	<p>8 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting / Sewing 10 Dance 10:30 Computer 12:30 pm Yoga 2 Healthy Eating</p> 	<p>9 S.H.I.N.E. by appt Foxwoods (Pre-register) 9:30 am Tai Chi 10 am Knitting Group 11 am Volleyball 11 am Blood Pressure 12 pm Games 1:30 Computer</p> 	<p>10 9 am Exercise 9 Chess 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 10:30 Strength Training 12:30 pm Yoga 2 QATV Production Class</p> 	<p>11 9 am ZUMBA 12 pm Bridge 12 Appetizer CookOff 1 pm Free Movie</p> 	1 2
<p>13 14 Hearing Screenings 9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 am ZUMBA</p> 	<p>15 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting / Sewing 10 Dance 10:30 Computer 12:30 pm Yoga 2 Healthy Eating</p>	<p>16 S.H.I.N.E. by appt 8 am Twin River Day Trip 9:30 am Tai Chi 10 Knitting 10 Yellow Dot Program 11 Volleyball 11 Blood Pressure 12 pm Games 1:30 Computer</p> 	<p>17 9 am Exercise 9 Chess (& Chess lessons) 10 am Mah-jongg 10 am Sing-a-long 10 am Blood Pressure 10 am Computer Class 10:30 Strength Training 12:30 pm Yoga 2 pm QATV TV Production Class</p>	<p>18 Simple Wills by appt 9 am ZUMBA 12 pm Bridge 1 pm Free Movie</p> 	1 9
<p>20 21 9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 am ZUMBA</p> 	<p>22 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting / Sewing 10 Dance 10:30 Computer 12:30 pm Yoga 2 pm Healthy Eating</p>	<p>23 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 11 Volleyball 11 Blood Pressure 12 pm Games 1:30 Computer</p>	<p>24 9 am Exercise 9 Chess (and Chess lessons) 10 Mah-jongg 10 Sing-a-long 10 am Lori Earl Reading and Book Signing 10 Blood Pressure 10 Computer 10:30 Strength Training 12:30 pm Yoga 2 QATV Production Class</p>	<p>25 9 am ZUMBA 12 pm Bridge 1 pm Free Movie</p> 	2 6
<p>27 28 9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 am ZUMBA</p> 	<p>29 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting / Sewing 10 Dance 10:30 Computer 12:30 pm Yoga 2 pm Healthy Eating</p>	<p>30 S.H.I.N.E. by appt 9 am Farmer's Market 9:30 am Tai Chi 10 Knitting 11 Volleyball 11 Blood Pressure 12 pm Games 1:30 Computer</p>	<p>31 9 am Exercise 9 Chess (and Chess lessons) 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer 10:30 Strength Training 12:30 pm Yoga 2 QATV Production Class</p>	<p> Sitting too much is dangerous to your health. Prolonged sitting has been linked to heart disease, diabetes and obesity. Get up and move. It is important for your physical, mental and emotional health.</p>	