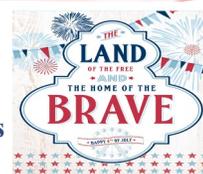


Council On Aging News

July 2015



We join Mayor Tom Koch in extending our heartfelt thanks to all our nation's courageous veterans and the fallen who fought for our freedom and thank you to the servicemen and women who continue to fight to protect it. To our members who have served in the military and those who have children, grandchildren, nieces and nephews currently serving, thank you. Have a safe and fun Fourth of July!



Dear Friends,

July 2nd marks the 6th anniversary the Quincy Council on Aging has been at the Kennedy Center. The Kennedy Center shares Mayor Tom Koch's gratitude for all those who have helped make the Kennedy Center the special place it is. Thank you for sharing the past six years with us. I look forward to many more years here with you.

It is my sincere hope you are able to get out and enjoy the lazy days of summer. We will soon demonstrate our patriotism with pride on the Fourth of July. What better place to celebrate this American tradition than in this great city rich in American history and culture. Known as the 'City of Presidents,' Quincy is the birthplace of two US Presidents, John Adams and his son, John Quincy Adams, as well as John Hancock. The John Quincy Adams birthplace is where President John Adams and his wife Abigail lived during the time John Adams helped found the United States with his work on the Declaration of Independence. With historic attractions, structures and landmarks, Quincy boasts more symbols of Americana than most anywhere else. As Quincy residents, we are so privileged to have American history in our backyard. If you have never been, visit the Church of Presidents, Dorothy Quincy Homestead, Granite Railway/Quarry Museum, Josiah Quincy House, Quincy Historical Society, and, of course, the Adams National Historical Park, where the ideas and actions of "heroes, statesmen, philosophers and learned women helped transform thirteen disparate colonies into one united nation."

Most of us want to cozy in a hammock under a shady tree with our favorite summer cooler and a good book all summer long; however, it is important to remain socially and physically active year round. On hot and humid days, try to get out for a walk in the early morning or after sundown. If the heat is too much for you, visit us at the Center to enjoy the many activities we offer in the comfort of air conditioning.

Best wishes for a happy Fourth of July and a wonderful and safe summer. God Bless America!

Sincerely,


Thomas F. Clasby, Jr.
Director



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Quincy Council on Aging

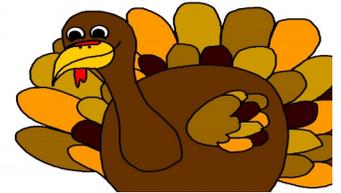


KENNEDY CENTER

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



Turkey Dinner Train September 30th



\$74 per person includes luxury motor coach transportation, scenic foliage drive, delicious roast turkey and all the fixings served aboard the train (prepared with care by Hart's Turkey

Farm, where every day is Thanksgiving!), 2 hour scenic train ride, farm stand visit for apples. Visit the Kennedy Center to reserve your spot. Space is limited. Registration req'd. Act fast! Full payment is due at registration.



Home Improvement Loan Workshop Tuesday, July 14th at 10 am



Do you need to improve your living conditions with new windows/siding, bath and kitchen remodeling, a handicap ramp, and more? Join us at Center for an important presentation on home improvement loans (income eligible) available to Quincy seniors at zero - 3% interest and 15-20 year loans through the Housing Rehab Program through the City of Quincy. Call 617-376-1506 to register. Registration required.



Wellness Wednesdays Wednesday Evenings from 5pm - 8 pm August 12-October 28th



The City of Quincy has joined with eight partners in the Quincy Weymouth Wellness Initiative to provide programs to promote healthy living. The initiative is supported through a grant with the Department of Public Health. A series of health and wellness workshops will be held on Wednesday evenings at the Kennedy Center beginning August 12th with *Healthy Eating with Ruth Jones, Quincy Health Department Nurse and Educator*. Additional wellness programs will be added each month, including tobacco cessation, nutrition, exercise, chronic pain self management, balance and more. This is a free program open to seniors and their family members aged 18 years and older. Registration is required. Call the Quincy Council on Aging at 617-376-1506 to register.



Arthritis

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

Monday, September 14th at 10:30am

Dr. Patricia Hopkins, a Rheumatologist from Crown Colony, will be at the Kennedy Center to talk about various types of arthritis, including osteo, rheumatoid and gout. She will discuss symptoms and the affect they have on your quality of life . She will review questions you should ask your physician and will answer your questions.



Women's Discussion Group meets on the second Thursday of each month at 1:30 pm at the Kennedy Center to discuss a variety of topics in a supportive, educational and fun environment. Open to all elder women. The next Women's Discussion Group is July 9th.



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

- July 10 *Six Sense* Chilling, psychological thriller starring Bruce Willis, Haley Joel Osmet Toni Collette Donnie Wahlberg
- July 17 *Double Jeopardy* Mystery Thriller starring Tommy Lee Jones and Ashley Judd.
- July 24 *Pelican Brief* Legal crime thriller based on novel of same name, stars Denzel Washington & Julia Roberts.
- July 31 *The Rainmaker* Drama film, directed by Francis Ford Coppola, stars Matt Damon, Danny DeVito & Mickey Rourke.

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

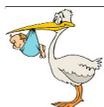


Ice Cream Social Hosted by John Adams Nursing & Rehabilitation

July 24th at 1 pm



I scream, you scream, we all scream for ice cream! Join us at the Kennedy Center and cool off at an ice cream social sponsored by our friends at John Adams Nursing & Rehabilitation. Registration required. Space is limited. Call 617-376-1506 to register.



Congratulations to Public Health Nurse and Educator Ruth Jones on the birth of her granddaughter Charlee Bianca Jones!

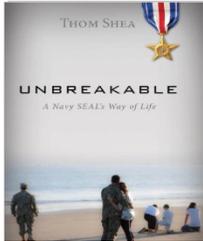




Parkinson's Support Group, July 8th 7pm, is held the 2nd Wednesday ea month at the Ward 4 Community Center, 100 Brooks Ave, at 7 pm to discuss Parkinson's. Call Brian 617-770-2090.



Kennedy Center Book Club Book clubs are a fun way to share laughs, opinions, and thoughts. The Kennedy Center Book Club is a friendly, welcoming group that chooses interesting books and meets the **1st Thursday of each month at 1:30 pm** for interesting conversation and great company in a comfortable environment. The book for July is *Longbourn* by Jo Baker. If you have questions, call us at 617-376-1506.



Norfolk County RSVP Veterans Book Club

Tuesday, August 18th 2- 4:30pm

Norfolk County RSVP has begun a new program at the Kennedy Center for veterans to meet to share thoughts and reflections over coffee and snacks.

Veterans are provided military books. The book for this meeting is: *'Unbreakable: A Navy Seal's Life'* by Thom Shea. Copies have been generously donated by the author and are now available for distribution to veterans who wish to participate. Veterans who wish to sign up or want more information are encouraged to call RSVP Coordinator Robert at 781-234-3445 or the Kennedy Center at 617-376-1506. Registration is required in order for adequate time for books to be ordered and delivered to each participating veteran.



GIVE BLOOD



SAVE LIFE

Kennedy Center Red Cross Blood Drive

Friday, September 4th from 9:30am - 2:30 pm

Stop by the Kennedy Center on Friday, September 4th between 9:30 and 2:30pm to donate blood and help save a life! Call 617-376-1506 for more information. Registration is not required.



Painting with Acrylics at the Kennedy Center

Painting with Acrylics will not be held until September 11th. Stop by the Center to see the painting on display that will be the model for September's class. Janet Harrold, Artist Instructor, will teach art in this fun, calm 'paint in the moment' affair in a relaxed environment. Participants are provided with supplies and leave with their creations. Light refreshments. Cost **\$15 pp, per class** (includes supplies) due at registration.



Cell phone fall in the toilet? Act fast to save the phone! Pull the battery out right away. Dry the inside of the phone with a hair dryer. Put the battery and phone separately into dry, uncooked rice and let sit for several hours. Insert battery to see if it works. You likely will need a new battery, but it's better than buying a new, costly phone! Take the phone to a service center as soon as possible to have it checked.



Hair gray & brittle? Sun and humidity are enemies of gray hair's cuticles, causing damage that makes it dry, brittle and frizzy. An easy remedy is to cut back on daily shampooing. Instead, substitute a vinegar rinse once a week. Add baking soda for pizzazz. Restore your hair with a weekly massage of 1/2 cup of heated olive oil into your scalp. Add lavender, bay and sandalwood essential oils for more moisturizing. Drink plenty of water regularly, as well as eat a balanced diet of good proteins and fats. Try vitamin and mineral supplements, including vitamins A,C,E, and calcium, all good for treating hair. Wear a swim cap when you swim-chlorine dries hair and leaves it a green tint. Daily biotin supplements are very important. The state of our hair depends on our overall health. Treat your body right and you will be rewarded with healthier hair.



S.H.I.N.E. (Serving Health Insurance Needs of Elders) Kay McPherson and Elizabeth Barry, Quincy COA S.H.I.N.E. counselors, are here to assist you with questions regarding Medicare, Prescription Advantage, Part D, etc. Call 617-376-1506 to make an appointment to meet with Kay or Elizabeth.



Yellow Dot Program

Friday, July 17th at 10 am

Registration not required, but would be appreciated. Call 617-376-1516.

Yellow Dot is a program to aid elder crash victims and first emergency responders. Joe Canavan from Sheriff Michael Bellotti's office will explain the program, take photos, provide decals and assist in completing envelopes.



Computer Classes - July 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.

July 9 **MAC Computer** **10am –12pm**
Class concentrates exclusively on Mac , including how it works, using email, internet, and more. Bring your Mac to class if you have one.

July 16 **Digital Photography** **10am - 12pm**
Introduction to digital photography, including basics; how to work digital camera, use memory card, how to take photo, and print options.

July 23 **Digital Photography to your computer** **10am - 12pm**
Covers perils of virus, malware, adware, and other items harmful to computer. Also covers anti-virus protection and general maintenance.

July 30 **Questions and Answers** **10am - 12pm**
Grace will answer questions regarding cell phone, digital cameras, computers, or tablets. Questions taken on a first come, first serve basis.

Until further notice, the first Thursday classes of each month will be designed exclusively for Mac instruction. 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 Quincy Firefighters Local 792 who kindly held a cookout for Quincy seniors on June 19th at the Kennedy Center. Quincy's finest decorated the room beautifully, cooked and served hot dogs and hamburgers, along with potato chips, desserts and drinks, and even cleaned up the room after the seniors finished their delicious lunch. The firefighters asked that each guest donate \$3 at registration to benefit the Muscular Distrophy Association (MDA). The MDA and firefighters across the US have had a more than 60 year proud partnership committed to saving lives. The firefighters brought with them a boot for their popular 'Fill the Boot' campaign to raise more money for MDA. As always, the event was a huge success. The seniors appreciate the courageous job the brave firefighters perform every day and were very thankful to spend the day with them - they look forward to it all year! We are also thankful to the Quincy Fire for their Senior Fire Safety Workshop to improve the fire and life safety of elders. Thank you to Kennedy Center friend and volunteer **Deni Sindel** for preparing her delicious coleslaw that was served at the Firefighter's Cookout. Thank you to **Tony's Clambox** for kindly donating the cups for the single servings of cole slaw at the Cookout. Thank you to **Deb Deery** and our friends at **John Adams Nursing and Rehabilitation** for providing a delicious lunch, dessert and gift for the ladies at the High Tea. We appreciate their continued support and friendship. Thank you to **Kay McPherson** for organizing and running the very popular annual High Tea. Kennedy Center members surely agree it is a highlight of the year! Thank you to friend and Board Member **Arthur Kennedy** for generously donating a Stop & Shop gift card to use for a raffle. Thank you to **Squantum Yacht Club** for kindly donating their facilities for the Kennedy Center to use for a special evening event with the popular and very talented *Sigy Moller and the Sounds of Legends*. Thank you to **Lorraine Silvia** for sharing her musical talents at the piano to entertain guests at the 90's Party.



Congratulations to **Sarah Dempsey** for winning the YMCA 3 Month Membership Kennedy Center raffle valued at \$480 and generously donated by the South Shore YMCA.



Check out our photo albums and videos on facebook. Look for us under 'Quincy Council on Aging.' Not on facebook? Sign up for a computer class at the Kennedy Center with instructor Grace Buscher and you'll soon be a computer and social network whiz! Call 617-376-1506 to register for computer classes.



QCOA Member, Marguerite McCormack, helping the Kennedy Center staff set up the gym for the Spring Fling.



Photographs from the Spring Fling event at the Kennedy Center.



Quincy Council on Aging members Kathy Gould and Terry McCarthy helping the Kennedy Center staff at the Spring Fling.



Exercise Study for Helping Elders with Chronic Pain



The Helping Elders Living with Pain (HELP) study recently began with a grant awarded to researchers at College of Nursing and Health Sciences, University of Massachusetts Boston. The study is designed to compare two different exercise programs - simple body exercise and mind-body exercise - to determine which has a better effect on improving health in older adults who have chronic pain. Participants undergo health and mobility assessment and one additional assessment at the end of the 12-wk study. The assessment sessions take place on the UMass Boston Campus. Transportation to and from UMass is provided for those who need it. The exercise classes are held at the Fore River Clubhouse in Quincy.

This study is recruiting elders interested in participating. If you are 65 or older, experience pain in 2 or more body locations, and are generally not doing regular physical activity, you may be eligible to join the study. You will be asked to attend a one-hour exercise class, twice a week. You will also be encouraged to perform a home exercise program once a week. Classes are taught by instructors who have experience in exercises for older adults. The research team is excited to conduct this study in hopes of finding new ways to keep people healthy even when they live with aches and pains common as we age. There is a lot to be learned about staying as healthy as possible. Researchers must rely on help from people in the community to find answers to these challenging questions. If you are interested in learning more about the HELP study, please call the study phone line at 617-287-7394. More information about the UMass Boston study can be found on the study website: <http://www.umb.edu/helpforelders>. You are encouraged to tell friends and loved ones about this important new research program.



Mosquito Control Quincy and area elders are reminded that mosquitoes are attracted to both body heat and carbon dioxide and both are produced in higher amounts when out in hot, humid weather. Use mosquito repellent to help reduce exposure to mosquito bites. Be sure to empty standing water on your property. Call the Norfolk County Mosquito Control at 781-762-3681 to schedule to have your property sprayed.



Happy birthday to **Ann Bruce** on July 3rd, **Michelle Paige** on July 13th, **Joe Lyons** on July 17th and **Peggy Kelly** on July 20th!



Important Kennedy Center Updates & Information: Please stop by our office to verify or update emergency contact information. It is **important** we have accurate and current contact information. When registering for day and overnight trips, it is **necessary** to let staff know of any special requests, ie., handicap accessible transportation, personal care attendants, etc., so that we can confirm accommodations.



This is a **Beginner** Level Puzzle.

Exercise Your Brain!



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

Wise Old Sayings.

“The whole 9 yards” came from WWII fighter pilots in the Pacific. When arming their planes on the ground, the .50 caliber machine gun ammo belts measured exactly 27 ft, before being loaded into the fuselage. If pilots fired all their ammo at a target, it got ‘the whole 9 yards.’ * In Shakespeare’s time, mattresses were secured on bed frames by ropes...when you pulled the ropes, the mattress tightened, making the bed firmer. That’s where the phrase, “good night, sleep tight” came from. * The combination of the letters ‘ough’ can be pronounced in ten different ways. The following sentence contains them all: “A rough-coated, dough faced thoughtful ploughman swam through the lough at Scarborough; after falling into a slough, he coughed and hiccoughed.” * “Bite the Bullet” started because there was no time to administer anesthesia before emergency surgery during battle. Patients bit down on a bullet to distract them from the pain. * In Ancient Greece, beans were used to vote for candidates in elections. One container for each candidate and members would place a white bean in the container if they approved of the candidate and black if they did not. Sometimes a clumsy voter would accidentally knock over the jar, revealing all of the beans and allowing everyone to see the otherwise confidential votes. This is where ‘Spill the Beans’ came from. * “Wake up on the wrong side of the bed” means to wake up in a bad mood. The left side of the body or anything having to do with the left was often associated with sinister. To ward off evil, innkeepers had the left side of the bed pushed against the wall, so guests had no other option but to get up on the right side of the bed.

Did YOU KNOW...

* The greatest number of immigrants that passed through Ellis Island between 1892-1924 were Italians, 2.5 million, followed by Austrian-Hungarians, 2.2m, Russians, 1.9m and Germans, 633,000. It takes 7 shuffles to thoroughly mix a 52 card deck. * The index finger on the Statue of Liberty is 8 feet long. * July starts on the same day of the week as April every year and January in leap years. * Dueling is legal in Paraguay if both parties are registered blood donors. * In 1963, pitcher Gaylord Perry remarked, “They’ll put a man on the moon before I hit a homerun.” On July 20, 1969, a few hours after Neil Armstrong set foot on the moon, Perry hit his first and only home run. * Ohio is the only US state to have a pennant instead of a traditional state flag. * The Winchester Mystery House near San Jose, California, was kept under constant construction for 38 years to appease ghosts. * Bears have 42 teeth. * Ralph Lauren’s original name was Ralph Lifshitz. * The 2 most common languages in the world are Chinese and Spanish. * The first letters of months July through November spell Jason.

1. Can you name the 7 dwarfs?
2. The 7 virtues are what?
3. The 7 deadly sins are what?
4. Can you name the 7 seas?
5. Carl and the Passions changed their band’s name to what?
6. Who starred as the Six Million Dollar Name, both character’s name and actor’s name?
7. What number does giga stand for?
8. What Italian astronomer invented the thermometer in 1592?
9. What physicist’s last words were not understood because his nurse did not speak German?
10. What socialist writer’s last words were: “Last words are for fools who haven’t said enough.”
11. How long, in days, did the Pilgrim’s first Thanksgiving in 1621 last?
12. How much was suffragette Susan B. Anthony fined for voting in 1872?
13. Name 3 of the five most common surnames in the US?
14. On All in the Family, what was the full name of Archie’s son-in-law?
15. What was the name of the son in Sanford and Son?
16. Whose last words were, “Now it’s on to Chicago and let’s win there”?
17. What was the first state to enter the US after the original 13?
18. Which 20th century political leader’s motto was, “Never give in. Never give in. Never. Never. Never”?
19. What Oliver Stone movie is about Marine Ron Kovic, a quadriplegic from the Vietnam War and who played Kovic?
20. What city was Independence Day first celebrated?

TRIVIA



**Answers on
calendar on page 9**

women's health

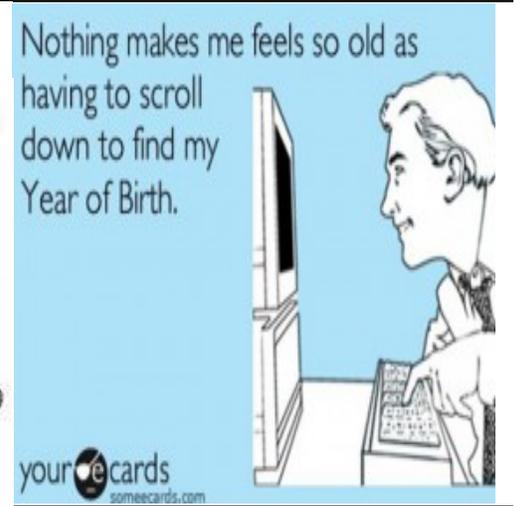
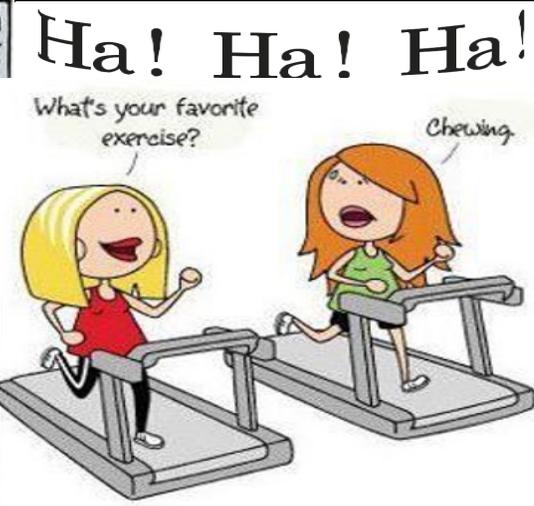
Informed. Empowered.

Women's Health: Even if you eat well, you may be missing these essentials for good health. You need 4,700mg daily of **Potassium**. Only 1% of women consume enough of this mineral that cuts the risk of heart disease and stroke by lowering blood pressure. Best foods for potassium include swiss chard, lima beans, sweet potatoes, bananas and cantaloupe. **Vitamin B12** Women need 2.4 mcg daily to keep your central nervous system in working order. Best food sources include yogurt, shrimp and chicken. **Vitamin D** works with calcium to keep your bones strong and reduce risk of developing osteoporosis. There is some evidence that it helps prevent depression and cognitive decline. Get 600IU daily from salmon, eggs, fortified milk, fortified yogurt and fortified orange juice. **Choline** An essential micronutrient, choline supports the liver's natural detoxification process (no juice cleanse necessary). Some research also suggests getting enough choline could reduce your risk for breast cancer. It is recommended that you get 425 mg daily, with best food sources being eggs, salmon and brussel sprouts. **Vitamin E** is brain food. Research suggests that Vitamin E may protect against what are called white matter lesions linked to Alzheimer's Disease. Try to get 15mg a day with the best food sources being sunflower seeds, almond butter and hazelnuts. **Magnesium** More than 300 of the body's biochemical reactions require magnesium. Magnesium helps reduce your chances of hip fracture, keeps your immune system in fighting form and plays a role in staving off diseases such as diabetes and metabolic syndrome. Research suggests that nearly half of all adults may be deficient, particularly those who eat gluten free diets. You should have 320 mg daily. Get it from spinach, cashews, avocado, brown rice, and black beans. **Protein** As we age, our bodies are less efficient processing protein's amino acids, so we may need more protein to promote healthy muscles. A 150 lb woman should get approximately 68g per day from a mix of lean animal sources, such as chicken or turkey, and plant sources, such as beans.

Cleaning Tips

Heloise tips for the house: There is nothing like the feeling of a completely clean home. Set up a regular weekly cleaning schedule to maintain a clean house. * A great multitasking strategy is to pretreat certain areas of the house while you clean another area. For instance, spray the toilets, tubs and counters with a cleaner, add some baking soda and let the solution sit while you clean another area. * Keep the TV off and opt for upbeat music that will speed up cleaning. You can get your gloves and your groove on! * Simplify your cleaning products by using multi-purpose solutions. Cuts time and clutter! * Pick up cat hair quickly and easily by wearing a wet rubber dishwashing glove and wipe your hand over surfaces. The hair sticks right to it. * Red wine stain on your carpet? Try a dab of foaming shaving cream. * Keep a large bottle of hydrogen peroxide under the kitchen sink. It sanitizes plastic cutting boards, kills bacteria in the drain and cleans dirty can opener blades. * For under a quarter, you can make prewash stain remover for washable clothes. Mix 1/3 non-sudsing/clear ammonia, 1/3 dishwashing liquid (not dishwasher detergent!), 1/3 water. Pour into a clearly labeled spray bottle. Apply to stains and allow to sit for only 5 minutes and wash as soon as possible. * Remove photographs from an album with a sticky backing by 1. Aim hair dryer a few inches from back of page, blow dry on low for 30-45 seconds to soften glue. 2. Peel off slowly and carefully. 3. Still stuck? Gently seesaw waxed dental floss under the photograph. * Clean your computer by using microfiber cloths to wipe screen and air sprays to blow dust out from between keys. If necessary, you may need to remove the individual keys to clean and wipe the underside with a microfiber cloth. Some keys have springs and it may be tough to get them back in place. It is best to purchase a clear keyboard place mat over the keyboard to prevent dust, dirt, pet hair and debris from getting in or on it. Never eat near your computer. * To take dust off live or artificial plant leaves, lightly dampen a microfiber cloth and wipe over the leaves. This will also add a bit of moisture to real plants, too. * Put a couple of drops of lavender or peppermint essential oil on a cool light bulb to help repel bugs in your house. * Candle wax on rug? Try ironing over a towel. Or, better yet, put ice cubes into a metal pan. Place it right on top of the candle wax until the wax is frozen solid. With a small hammer, hit the wax to break it up. Pick up the pieces. Then apply a dry cleaning solvent on a clean cloth to remove leftover residue.





Word Search

AMERICA
BOSTON
BLUE
CELEBRATE
CEREMONY
FIREWORKS
FREEDOM

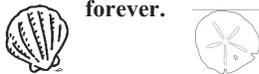
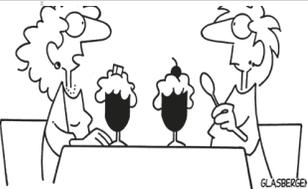
GRATITUDE
HISTORY
HONOR
PATRIOT
NATION
RED
WHITE

INDEPENDENCE
RESPECT
STARS
SPIRIT
POPS
VICTORY
OBSERVE

PROUD
USA
STRIPES
TRIBUTE
LIBERTY
FOURTH
FLAG

F	O	U	R	T	H	K	Y	M	D	N	A	E	M	L	R	O	F	Y	A	R	P	I
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July 2015

Mon	Tue	Wed	Thu	Fri	S																																																																																	
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<p>5 6 Foot Screening by appt 9:30 Walking Club 11 Scrabble 11:45 ZUMBA</p> 	<p>7 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Ballroom Dance 10:30 Computer 12:30 pm Yoga</p> 	<p>8 Foxwoods (pre-reg) S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting Group 11 Volleyball 11 Blood Pressure 1:30 pm Computer</p>	<p>9 9 am Exercise 9 Chess/lessons 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Men's Discussion 10 Computer Class 12:30 pm Yoga 1:30 Women's Discussion</p> 	<p>10 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie</p>	11																																																																																	
<p>12 13 9:30 Walking Club 11 Scrabble 11:45 ZUMBA</p>	<p>14 S.H.I.N.E. by appointment Piano Lessons by appt 9 am Exercise 10 Quilting 10 Loan Presentation 10:00 Ballroom Dance 10:30 Computer 12:30 pm Yoga</p>	<p>15 S.H.I.N.E. By appt 9:30 Tai Chi 10 Knitting 11 Volleyball 11 Blood Pressure 1:30 pm Computer</p> 	<p>16 9 am Exercise 9 Chess (& lessons) 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 12:30 pm Yoga</p> 	<p>17 Simple Wills by appt 9 am ZUMBA 10 Yellow Dot 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie</p> 	18																																																																																	
<p>19 20 Hearing Screening by appt 9:30am Walking Club 11 Scrabble 11:45 ZUMBA</p>	<p>21 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10:00 Ballroom Dance 10:30 Computer 12:30 pm Yoga</p>	<p>22 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 11 Volleyball 11 Blood Pressure 1:30 pm Computer</p>	<p>23 9 am Chess & lessons 9 Exercise 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 12:30 pm Yoga</p>	<p>24 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 1 Ice Cream Social Sponsored by John Adams Nursing & Rehab 2:30 Free Movie</p> 	25																																																																																	
<p>26 27 9:30am Walking Club 11 Scrabble 11:45 ZUMBA</p> 	<p>28 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10:00 Ballroom Dance 10:30 Computer 12:30 pm Yoga</p>	<p>29 S.H.I.N.E. by appt 9:30 Lobster Cruise 9:30 am Tai Chi 10 Knitting 11 Volleyball 11 Blood Pressure 1:30 pm Computer</p>	<p>30 9 am Chess & lessons 9 Exercise 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 12:30 pm Yoga</p>	<p>31 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie</p> 																																																																																		
 <p>"If you put a crouton on your sundae instead of a cherry, it counts as a salad."</p>	<p>1. Dopey, Sneezzy, Bashful, Doc, Sleepy, Grumpy, and Happy 2. Faith, hope, charity, fortitude, prudence, justice temperance 3. Pride, envy, sloth, wrath, lust, Gluttony, avarice 4. Red, Adriatic, Black, Caspian, Mediterranean, Persian Gulf, Indian 5. The Beach Boys</p> 	<p>6. Steve Austin, Lee Majors 7. One billion 8. Galileo 9. Albert Einstein 10. Karl Marx 11. (3) Three 12. \$100 13. Smith, Johnson, Williams, Jones and Brown 14. Mike Stivic</p> 	<p>15. Lamont 16. Robert Kennedy 17. Vermont 18. Winston Churchill 19. Born on the 4th of July/ Tom Cruise 20. Philadelphia, where the Declaration of Independence was adopted.</p> 	<p>Age is never so old as youth would measure it.</p> <p>"The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart." -Helen Keller</p>																																																																																		
<p>I'm extraordinarily patient... provided I get my own way! -Margaret Thatcher</p>		<p>Watch for information in the August newsletter on 2015 John D. Noonan Senior Conference September 25th at the Kennedy Center</p>	<p>Let us always meet each other with a smile, for a smile is the beginning of love. We shall never know the good that a simple smile can do. -Mother Teresa</p>	<p>**Please note** Calendar subject to change without notice ** Bob Farrell will again offer free sketching classes beginning in September.</p>																																																																																		