

Council On Aging News

June 2014



Mayor Tom Koch and the City of Quincy will pay tribute to Old Glory with the Quincy Flag Day Parade and Celebration on June 14th. I hope you can make it to the festivities in honor and respect of our flag.



Wednesday, July 2nd marks the 5th anniversary the Quincy Council on Aging has been at the Kennedy Center. Join us for a special open house celebration with light refreshments and reflections. Find more information inside on page 3.

Dear Friends,

Welcome summer! It is with great pleasure and enthusiasm we welcome Frank Sweet as our new Chairman of the Kennedy Center Board. A USAF Korean War veteran, UNH graduate, and retired corporate vice president of Stop and Shop, Frank and his wife Shirley raised 4 children in Quincy. He has been a member of our Board for several years. We are excited to have Frank lend his assistance and tremendous background to the Quincy Council on Aging in this new position. He is sure to exceed our expectations. Frank has big shoes to fill...a special thank you to Jean Cristiani for her tenure as Chairperson. We truly appreciate her commitment and dedication to the Council On Aging and are grateful to have Jean remain on our Board as a member.

June is the month that marks new beginnings - it is graduation time. Congratulations to our Council on Aging members who have grandchildren, nieces and nephews graduating high school and college. Best wishes to them for continued success as they begin this new chapter in their lives and new opportunities commence.

Volunteer spirit is alive and well at the Kennedy Center! I would like to express my sincere appreciation to Ed Spring for his tireless, dedicated and outstanding service to the senior center. On April 30th, Ed helped organize a special evening event at the Kennedy Center with Street Magic Acapella entertaining the guests. Ed lent his entertaining comedic touch to the evening as emcee. Proceeds from the event benefit the Alzheimer's Association.

We strive to enrich the lives of seniors in Quincy. Please fill out a comment card at the Kennedy Center to let us know where we must make improvements and how we may better serve you. It will help us help you.

Members are welcome and encouraged to visit the Kennedy Center during the hot summer months for respite from the heat. Come enjoy cold drinks, air conditioning, good company and many exciting activities and events.

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



Tai Chi

Tuesdays at 10 am - \$3 Per Person Per Class

Visit the Kennedy Center on Tuesdays for Tai Chi with Vince Jornales. Tai Chi, a martial arts practiced for self-defense and health benefits, improves balance and psychological health. It is proven to have significant health benefits for older people. \$3 Per Class. Call 617-376-1506 to inquire or visit the Kennedy Center to sign up.



CPR for Seniors at the Kennedy Center

June 18th from 9am - 2pm

CPR certification for seniors will be conducted by Quincy Public Health Nurse Ruth Jones. The certification includes adult, child and infant CPR, as well as AED. This is a great opportunity to learn important and necessary life saving skills. Certification cards will be given to those who complete the class. Registration required for this fee workshop. Call the Quincy COA at 617-376-1506 to register.



Strength Training at the Kennedy Center

Thursdays beginning June 5th at 10:30 am

Certified personal trainers Maggie Faretra and Joanne D'Andrea will hold a 10 week strength training program on Thursdays beginning June 5th. Cost is \$50. Call Maggie with any questions at 617-943-0147.



Showboat Hotel and Casino, Atlantic City

August 12-14th

\$259 pp/Double Occupancy \$249 pp/Triple \$359 pp/Single
Cost includes deluxe motor coach transport with beverages and donuts served en route, accommodations for 2 nights at the Show-



boat Hotel and Casino (which now has an indoor walkway to resorts), bonus \$50 coin, and "Thunder Over the Boardwalk - the US Air Force Thunderbirds Precision Flying Team, The US Army's Black Daggers and the Golden Knights-Crack Parachute Teams will perform over the Boardwalk! Visit the Kennedy Center or call 617-376-1506 today to reserve your spot on this special trip! Space is limited.



Pennsylvania Dutch/Amish Country Trip

October 19th - 22nd

\$584 Double Occupancy / \$574 Triple / \$534 Quad / \$734 Single

Cost includes deluxe motor coach transportation with refreshments on board, 3 nights at the wonderful Hawthorn Inn & Suites in Lancaster, 3 buffet breakfasts, ticket to Sight and Sound Millennium Theatre feature "Moses," guided tour of Pennsylvania Dutch Country, Amish Farmlands, Amish Quilt & Craft Shop, Smuckers' Farm, Sturgis Pretzel, Wilbur's Chocolate Museum, Hershey Chocolate-town Tour, Founder's Hall and Chocolate World, and 3 delicious dinners, including dinners at Miller's Smorgasbord, Greenfield Inn, and in a private Amish Home! Enjoy evening entertainment at 'Chalk Talk' in the Barn Studio. Visit the Kennedy Center on or after July 1st to reserve your spot! Trip insurance is available - a signed insurance form and \$59 payment must be mailed directly to Celebration Tours.



Protecting Your Assets

Friday, June 13th at 10 am

Quincy 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.



Self Defense with Quincy Police Department

June 11th and 12th from 6 pm - 9 pm

The Quincy Police Department's Crime Prevention Unit will sponsor a free two night self defense program at the Kennedy Center both male and female elders to teach them how to protect themselves. Attendance is required for both nights. The training is progressive, advancing from one technique to the next. Call 617-376-1506 to register.



Energy Efficient Home Workshop

August 8, 2014 at 10 am at the Kennedy Center

Is your home drafty? Heating bills too high? Let Next Step Living explain the process of taking advantage of the State funded Mass Save Program, which provides you with a free home energy assessment. Trained professionals will conduct a 2-3 hour comprehensive check of your home's insulation, heating system efficiency, water usage and more. Come to this session to learn more about the program. Light refreshments will be served. Call COA at 617-376-1506 to register.



Niagara Falls & Erie Canal Spectacular!!

Experience Niagara's Natural Wonder!

September 8-10th

Passport or passport card required

Double occupancy \$379/Triple \$369/Single \$479



Price includes luxury motor coach travel through scenic upstate New York to Canada, with rest stops along the way. Enjoy luxury accommodations at the Country Inn & Suites in Niagara Falls, Ontario, equipped with all amenities. Cost also includes 2 breakfasts, 2 dinners, guided Niagara Falls tour to view the Whirlpool, Table Rock and Floral Clock, narrated Niagara Falls cruise, and a guided Erie Canal cruise, one of the world's most famous waterways. There will be free time during the evening to walk across the street from the hotel to enjoy the Casino Niagara. Please visit the Kennedy Center on or after July 1st to reserve your spot on this fabulous trip. A passport or passport card is required. Trip insurance is available through Fox Tours.

 "You can tell how smart people are by what they laugh at." - Tina Fey "When you are courting a nice lady, an hour seems like a second. When you sit on a red-hot cinder, a second seems like an hour. That's relativity." - Albert Einstein "If you can't be kind, at least be vague." - Unknown



Kennedy Center 5th Anniversary

July 2nd at 2 pm at the Kennedy Center

Has it really been 5 years? Join us at an open house celebration in recognition of our 5th anniversary at the Kennedy Center. Light refreshments will be served. Space is limited. Please call 617-376-1506 to register.



Fairing Way Luncheon at the Kennedy Center

Thursday, June 5th from 11:30 am - 1:30 pm

Enjoy a delicious Panera Bread lunch provided by Fairing Way, a nonprofit 55+ community currently being built in Weymouth. Let Fairing Way share why they are the option for elders seeking an active lifestyle. Call 617-376-1506 to register.



Computer Classes - June 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.*

June 5 **Your Questions Answered** **10 am-12 pm**

Come to class with your individual questions on cell phones, cameras, computers, and computer tablets.

June 12 **Word Processing** **10 am-12 pm**

Explore the basics of word processing on Microsoft Word. Produce a letter, card envelope, and label. Learn to save documents, set up files and folders and retrieve documents, and how to use other Word features.

June 19 **Internet Purchasing** **10 am-12pm**

This class shows the best ways to safely purchase over the internet, including ordering, paying, tracking and receiving and returning, as well as understanding 'shopping bags and carts.'

June 26 **Smart Phones** **10 am-12pm**

Learn how they work and what they can do. We will review the overall smart phone basics and answer questions.

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



Father's Day Quotes: "I've had a hard life, but my hardships are nothing compared to the hardships my father went through in order to get me to where I am." "A grandfather is a guy who has snapshots of his grandchildren in his wallet where his money used to be." The Quincy COA joins Mayor Tom Koch in extending best wishes for a Happy Father's Day to all fathers, here and in Heaven.



Free Movies at the Kennedy Center Every Tuesday at 1 pm

Some Like It Hot Wacky and clever comedy starring Tony Curtis, Jack Lemmon Marilyn Monroe that will leave you belly laughing.

June 10 *Calamity Jane*, the big bonanza musical extravaganza starring Doris Day and Howard Keel as Calamity Jane and Wild Bill Hickok.

June 17 *A Farewell to Arms*, a wartime love story starring Helen Hayes and Gary Cooper, telling the heart wrenching story of love through war and destruction.

June 24 *East of Eden*, An emotional, searing classic of paradise lost starring James Dean as Cal, a wayward youth who vies for the affection of his hardened father with his favored brother.

It's Classic Movie month at the Kennedy Center!



* Snacks are available in the Café *



Please note: We will no longer be offering refunds for cancellations. If you must cancel for any reason, you have the option, independent of the Council On Aging, to sell your ticket to another COA member. In addition, a history of last minute cancellations and no shows may result in that member waitlisted for events until all other members have had the opportunity to sign up. Please make every effort to attend events and activities you sign up for.

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Thank you Deb Deery and our friends at the John Adams Nursing and Rehab for providing a delicious lunch for the ladies at the High Tea. We appreciate their continued support and friendship. **Thank you** Wayne Miller for an interesting presentation on the Fore River Shipyard. **Thank you** to Peter Sullivan, of the USA Pickleball Assn, for his demonstration and explanation of the newest sensation in senior sports: Pickleball. **Thank you** to the kind, talented 5th grade students from Beechwood Knoll School who visited the Kennedy Center for a fun afternoon of arts and crafts with our members. **Thank you** to Kit Clark Senior Services for their free, fun and informative nutrition classes at the Kennedy Center. **Thank you** to Carmen and his acapella group 'Street Magic' for providing a wonderfully entertaining evening at the Kennedy Center which helped the COA raise money for the Alzheimer's Association. **Big thanks** to valued friend and COA member Ed Spring for his hard work organizing and emceeing the event. **Thank you** to Ed's daughter, Susan, and son-in-law, Christopher Romito for their assistance at the event. It was a great success because of their efforts. **Thank you** Roche Bros. and the Inn at Bay Pointe for donating prizes to raffle at the event. **Thank you** to Neil McCole for his *Finance for Women* workshop at the Kennedy Center. **Thank you** to Bob Farrell for sharing his artistic talent with our grateful members in sketching and watercolor classes. **Thank you** Amy Gorham from Marina Bay Skilled Nursing for hosting the Cook Off at the Kennedy Center. Amy is a great supporter and friend of the Council on Aging. **Thank you** to Evan Foley for offering free chess lessons at the Kennedy Center. **Thank you** to the American Cancer Society, Dana Farber, and Melanoma Foundation of New England for sponsoring the Skin Cancer Awareness and Prevention event at the Kennedy Center. **Thank you** to Quincy Credit Union for donating a candy basket for our raffle. **Thank you** to the Seaside Gardeners of Squantum for maintaining a beautiful table in the Kennedy Center lobby and for their support of the COA. **Thank you** to Norfolk County Sheriff Michael Bellotti for graciously hosting COA members on another visit to the Norfolk County Correction Center. Members enjoyed an informative and interesting tour followed by a delicious lunch. **Thank you** to Congressman Steve Lynch for generously donating plants to our members in honor of Mother's Day. **Thank you** to JR Sousa of Standish Village in Dorchester, Lindsay Willis of Compass on the Bay in South Boston, and Angela DeAngelis of Neville Place in Cambridge for sponsoring an interesting self-help workshop on Mindfulness at the Kennedy Center. They followed the well-received workshop with a delicious lunch and thoughtful gifts for attendees.



This is a
Beginner
Level
Puzzle.

Exercise Your
Brain!



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

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!!



Creative Writing Course at the Kennedy Center

The Quincy Council on Aging introduced a creative writing course at the Kennedy Center earlier this year. The course quickly filled up and, by popular demand, another course will be offered in September. Taught by Leslie Taylor, retired NQHS teacher, the course provides the tools to help you become a better writer. Keep an eye out for sign up dates for the course. COA member and volunteer, Sue King, participated in the course and shared the following example of her writing:

All-Writey Now

By Sue King

She came to class with papers and pens
A warm smile from the start
Wanting us to have fun as we learned,
She quickly won our heart.

She said, "Just get those thoughts down,
Your misspellings are okay
And if you don't want to read your stuff,
We won't put you on display."

It's tough to write about yourself,
You think of more and more
The words begin to ebb and flow,
And hope you're not a bore!

Peg reminisced about her grandmother
With great memories of the South.
Adele introduced us to a beer drinking pig
That had a great big mouth.

Artis reflected on her kitchen memories,
And her beloved pet,
Shirley labored through her 90 years,
So her family won't forget.

Sue One talked of trips with her grandkids,
And a dear, worn teddy bear.
Ellen wrote about the Annisquam,
Of family boating far and near.

Joanne thought about her time in France
And shared stories of Paree,
Sue Two wrote a bunch of new poems
And about her used dolly.

Kevin, our one and only male,
Joked of nuns and wrote a play.
That we have all agreed to act in
And we'll do it for no pay!

So, Leslie, see the good you've done,
You've taught us all so well.
Amazing how our thoughts have flowed,
There's so much more to tell.

We flashed back, let our feelings out,
Wrote of good and also bad,
Formed a supportive and fun writing group,
Now it's over and we are sad.



Free Beginner Computer Classes with Grace Buscher

There are openings in beginner computer classes on Tuesdays at 10:30 am and Wednesdays at 1:30 pm. Grace Buscher of Quincy has been teaching computer classes for more than 20 years and makes learning fun! She will help you overcome your fear of learning the computer. Come armed with questions and conquer your fears. Grace is here to help you! Registration for free computer classes is required. Call 617-376-1506 to register. Bring your laptop. Center computers available on a first come, first serve basis.



Chess Games and/or Free Chess Lessons with Evan Foley

Thursdays at 9 am

Have you ever wanted to learn to play Chess? Do you want to improve your game? Just looking for an intense round of chess? Evan Foley is available to teach you or beat you! Chess is a game you can learn at any age. There are many benefits to the game. It stimulates the brain, fostering creative thinking while exercising the mind. Studies have shown less decline in mental skills and memory in elders who play Chess. Keep your mind sharp and alert by playing Chess with Evan. He is available at other times, as well. Call him at 617-471-6538 to make arrangements with him for other days and times. No registration necessary for Thursdays, just come by!



Best wishes for a happy birthday to Bob Connell on June 3rd and Gayle Bellotti on June 13th.

A deliciously sweet way to Get Healthy!

Honey defends against cancer! New research shows honey, renowned for its antioxidants and anti-inflammatory compounds, fights cancer by deactivating cancer causing substances in cells. Honey also kills bacteria, soothes coughs and sore throats and shuts down the stress hormone cortisol. It is often suggested a teaspoon of honey before bed eases insomnia. Honey is 1 1/2 times sweeter than white sugar. The darker the honey, the more antioxidants. **Jaggery** This sweetener, made from raw sugarcane juice, is so good for you that it is known as medicinal sugar. With a taste similar to brown sugar, it's loaded with mood lifting folic acid and vitamin C, energy boosting iron, and selenium, a mineral that relieves pain and helps fight depression. Jaggery also ups absorption of nutrients and, research shows it helps protect the lungs from damaging pollutants. Use it as you would sugar. Find it in Indian markets and online. **Agave** soothes your stomach. The nectar from Mexico's cactus like agave plant is 25% sweeter than sugar and rich in compounds that zap bacteria while promoting the growth of good probiotics, detoxify impurities and ease inflammation. Agave also has a special type of fiber that soothes digestive tract irritation with a protective layer that eases indigestion, helps stop bloating and eases irritable bowel syndrome and colitis. Use in recipes in stead of white sugar, but decrease amount by 25%. Due to its low glycemic index, agave has long been recommended as the top sweetener for those with diabetes, however it must be used in moderation. **Coconut palm sugar** revs your immune system. Derived from the sap of coconut blossoms, it's the world's most nutritious sweetener, boasting tons of calming potassium, blood pressure lowering magnesium and immunity boosting zinc and Vitamin C. Coconut palm tastes like sugar with a touch of butterscotch. **Stevia** strengthens bones. A leafy herb from the Amazon, stevia is 200 times sweeter than sugar, but has zero calories and a glycemic index of zero, so it won't spike your blood sugar at all. Research shows it strengthens bones and increases mineral density even better than calcium supplements. It also helps prevent cavities... unlike white sugar! **Maple syrup and molasses** cool you down through compounds they contain that increase circulation and dislodge heat trapping toxins, speeding them out of your system. They also deliver a hefty amount of revitalizing B vitamins and iron, nutrients proven to improve alertness and focus, and rev your metabolism. Use the darkest shades of both - blackstrap molasses and grade B maple syrup. Top waffles, pancakes or whatever food you want to sweeten with a delicious serving of maple syrup - or just take a straight spoonful.



Washington, D.C. in April

Fifty Quincy Council on Aging members visited Washington, D.C. for 4 days/3 nights in luxury hotel accommodations. They enjoyed Cherry Blossom season, guided tours of the Capitol, White House, Embassy Row, National Cathedral, the FDR, MLK, and WWII Memorials, and visit to Arlington National Cemetery, the Tomb of the Unknown Soldier, and Smithsonian Air and Space Museum. The Council on Aging would like to thank COA escorts **Jack and Peg Kelly and Ed and Ruth Spring** for their extraordinary efforts in making the trip enjoyable for all.

? **Did you know?** You burn more calories sleeping than watching television. Pearls melt in vinegar. The Mall in Washington, DC is larger than Vatican City. If you were to spell out numbers, it would take until one thousand before you find the letter 'A.' For every pound of fat you gain, you add 7 miles of new blood vessels. You are taller in the morning than the evening. By age 18, your brain stops growing. Water is the only substance on earth that is lighter as a solid than a liquid. **Boston:** The giant milk bottle on the wharf at Boston Children's Museum could hold 60,000 gallons of milk. East Boston High School was used as the set for the show Boston Public. Candlepin bowling was invented in Boston in 1880. Fenway Park is the oldest original MLB park still in use. The Mather School in Dorchester was the first public elementary school in America, founded in 1639. The Boston cream pie dessert was invented at the Omni Parker House in Boston and is the official State dessert. The Massachusetts state cookie is the chocolate chip, invented in 1930 at the Toll House Restaurant in Whitman.

TRIVIA

Answers found on calendar.

1. What type of dog was Rin Tin Tin?
2. What is converted into alcohol during brewing?
3. How many tentacles does a squid have?
4. In which city was MLK, Jr. assassinated in 1968?
5. Which TV character said, "Live long and prosper?"
6. What is Canada's national animal?
7. Judith Kaplan, the world's first Bat Mitzvah, took place in NY in what year?
8. What is the highest letter and number in Bingo?
9. What US state has no indigenous poisonous animals within it?
10. What is the man's name that created Pinocchio in the fairy tale?

Sudoku Answers:

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

quotable quotes

Flatter me, and I may not believe you. Criticize me, and I may not like you. Ignore me, and I may not forgive you.
 Encourage me, and I will not forget you. -William Arthur Ward
 The reason people find it so hard to be happy is that they always see the past better than it was, the present worse than it is, and the future less resolved than it will be. -Marcel Pagnol
 Never miss an opportunity to make others happy, even if you have to leave them alone to do it. -Unknown

June Word Search

BALLPARK
 BANNER
 BASEBALL
 BAT
 BOSTON
 BUCHHOLZ
 CATCHER



CHAMPIONS
 DOUBLE
 FENWAY
 GLOVE
 GREEN MONSTER
 HIT
 HOMERUN

HOTDOG
 LESTER
 NAPOLI
 PAPI
 PEDROIA
 PESKY POLE
 PITCH



RED SOX
 SERIES
 SINGLE
 WALLY
 WAVE
 WIN
 YAWKEY



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

June

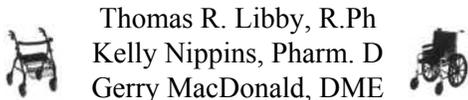


S Mon	Tue	Wed	Thu	Fri	S
<p>1 2 Foot Screenings -Appt 9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 am ZUMBA</p> 	<p>3 4 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Sewing 10 Dance 10 Nutrition & Sleeping 10 Tai Chi 10:30 Computer 12:30 pm Yoga 1 Movie 2 Healthy Eating</p>	<p>4 S.H.I.N.E. by appt 10 Knitting 11 Volleyball 11 Blood Pressure 12 pm Games 1:30 Computer</p> 	<p>5 9 am Exercise 10 am Mah-jongg 10 am Sing-a-long 10 am Blood Pressure 10 am Computer 10 am Chess (& Chess lessons) 10:30 am Strength Training 11:30 Fairing Way Luncheon 12:30 pm Yoga 1 pm Book Club 2 pm QATV Production Class</p>	<p>6 9 am ZUMBA 11 Sen. John Keenan Office Hours 12 pm Bridge</p> 	7
<p>8 9 9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 am ZUMBA</p> 	<p>10 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 9:30 State House Tour 10 Sewing 10 Dance 10 Tai Chi 10:30 Computer 12:30 pm Yoga 1 Movie 2 Healthy Eating</p> 	<p>11 S.H.I.N.E. by appt Foxwoods (Pre-register) 10 am Knitting Group 11 am Volleyball 11 am Blood Pressure 12 pm Games 12:30 Back to the Beach 1:30 Computer 6-9 Self Defense w/QPD</p> 	<p>12 9 am Exercise 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Chess (& Chess lessons) 10 Men's Discussion Group 10 Computer Class 10:30 Strength Training 12:30 pm Yoga 2 QATV Production Class 6-9 Self Defense with QPD</p> 	<p>13 9 am ZUMBA 10 Protecting Your Assets 12 pm Bridge 12:30 QFD Cookout</p> 	1 4
<p>15 16 Hearing Screenings 9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 am ZUMBA</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p><<< Father's Day</p>  </div>	<p>17 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Sewing 10 Derby Street Shoppes 10 Tai Chi 10 Dance 10:30 Computer 12:30 pm Yoga 1 Movie 2 Healthy Eating</p>	<p>18 S.H.I.N.E. by appt 9 am CPR for Seniors 10 Knitting 11 Volleyball 11 Blood Pressure 12 pm Games 1:30 Computer</p> 	<p>19 9 am Exercise 10 am Mah-jongg 10 am Sing-a-long 10 am Blood Pressure 10 am Chess (& Chess lessons) 10 am Computer Class 10:30 Strength Training 12:30 pm Yoga 2 pm QATV TV Production Class</p>	<p>20 Simple Wills by appt 9 am ZUMBA 12 pm Bridge 2 pm Kelley Auctions</p> <p>First Day of Summer>></p> 	2 1
<p>22 23 9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 am ZUMBA</p> 	<p>24 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Sewing 10 Dance 10 Tai Chi 10:30 Computer 12:30 pm Yoga 1 pm Movie 2 pm Healthy Eating</p>	<p>25 S.H.I.N.E. by appt 8:30 am Gloucester Lobster Cruise 10 Knitting 11 Volleyball 11 Blood Pressure 12 pm Games 1:30 Computer</p> 	<p>26 9 am Exercise 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer 10 Chess (and Chess lessons) 10:30 Strength Training 12:30 pm Yoga 2 QATV Production Class</p>	<p>27 9 am ZUMBA 12 pm Bridge</p> 	2 8
<p>29 30 9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 am ZUMBA</p> 	<p>School will be out for summer in a couple of weeks. Be mindful of children playing outside. When driving, scan the entire area around you. Look for kids playing near the street. If a ball rolls to the street, a child is likely to follow.</p>	<p>Answers to Trivia: 1. German Shephard 2. Sugar 3. Ten (10) 4. Memphis, TN 5. Mr. Spock 6. Beaver 7. 1922 8. Letter O/Number 75 9. Maine 10. Geppetto</p>			

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