

Council On Aging News

June 2015



Knitters and crocheters needed! Norfolk County RSVP is collecting afghans and lap robes for veterans in VA hospitals and hospice. Contact the Norfolk County RSVP at 781-329-5728 to



On behalf of Mayor Tom Koch and all of us at the Quincy Council on Aging, Happy Father's Day to all Dads here and in heaven.



Dear Friends,

The temperature is on the rise and summer has finally made its debut, so break out the summer clothes and slather on the sunscreen. Hopefully the good weather is here to stay. Generally summer is an enjoyable time of year, but it is important to remember that the hot temperatures and humid weather that accompanies summer can cause difficulties, particularly for seniors who do not adjust as well to sudden changes in temperatures and are more likely to take prescription medicines that impair the body's ability to regulate its temperature. Ways to reduce the risk of heat related illness include the following: drink plenty of liquids, wear appropriate clothing, avoid strenuous activity, watch the heat index, seek air conditioning, know the warning signs of heat exhaustion and stay indoors after 10am, especially in extreme heat.

Signs of heat stroke include high body temperature, altered mental state, nausea / vomiting, flushed skin, rapid breathing, racing heart rate, and headache. If you think a person may be experiencing heat stroke, call 911. While waiting for emergency treatment, take action to cool overheated person; get person in shade or indoors, remove excess clothing, and cool person with whatever means available. The most common signs of heat exhaustion include confusion, dark colored urine (dehydration), dizziness, fainting, fatigue, headache, muscle or abdominal cramps, nausea, vomiting and diarrhea. Treatment includes immediate cooling, preferably in an air-conditioned room, a cool and shady place, or a cool shower or bath. Applying ice towels also helps, along with drinking plenty of water. Heat exhaustion can progress to heat stroke.

We want to keep the Kennedy Center a warm and welcoming place to spend the day, which takes all of us working together and being patient, kind and cooperative. Thank you for making the Kennedy Center the special place it is. Stop by to welcome summer 2015 with us.

Happy Father's Day to all fathers, here and in heaven.

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



Olde Kids on the Block

August 7th 1-3 pm

Enjoy the sounds of a 30 and 40s big band dance band at the Kennedy Center. They've been called a living museum with a library of music that will have you dancing, humming and tapping your feet. Purchase your ticket at the Kennedy Center. Space is limited. Registration is required. Light refreshments will be served. **\$7 pp.**



Kelley Auctions

Friday, August 21st 10am-2pm



Kelley Auction appraisers will be at the Kennedy Center to appraise up to 3 items per person. The cost for professional appraisals is \$3 for 1 item, \$4/2, and \$5/3. Proceeds benefit the Council on Aging. Bring anything you think is valuable, interesting or unusual...that old porcelain doll may be worth money! Call 617-376-1506 to register.



Mayor Koch's 4th of July Luncheon Celebration

July 1st at 12 Noon



Mayor Tom Koch is hosting a 4th of July celebration complete with lunch, dessert, entertainment and prizes. Display your patriotism in celebration of America's independence. Call 617-376-1506 to register.



Isles of Shoals Cruise

Sunday, August 30th

Depart Quincy at 10:15am - Return approximately 6pm



You will have a chance to enjoy the extensive salad bar, choice of

Seafood Newburg, Fried Baby Shrimp, Baked Haddock, Crab Crusted Salmon, Sirloin Steak or Chicken Parmesan, with proper accompaniments, and dessert at Warrens Restaurant in Kittery. We will then head over to Portsmouth for our Isle of Shoals Cruise with indoor and outdoor seating. This narrated cruise is a lovely way to learn about the area while relaxing on the water. Visit the Kennedy Center to reserve your spot on this day trip.

\$85 per person includes lunch, transportation, and narrated cruise.



Protecting Your Assets

June 19, 2015 10am-12pm

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



An Evening with the Olde Kids on the Block

at the Sons of Italy, Quincy

September 11th 7-11 pm



Join us for a special evening event to commemorate Patriot Day, a holiday to recognize the anniversary of the tragic events of 9/11. Enjoy the patriotic sounds of the greatest generation performed by the Olde Kids. **\$15 pp** incl admission, fantastic live show, great company, cash bar and refreshments. Visit us to purchase your ticket.



Gloucester Lobster Cruise

Wed, July 29th Departing at 9:30am * Return approx. 5:30 pm

This trip involves walking

Due to popular demand, we have added a second date! **\$84 pp** includes luxury transportation, lobster bake and dessert, narrated cruise of Gloucester Harbor with jazz music, and a visit to scenic, quaint Rockport for shopping and sightseeing. Visit the Kennedy Center to reserve your spot on this great day trip! Payment due at sign up.



Senior Fire Safety with the Quincy Fire Department

Tuesday, June 23rd at 10 am



People over 65 account for 40% of fire deaths each year in Massachusetts. Older adults are more than twice as likely to die in a fire than younger adults. Senior Fire Safety is a workshop presented by the Quincy Fire Department to improve the fire and life safety of older adults. Registration req'd. Call 617-376-1506 to register.



Women's Discussion Group meets second Thursday of each month at 1:30 pm to discuss a variety of topics in a supportive, educational and fun environment. Open to all elder women.



Parkinson's Support Group, June 17th 7pm, is held the 3rd 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 with friends, old and new. 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 June is **Boston Girl** by Anita Diamante. The book for July is **Longbourn** by Jo Baker. If you have any questions, please do not hesitate to call us at 617-376-1506.



Each year Quincy pays tribute to Old Glory with a parade and celebration. Started over 60 years ago by Richard J. Koch, the parade is the longest running of its kind in the US. The celebration includes an impressive flag raising, a fly-over, a patriotic medley, presentation of awards to the parade grand marshal and the recipient of the Richard J. Koch Youth Service Award and a dazzling fireworks display. Come join us to honor the American Flag, celebrate the freedom it represents and commemorate its adoption. **The Flag Day Parade is Saturday, June 13th at 7 pm**, followed by a celebration at Pageant Field. Enjoy the festivities!



Veterans Book Club
Tue, June 16th from 2-4 pm

Call 617-376-1506 to register. Registration is required for ordering books.

Norfolk County RSVP began a Veterans Book Club. Books of interest are provided to members who meet the 3rd Tuesday of each month from 2 - 4pm at the Kennedy Center to share reflections and stories over refreshments.



Kennedy Center Library Thank you for the wonderful books donated to create our library. We have a great selection because of your generosity. As you may be aware, the drop-off spot is just inside the Cafe on the left. Donations and returns should be left there for our volunteers to put away. This helps us track books circulating and to be remove. Due to limited space, we cannot accept textbooks, self help books or books with a publication date older than 10 years or magazines older than 4 months. If you know of a charity that would welcome our excess and duplicate books, please leave a note in the office for Deni. Again, thank you for making our library a great success and a special place for our members.



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

- June 5 American Sniper** Bradley Cooper stars as US Navy SEAL Chris Kyle. Based on book by same name.
- June 12 Unbroken** Chronicles the life of WWII veteran hero and Olympian Louis Zamperini. True story.
- June 19 Taken 3** The third movie in the Taken series starring Liam Neeson, Forest Whitaker & Famke Janssen.
- June 26 Boyhood** Stars Ethan Hawke and Patricia Arquette. Filmed over the course of 12 years.

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



Meet the Experts and learn Strategies to Maintain Your Independence

Tuesday, June 30th 10-11:30 am

River Bay Club, 99 Brackett Street, Quincy



Hahn Health home Health Care and River Bay Club will sponsor an expert panel of professionals that will discuss maintaining independence with age. Panelists will provide an overview of helpful tips as well as address your specific questions and concerns. Light refreshments. RSVP to Jennifer at 617-347-8455 by June 26th.



Yellow Dot Program
Friday, June 19th at 10 am

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

Yellow Dot provides first emergency responders at accidents vital information on elder crash victims. A decal on the driver's rear windshield alerts responders to an envelope in the glove compartment containing elder's photo, personal and medical information. Joe Canavan, Triad Director from Sheriff Michael Bellotti's office, will explain this important program, take elders' photos, provide yellow dot decals and assist in completing envelopes.



Computer Classes - June 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.

June 4 **MAC Computer** **10am –12pm**
This class will concentrate exclusively on Mac, including how it works, emails, internet, and more. Bring your Mac if you have one.

June 11 **Smart Phones and Tablets** **10am - 12pm**
Learn how they work and what they can do. Learn how to download books for free to your kindle and nook.

June 18 **Internet Safety** **10am - 12pm**
Class on perils of virus, malware, adware, and items harmful to your computer, anti-virus protection and general maintenance.

June 25 **Advanced Word** **10am - 12pm**
Word processing based on Microsoft Word. Learn what you can do with word processing, program features and how to use them.

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 the many vendors who made our Senior Health, Wellness and Safety Fair a huge success. Participating vendors included the **Alzheimer's Association, Doctor's Express, Quincy Health Department, Captel, Right at Home, River Bay, Quincy Police Department, Norfolk County RSVP, What if, Partner's Health, Harvard Pilgrim, Quincy Hearing Aids, Marina Bay Skilled Nursing, Tobias Hearing Aids, South Shore Visiting Nurses, Griswold Home Care, Welch Healthcare, Hancock Park, Peabody Properties, Sheriff Michael Bellotti's Office, Registry of Motor Vehicles, Health Express, United States Post Office, Quincy Department of Public Health, Public Health Nurse & Educator Ruth Jones, Cahoon Care Associates, Norfolk County District Attorney's Office, Rogerson House, AARP, Charm Medical Supply, MA State Treasury Unclaimed Property, Quincy Credit Union, IntelyCare, Linden Ponds, Sunrise Senior Living, Services, Visiting Angels, Atria at Marina Bay, Unique HomeCare Services and ClearCaptions.** Kennedy Center members claimed more than \$10,300 from MA

Treasury Unclaimed Property searches at the fair! Special thanks to **CVS stores** in Quincy for contributing to our 'goody bags' for fair attendees. **CVS on Southern Artery** generously donated individual bags of toiletries, **CVS on Beale Street** kindly donated hand and body lotions, and **CVS on Quincy Shore Drive** donated a case of water. Thank you to **Hannaford Supermarket** and **Coffee Break Café** for their kind and generous donations for senior fair attendees. Thank you to **Jack Kelly, JC Borneo** and **Irene Sou** for their much needed help in setting up and breaking down the tables for the Health Fair. Thank you to our Kennedy Center volunteers **Sue Donovan, Sue King, Elizabeth Gearin** and **Denise Conlon** for their efforts to make the Health Fair the great success it was.



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!



Photographs from the Kennedy Center.

Mosquito Bite Prevention & Treatment



Use mosquito repellent containing **DEET**, **Picaridin** or **Oil of Lemon Eucalyptus** which keep hungry mosquitoes from looking at you as food. Apply only to exposed areas, not under clothes. Wash off repellent when you return indoors. ***Permethrin** is an insecticide and repellent recommended for use on clothing and equipment. *Wear protective clothing: long sleeves, socks, long pants, light colors and hat. Mosquitoes need standing water to breed. Unclog roof gutters, empty wading pools often, change birdbath water, empty flower pots and store them upside down, drain fire pits and have used tires removed. Visit www.norfolkcountymosquito.org or call **Mosquito Control at 781-762-3681** to have them check water for larvae, remove old tires and spray for adult mosquitoes. **Treatment** For relief, try an antihistamine cream or stick to help the itch and swelling or hold a refrigerated, damp green tea bag on bite. Soak in soothing oatmeal bath. Apply scotch tape to bite to prevent you scratching, especially at night. Apply aloe -it helps with itch. Preparation H Ointment helps with swelling and itching. Witch Hazel, tea tree oil, hand sanitizers and rubbing alcohol takes the itch away and the bite. Make baking soda and water paste and apply to bite. Toothpaste applied to bite will help dry the skin out, too. Rub salt or sand on the bite and put an 'x' in the middle of the bite. Rub a basil leaf on bite-it has an anti-inflammatory properties. It also has been proven to repel mosquitoes. Make a paste from crushed aspirin and a smidge of water. It contains acetyl salicylic acid which helps inflammation. Dab Listerine mouthwash-the menthol and relieves itch.



Harsh Winter no hindrance to hungry ticks This summer could be particularly bad for Lyme Disease cases. Wear long sleeved shirts and pants. Tuck pants into the top of socks or boots. Wear light colored clothes to make it easier to spot ticks. Use products containing permethrin on clothes, not on skin. Products containing DEET are helpful in preventing ticks. Check frequently for ticks and remove them promptly. Check hairline and behind the ears, knees and under arms. Keep lawn mowed short. Remove leaves and brush. For pets, use topical repellents. Check pets before letting them inside. Vaccine is available but will not stop dog from bringing ticks into home. Call doctor immediately if you get a fever or rash.

Rodent Proof your Home & Yard



Never store trash bags in yard. Use sturdy garbage cans with tight lids. Do not place garbage at curb until morning of collection. Remove lumber and debris from property. Remove and dispose of overgrowth of shrubs, brush and tall grass/weeds. Store firewood at least 18" off ground and 1' from house. Do not feed pets outdoors. Remove remains from gardens and around fruit trees. Do not scatter food for birds or squirrels in yard. Make sure birdseed is in proper receptacles. Clean up spilled birdseed from ground. Store bird/lawn seed in strong containers with tight fitting lids.



This is a **Beginner** Level Puzzle.

Exercise Your Brain!



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

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 was KNOW...



John F. Kennedy was the youngest President in history at 43 when elected and the first to win a Pulitzer Prize. He also received the last rites from the Catholic Church after an infection following surgery in 1954. George Washington's teeth were not wooden. They were made of elephant and walrus tusks. Thomas Jefferson spoke 6 languages fluently: English, Latin, Greek, Spanish, Italian, and French. Three presidents died on July 4th: James Monroe, John Adams, and Thomas Jefferson. The only president born on the July 4th was Calvin Coolidge. William Henry Harrison was president for the shortest period, just 31 days when he died of pneumonia while in office. Zachary Taylor became president in 1849 and had never voted for a president. Grover Cleveland is the only president who served 2 terms that were not consecutive; 1885-1889 and 1893-1897. Herbert Hoover learned chinese and taught his wife the language so they could talk 'privately.' Richard Nixon was at Super Bowl VI and gave advice on a play to the Miami Dolphins. James Buchanan never married. His niece served as host to the White House. The smallest president was James Madison at 5'2" tall. Abraham Lincoln stood 6'4" tall. Ronald Reagan was the first president who had divorced. Gerald Ford was shot while walking to California Governor Jerry Brown's office. George W. Bush attended high school at the Phillips Academy, a boarding school in Andover, MA. Abraham Lincoln promoted Ulysses S. Grant to major general of volunteers after he captured Fort Henry and Fort Donelson. President Bill Clinton is the only president to give a State of the Union address without a working teleprompter, lasting a record 81 minutes. George Bush, Sr. painted 'Barbara' on his bomber during WWII. President Andrew Johnson had a copy of the US Constitution placed under his head for his burial. William McKinley was the first president to campaign by phone. Franklin Pierce gave his 3,319 word inaugural address from memory without the aid of notes. James Monroe was wounded during the American Revolution. William Taft, who weighed 332 lbs., had to order a larger tub so he could fit. Harry S. Truman got up at 5am daily to practice piano for 2 hours. Millard Fillmore refused an honorary degree from Oxford University because he felt he neither literary nor scientific attainment. Theodore Roosevelt officially named the White House. It had been called President's Palace, President's House and Executive Mansion. William Henry Harrison was the first president to study to become a medical doctor. James Garfield was the first left handed president. John Adams and Thomas Jefferson were friends and rivals...Adam's dying words were, "Thomas Jefferson survives," unaware Jefferson died hours earlier.



1. Who flew in the Spirit of St. Louis?
2. Who called her autobiography Stand By Your Man?
3. In which state is Fort Knox?
4. Which singer 'ain't gonna work on Maggie's farm no more?
5. Which 20th century US President and Vice President was not elected to either office?
6. What type of puzzle first appeared in the New York World in 1913?
7. What is the ballet term for a 360 degree turn on one foot?
8. What laundry detergent got out the 'ring around the collar'?
9. What is the minimum number of musicians a band must have to be considered a 'big band'?
10. Which month is the least popular in the US to hold a wedding?
11. Calcium carbonate is more commonly known as what?
12. How many months have 28 days?
13. When did Ireland see its first ever divorce granted?
14. What is the significance of the Celtic knot?
15. Who was the first host of the Tonight Show?
16. What 20th century conflict was dubbed the forgotten war despite over 54,000 US deaths?
17. What branch of the US military had only a corps of 50 soldiers at the start of WWI?
18. On the Honeymooners, what was the name of Ralph's bowling team?
19. What was Joe Friday's badge number on the crime drama TV series Dragnet?
20. What show featured Robert Young as Tim Warren, head of the Warren family?



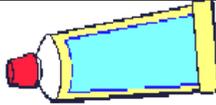
Answers can be found on calendar.

IMPORTANT

Important Kennedy Center Updates and Information: During the hot summer months, please remember to bring a light sweater or jacket with you to the Kennedy Center. We keep the air conditioning on high, so it can get chilly. *** Please stop by our office to verify or update your emergency contact information. It is very important we have accurate and current contact information.

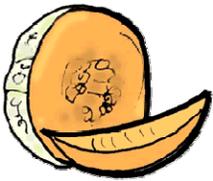


Wash your dishwasher to stay healthy! Help maintain your health by keeping your kitchen clean to reduce the risk of contaminants that can make you sick. Start with your dishwasher. 1) Clear the drain. Remove the bottom dish rack (light and easy to do). Remove any gunk or food caught in the drain. This will improve drainage and increase cleaning efficiency. 2) With empty dishwasher, place a cup of white vinegar in a dishwasher safe container on the upper rack. Run the dishwasher through a hot water cycle. This will wash away grease, grime, contaminants and odors. 3) Sprinkle one cup of baking soda across the bottom of the dishwasher. Run a short hot water cycle. It will be fresh smelling and a stain free, bright interior.



The many uses for toothpaste Toothpaste is not just for your pearly whites, it

is a master multitasker. Here's just some of what it can do: *Erase scuffs from your shoes * Remove your grandchildren's crayon marks from your walls with a toothpaste scrub * Treat pimples (for better results, blend with crushed aspirin, which contains salicylic acid, a popular acne fighter) *Brighten your nails with a good scrub * Shine diamonds * Polish silver, from tarnished picture frames to dingy jewelry * Clean your toilet * Lighten grout like magic * Remove water rings, according to Home expert Bob Villa, after a gentle rub of white, non-gel toothpaste * Deodorize containers, as toothpaste eliminates bad odors.



Cantaloupe have many health benefits. This fruit contains very high nutrients and little calories. It is highly concentrated with the best level of beta-carotene, folic acid, potassium, vitamin C and dietary fiber. Cantaloupe is one of the few fruits that has a high level of vitamin B complex - B1, B3, B5 and B6. It is highly rich in anti-oxidants that help prevent cancer and heart diseases. Cantaloupe helps maintain a balanced cholesterol level and brings down high blood pressure, as well as helps build a strong immune system. This amazing fruit can also help prevent painful muscle cramps, revitalizes skin, and aides in stress management. Cantaloupe juice contains natural nutrients and minerals which provides a synergistic combination that helps the body recover from nicotine withdrawal helping smokers quit. Fight insomnia naturally with cantaloupe, which contains a special compound that relieves nerves and calms anxieties to promote sleep. Help prevent cataracts with cantaloupe, which contains vitamin A and beta-carotene.

BOSTON BECKONS

Free & Inexpensive Things To Do In and Around Boston This Summer

1 YAB	2 BEAK HILL	3
4 TRAcoughtFFIC	5 	6 Hours TAKEOFF Hours
7 	8 	9

We love to see you active at the Kennedy Center but it is also great to get outdoors and enjoy all summer has to offer. Here are some ideas that won't empty your wallet...

- *Take a swan boat ride in Boston Common, just \$2 for seniors.
- *Take the Red Line to Downtown Crossing and attend free 'block parties' - Thursdays with music, food, cocktails, prizes.
- *Stroll the Arnold Arboretum for an educational and relaxing escape. The Arboretum is open from sunrise to sunset and is free, tours are available throughout the week.
- *Experience a world of animals just a few miles from home. Visit Franklin Park Zoo with your grandchildren or just yourself. Admission is \$14 for seniors.
- *Catch a free movie outdoors at the Hatch Shell on the Charles. Pack a snack and blanket and enjoy a summer night movie.
- *Tour Fenway Park at a rate of \$14 for seniors. A favorite destination for summer fun in Beantown, take an intimate tour of the best ballpark in America. Tours fun from 9am-4pm.
- *After a leisurely stroll or relaxing with a good book in the grass, take a free yoga class Tuesday nights 6 pm at Frog Pond.
- *For \$11 roundtrip, take a tour of Spectacle Island. Themes range from bird spotting and watching and green technology to the social and industrial history of the island.
- * Here ye, here ye! 'Coriolanus,' will be performed Tuesdays through Saturdays at 8 pm and Sundays at 7 pm on the Boston Common from July 25th to August 12th. This is a free event by the Commonwealth Shakespeare Company.

Answers: 1. Back Bay 2. Beacon Hill 3. Harvard Yard 4. Caught in Traffic 5. South Station 6. 2 Hours Before Takeoff 7. Downtown Crossing 8. Bunker Hill 9. Jaywalking

I won't get up to change the channel, but I'll turn an entire room upside down looking for the remote.



Ha! Ha! Ha!

I swear, if my memory was any worse, I could plan my own surprise party!



Stop looking at me when people say "Out with the old!"



Word Search

- | | | | |
|---------------|-------------|---------------|-------------|
| AMERICAN | LANTERN | BRUINS | HANCOCK |
| BOSTON | LEXINGTON | PATRIOT | BEACON HILL |
| COLONIST | FENWAY | IRISH | MILITARY |
| CONCORD | GARDEN | CASTLE ISLAND | SOLDIER |
| HORSE | PAUL REVERE | SOUTHIE | WHALE |
| FREEDOM TRAIL | GLORY | TAX | RED SOX |
| HARVARD | REVOLUTION | TEA | CELTICS |

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



June 2015

Mon	Tue	Wed	Thu	Fri	S																																																																																		
<p>1 Foot Screenings 9:30 Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA</p>	<p>2 S.H.I.N.E. by appt Piano Lessons 9 am Exercise 10 Quilting 10 Writing 10 Ballroom Dance 10:30 Computer 12:30 pm Yoga</p>	<p>3 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>4 9 am Exercise 9 Chess (& lessons) 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 12:30 pm Yoga 1:30 Book Club</p>	<p>5 9am 12 pm Bridge 12:30 Free Movie <i>American Sniper</i></p>	<p>6 North End</p>																																																																																		
<p>7 8 Foot Screening by appt 9:30 Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA Charles River Cruise</p>	<p>9 S.H.I.N.E. by appt Piano Lessons 9 am Exercise 10 Quilting 10 Writing 10 Ballroom Dance 10:30 Computer 12:30 pm Yoga</p>	<p>10 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>11 9 am Exercise 9 Chess/lessons 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Strength Training 10 Men's Discussion 10 Computer Class 12:30 pm Yoga 1:30 pm Book Club 1:30 Women's Discussion</p>	<p>12 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie <i>Unbroken</i></p>	<p>13</p>																																																																																		
<p>14 15 Hearing Screenings 9:30 Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA</p>	<p>16 S.H.I.N.E. by appointment Piano Lessons 9 am Exercise 10 Quilting 10 Writing 10:00 Ballroom Dance 10:30 Computer 12:30 pm Yoga 2pm Veteran's Book Club</p>	<p>17 S.H.I.N.E. 9:30 Tai Chi 10 Knitting 11 Volleyball 11 Blood Pressure 1:30 pm Computer 1:30 90th Celebration</p>	<p>18 9 am Exercise 9 Chess (& lessons) 10 Strength Training 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 12:30 pm Yoga</p>	<p>19 Simple Wills by appt 9 am ZUMBA 10 Yellow Dot 10 Protecting Your Assets 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie <i>Taken 3</i> 12:30 Quincy Fire Dept Cookout - \$3 for MDA</p>	<p>20</p>																																																																																		
<p>21 22 9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA</p>	<p>23 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Senior Fire Safety with Quincy Fire Dept 10:00 Ballroom Dance 10:30 Computer 12:30 pm Yoga 1:30 Healthy Eating</p>	<p>24 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 11 Volleyball 11 Blood Pressure 1:30 pm Computer Gloucester Lobster Cruise</p>	<p>25 9 am Chess & lessons 9 Exercise 10 Mah-jongg 10 Strength Training 10 Sing-a-long 10 Blood Pressure 10 Computer Class 12:30 pm Yoga 7 pm Night with Sigmund Moller at SYC</p>	<p>26 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie <i>Boyhood</i></p>	<p>27</p>																																																																																		
<p>28 29 9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA</p>	<p>30 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 1 QATV TV Production 1:30 Healthy Eating</p>	<p> Answers</p> <p>1. Charles Lindbergh 2. Tammy Wynette 3. Kentucky 4. Bob Dylan 5. Gerald Ford 6. Crossword 7. Pirouette 8. Wisk 9. Ten (10) 10. January</p>		<p>11. Chalk 12. All of them (gotcha!) 13. 1997 14. Continuity of Life 15. Steve Allen 16. Korean War 17. US Air Force 18. The Hurricanes 19. 714 20. Father Knows Best</p>	<table border="1"> <tr><td>5</td><td>3</td><td>4</td><td>6</td><td>7</td><td>8</td><td>9</td><td>1</td><td>2</td></tr> <tr><td>6</td><td>7</td><td>2</td><td>1</td><td>9</td><td>5</td><td>3</td><td>4</td><td>8</td></tr> <tr><td>1</td><td>9</td><td>8</td><td>3</td><td>4</td><td>2</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>5</td><td>9</td><td>7</td><td>6</td><td>1</td><td>4</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>2</td><td>6</td><td>8</td><td>5</td><td>3</td><td>7</td><td>9</td><td>1</td></tr> <tr><td>7</td><td>1</td><td>3</td><td>9</td><td>2</td><td>4</td><td>8</td><td>5</td><td>6</td></tr> <tr><td>9</td><td>6</td><td>1</td><td>5</td><td>3</td><td>7</td><td>2</td><td>8</td><td>4</td></tr> <tr><td>2</td><td>8</td><td>7</td><td>4</td><td>1</td><td>9</td><td>6</td><td>3</td><td>5</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>2</td><td>8</td><td>6</td><td>1</td><td>7</td><td>9</td></tr> </table>	5	3	4	6	7	8	9	1	2	6	7	2	1	9	5	3	4	8	1	9	8	3	4	2	5	6	7	8	5	9	7	6	1	4	2	3	4	2	6	8	5	3	7	9	1	7	1	3	9	2	4	8	5	6	9	6	1	5	3	7	2	8	4	2	8	7	4	1	9	6	3	5	3	4	5	2	8	6	1	7	9	<p>Sudoku Answers</p>
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<p>31 Please note: Calendar subject to change without notice</p>	<p>In youth we learn; in age we understand. -Ebner Eschenbach Let's remember: No act of kindness, no matter how small, is ever wasted. -Aesop</p>	<p>Every 60 seconds you spend upset is a minute of happiness you'll never get back. - unknown</p>	<p>Age is an issue of mind over matter. If you don't mind, it doesn't matter. -Mark Twain</p>	<p>The Kennedy Center will be closed on Friday, July 3rd. Enjoy the holiday weekend!</p>																																																																																			