

Council On Aging News

March 2015



May the road rise to meet you
May the wind be always at your back
May the sunshine warm upon your face
The rains fall soft upon your fields
And until we meet again,
May God hold you in the palm of His hand.



Don't forget to change
your clocks ahead at
2am March 8th!
Spring begins
March 20th!



Dear Friends,

It is hard to believe the first day of spring is in just a couple weeks. Four seasons of fickle New England weather helps us to appreciate our ever-changing climate. But this frigid winter weather full of dramatic swings and record snowfalls we experienced earlier this year left us longing for signs of spring to appear. We look forward to putting away snow shovels and ice scrapers and readying our lawn mowers and weed-whackers to welcome green grass carpeting the landscape. It will be a refreshing change to see nature re-awakening and we can embrace the emergence of life that accompanies spring.

I hope you can lift the winter doldrums and leap into spring; get outside, get active and get social. Take time to look around, enjoy the longer days and breathe in this annual time of renewal that enriches the human spirit. We at the Kennedy Center would like to help you embrace this renewal. We hope you visit us and participate in the many exciting activities, programs and events we have coming up, including the Senior Fair, Bingo Bonanza, Senior Olympics, *Sound of Music* Vermont Tour, Quincy Firefighter Cookout for Seniors, and much more! And, of course, I hope you can attend one of my favorite events, our Annual St. Patrick's Luncheon complete with traditional corn beef and cabbage. My friends Mark Carey and Don Timmons will again join me in entertaining the crowd with Irish music and sing-a-longs. *'Bhi craic agus ceol againn.'* It will be great music and good fun.

It will be a pleasure to welcome spring with you at the Kennedy Center. I hope it is a season of good health and happiness. Erin go bragh!

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

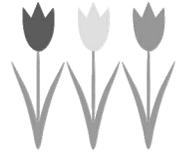


**Rotary Club Luncheon
Rescheduled to March 10th at noon**

Due to the blizzard in February, the annual Rotary Club Pasta Luncheon is rescheduled to March 10th at noon. Please be sure to bring your original ticket (dated Tuesday, January 27th) to the luncheon. If you have misplaced your ticket, please call the Kennedy Center at 617-376-1506. If you are unable to attend, please call so we may give waitlisted members an opportunity to attend. Thank you for your cooperation.

**Spring
Fling**

Due to February storms, the Mardi Gras party was canceled. In its place, we are holding a party to welcome spring. Do not discard your Mardi Gras ticket, as it can be used for the Spring Fling. Call the Kennedy Center if you misplaced your ticket.



**Spring Fling
Friday, March 20th at 12:30 pm**

Join us as we welcome spring with open arms! \$5 cost includes Dixieland Band entertainment, delicious lunch and free raffles. Space limited, so stop by the Kennedy Center before the tickets are sold out.



**Parkinson's Disease Support Group
Wednesday, March 11th at 7 pm**

Join the Parkinson's Support Group at the Ward 4 Community Center, 100 Brooks Avenue, Quincy for a discussion on Parkinson's Disease. All are welcome and encouraged. For further information, call Brian 617-770-2090.



The Women's Discussion Group meet on the second Thursday of each month at 1:30 pm to discuss a wide variety of topics in a supportive, educational and fun environment. Open to all elder women in the community. Call 617-376-1506 for information or to register.



Free Legal Clinic/Referral Service

April 21st at Dedham District Court and June 23, 2015 at Quincy District Court
Call the Norfolk County Bar Association at 617-471-9693 for information on this free legal clinic.



**'Top Notch' With Brandon Bronaugh
March 20th at 10 am**

Top Notch Transitional Services help clients maneuver through unique transitions. Top Notch offers a wide array of services, including getting home market ready, home repairs, renovations, cleaning services, and moving management services. Top Notch assists seniors with relocation, hoarding, untimely death, as well as those suffering from debilitating illnesses, ie., Alzheimer's, ALS, Parkinson's, Dementia, etc. Call 617-376-1506 to register for this workshop. Space limited.



**MBTA Passes
March 27th at 10am**

Call 617-376-1506 to register.

Glen and Grace Buscher will be at the Kennedy Center to help seniors complete new and renewal applications for reduced fare senior T Passes. Photos will be taken for the passes.

Please note: those who obtained T Passes prior to May, 2005 must obtain a new Senior *CharlieCard*.



**Senior Social Security Update with Kriten Alberino
Friday, March 27th at 10:30 am**

Join us at the Kennedy Center for an informative event on *mySocialSecurity*, a free, easy to use and easy to access and use online portal to view personal Social Security accounts. A Social Security Administration representative will be here to assist you in creating an account that will allow you quick, secure access to your Social Security information. Call 617-376-1506 to register for this event.



Senior Sex with Ruth Jones, Public Health Nurse Educator

Rescheduled to Wednesday, March 25th at 10 am

Due to the inclement weather in February, Senior Sex has been rescheduled. A few spots remain for the rescheduled date. Many people want and need to be close to others as they grow older, including the desire to continue an active, satisfying sex life. Changes due to aging can cause problems. Call 617-376-1506 to register.

Coming Soon

May brings spring flowers *and* many fun activities at the Kennedy Center. We are pleased to announce the Quincy Council on Aging will soon host a **Senior Health, Wellness and Safety Fair** that features vendors and representatives from area businesses to provide educational, interactive presentations, information, literature, demonstrations, exhibits, activities, samples and screenings to help promote and build awareness of senior health, wellness and safety. This is an event you don't want to miss! The annual **High Tea** is a popular event that promises to be a fun and elegant afternoon with fancy hats, delicious lunch and great entertainment. Stay tuned for more information!



Game Show

Rescheduled to Friday, April 10th at 1 pm



Due to the winter weather's impact on the area, the Game Show was rescheduled for April 10th at 1 pm. There is still plenty of room if you are interested in attending this fun event. It will engage, entertain and provide therapeutic benefits on a stroll down Memory Lane. Registration required. Call 617-376-1506 to register for this fun event. If you are registered for the originally scheduled Game Show and cannot attend on the new date, please be sure to call and cancel. We appreciate your cooperation.

Painting with Acrylics

March 13th at 10 am



Supplies provided. Artist/Instructor Janet Harrold, author and illustrator of the children's book "ABC's Flowers & Trees, A Walk in the Public Gardens," will teach the principles of art in a fun, calming, 'paint in the moment' affair in a relaxed environment. Participants leave with their creations. Light refreshments. \$15 per person, per class and due at registration. Cost includes supplies.

Seniors & Good Health : New Access to Information

Tuesday, March 24th at 10 am



Quincy educator and triathlete Patricia DelVal, Ed.D, will present topics with new information and show how to access it online, including cholesterol, diet, weight, carbs vs. fats, brain health, and senior fitness levels. This program is supported in part by a grant from the Quincy Arts Council and MA Cultural Council. Please call the Kennedy Center at 617-376-1506 to register for this event. Space is limited.

My Life My Health



Is Living with a Persistent Health Condition Preventing You From *Really* Living?
A free 6 week workshop beginning Tuesday, April 7th at 10 am at the Kennedy Center

Learn strategies developed and tested by researchers that will help you identify simple techniques to improve your quality of life, handle stress and learn to relax, set and meet personal goals, increase your energy level, eat healthy and make choices about your treatment. The Chronic Disease Self Management Program was developed by Stanford University Medical Center. To register, call Monica at 617-773-9135. Light refreshments will be served.

Yellow Dot

Wednesday, March 18th 10 am



The Yellow Dot program provides emergency responders at accidents vital information on elder crash victims. A yellow 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 program, take photos, provide dots and assist in completing envelopes.

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



Computer Classes - March 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.

- March 5** **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.
 - March 12** **Digital Photography** **10am - 12pm**
Learn basics of photography and how to use a digital camera. Bring your fully charged digital camera to class
 - March 19** **Digital Photography for your Computer** **10am - 12pm**
This class will teach picture upload to your computer, printing, saving, photobook, collages, editing, special effects, and more.
 - March 26** **Facebook, Twitter** **10am - 12pm**
Connect with friends and family through social networking, including Facebook and Twitter. Learn what it is and how it works.
- 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.**



Is fear Gaeilge briste, na' Bearla cliste. Broken Irish is better than clever English!



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

- March 6** *Letter to God* An beautiful story about a courageous boy fighting cancer who writes letters to God
- March 13** *Bang the Drum Slowly* A sports drama based on 1956 baseball novel of the same name
- March 20** *Here on Earth* A romantic drama film starring Leelee Sobieski and Chris Klein
- March 27** *Terms of Endearment* Drama with Shirley MacLaine & Debra Winger. You will laugh and cry.

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

March is
Tearjerker
Month



Thank you to the **AARP tax preparers** who have been working diligently to help seniors prepare and file their taxes. Thank you to the hard working members of the **Quincy Department of Public Works** for their efforts to maintain the parking lot and entrance at the Kennedy Center, as well as the roads, parking lots and public buildings throughout the City. The Blizzard of 2015 and snowstorms that followed made their job more difficult. Snow removal after record snowfalls was certainly not an easy task and the Department handled it well. Thank you to Kennedy Center volunteers **Jack Kelly, Ed Burke, Sue Donovan, Ed Spring, Sally McCusker and Elizabeth Gearin** for braving the recent winter weather and snow the to come to the Center to lend a hand. Thank you to **Kennedy Center members** for their cooperation and understanding with event and activities cancellations at the Center during the snowstorms.



Best wishes to **Peg Kelly** for a speedy recovery after her recent surgery. We look forward to seeing her at the Kennedy Center soon.

GET WELL VERY SOON



Christmas carolers at the Kennedy Center Christmas party



Ed & Eileen Miller enjoying our New Year's Eve party.

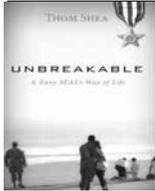
1. Carl and the Passions changed band name to what?
2. Who's band was The Quarrymen?
3. What does a funambulist do?
4. If you had pognophobia, what would you be afraid of?
5. What would you do with a maris piper?
6. In Casablanca, what is the name of the nightclub?
8. In a fable, who sold a cow for five beans?
10. What is a *Winston Churchill*?
12. Which leader died in St. Helena?
14. What was the first credit card?
16. What did Britain swap Havana for with Spain in 1763?
18. What is 6 inches bigger in the summer?
20. Stan Laurel, Mickey Rooney, and Lana Turner have what in common?

TRIVIA

7. What was the first James Bond book?
9. What is a baby rabbit called?
11. What is classified by the A B O system?
13. Broccoli belongs in what family of plants?
15. Who sang the title song in the film *Grease*?
17. Why did Indiana ban Robin Hood in 1953?
19. Who invented popcorn?

Answers on calendar.

Veterans Book Club



Norfolk County RSVP will begin a new Veterans Book Club. Vets will receive books or memoirs of interest and meet every other month to share thoughts, reflections and stories over refreshments. Thom Shea, author of *Unbreakable: A Navy SEAL's Way of Life*, donated copies of his book for first group, date to be determined. Call Robert at 781-234-3445 rpierson@norfolkcounty.org for information.



RSVP is seeking Volunteer Bill Payers and Nursing Home Ombudsmen

Volunteer Bill Payers assist clients who have difficulty paying bills due to poor eyesight, paralysis, and feeling overwhelmed by the process. These volunteer positions are flexible and require 1-2 monthly visits to clients. **Nursing Home Ombudsmen** advocate for care and quality of life in nursing homes to ensure residents' rights are protected. Ombudsmen identify, investigate and resolve complaints on behalf of residents. Ombudsmen are trained and certified by the Executive Office of Elder Affairs. Call 781-329-5728.



No sugar added, easy to bake Oatmeal Cookies Sugar is **not** an added ingredient. * Ingredients: 3 mashed ripe bananas, 1/3 cup apple sauce, 2 cups oats, 1/4 cup almond milk, 1/2 cup raisins (optional), 1 tsp vanilla extract, 1 tsp ground cinnamon. * Instructions: Preheat oven to 350. Stir all ingredients together in bowl until evenly mixed. Drop by spoonful on cookie sheet. Bake at 350 for 15-20 minutes until edges are golden. Enjoy this easy, delicious treat!



This is a **Beginner** Level Puzzle.

Exercise Your Brain!



3	1				9		8		2
8		6					4		5
		2	6	4				3	
5	8			9	4				6
		7	8		1	2			
4			3	6					
	3			1	5	6			
2						5			1
		5	7				8		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 know? St. Patrick wasn't Irish. March 17th is the day he died. He used the shamrock to preach the Holy Trinity. * In 2002, Ireland was the first country to have an environmental tax for plastic shopping bags. * California consumes more bottled water than any other product. * Hong Kong is the city with the most Rolls Royces per capita. * The past-tense of the word "dare" is "durst." * Almonds are actually members of the peach family. * A Superman appears somewhere in every episode of Seinfeld.* The original copper cent was released in 1864. It featured an Indian Head on front and olive wreath on back.* A penny, at 20.5 grams, is the average weight of a humming bird. * In a coin toss, choose tails because the heads side weighs more. *Sometimes a penny is worth more than a penny. If you think you are seeing double, save that coin. A 1955 penny has a double die date. * Butterflies taste with their feet. * Cher's last name was 'Sarkissian.' *Insects outnumber humans 100,000,000 to one. * Americans are responsible for about 1/5 of the world's garbage annually. * You will travel across 7 time zones if you travel across Russia. * Dr. Seuss pronounced his name 'Soyce' so that it would rhyme with rejoice. * There is a city called Rome on every continent. * A crocodile can't stick its tongue out-it is attached to the roof of its mouth. * Camels chew in a figure 8 pattern* Jet lag was once called boat lag, before there were jets. * There is no danger in swimming after you eat, it is just uncomfortable to do so. * The sun often appears square in the Arctic. * Stewardesses is the longest word typed with only the left hand. * A fierce gust of wind blew 45 year old Vittorio Luise's car into a rover near Naples, Italy, in 1980. He managed to break a window, climb out and swim to shore-where a tree blew over and killed him. * Every US president has worn glasses (just not always in public). *Maine is only state that borders only one state. * The country code for Russia is '007.'

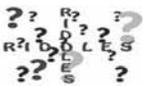


Free Credit Reports The Fair Credit Reporting Act requires each consumer reporting company to provide a free copy of your credit report at your request every 12 months. To order your annual report, call 877-322-8228 or mail request to Annual Credit Report Request Service, Box 105281, Atlanta, GA 30348-5281 along with your name, address, Social Security Number and date of birth. It contains information that determines your ability to secure a loan and how much you can borrow, it helps ensure information contained is accurate and complete, and helps guard against identity theft. Many imposter websites exist, therefore, use caution when using online credit reporting websites.



Super Fruits

With a Vitamin C content twice that of an orange, **Kiwi** is a good source of potassium, magnesium, Vitamin E and fiber. An **apple** a day keeps the doctor away. Although low in Vitamin C, apples have antioxidants and flavonoids that enhance activity of Vitamin C helping to lower the risk of colon cancer, heart attack and stroke. Consuming **oranges** daily help keep colds away, lower cholesterol, prevent kidney stones, and lessen risk of colon cancer. **Strawberries** have high total antioxidant power to protect the body from cancer. **Watermelon** are 92% water and boosts our immune system and fights cancer. **Guava & Papaya** are winners for high Vitamin C content. Guava is rich in fiber. Papaya is rich in carotene, good for eyes.



What is once in a minute, twice in a moment and never once in a thousand years?

Answer on calendar

Sudoku Answers:

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



Men's Group

Second Thursday of Each Month

MEN'S GROUP Enjoy light refreshments, great company and interesting conversation at the Men's Discussion Group. The Group is open to all elder men in the community and is held at 10 am on the second Thursday of each month. Each month features a different guest speaker. Registration is not required. Call 617-376-1506 with any questions.



Happy Birthday

Happy birthday to **Joanne Hall (3/19)** , **Jane D'Amico (3/23)** and **Denise Conlon (3/23)**



Fall Asleep Faster

Do you toss and turn for hours before falling asleep? There are plenty of 'typical' suggestions for better sleep, ie., avoid alcohol and caffeine at least 4 hours before bed, take a warm shower before bed, turn off the lights about 20 minutes before bed, don't read or watch anything interesting before bed, etc. Great tips, but they

skip over the most important part of falling asleep : the mind!!

We have all experienced laying in bed hoping to fall asleep but cannot stop staring into the darkness and remaining wide awake. The longer you remain awake, the more stressed you become because you need to get up in the morning. There are techniques that will help you, aside from melatonin and Valerian supplements and sleepy-time tea. Here it is: Pretend you are *extremely* tired. Engage your mind in thinking about the physical sensation of tiredness. Do not think of not falling asleep or how nice it would be to awake in the morning after a full night of sleep. Visualize the physical sensation of tiredness. Do your eyes droop and your mouth hang open? Do your arms feel heavy and useless? Do you feel like you're sinking into your bed and falling into darkness? Research has shown the simple act of smiling can make us feel more happy, visualizing sports events can aid athlete's performance, and so on. Put this power to use! Simply imaging 'falling' to sleep is enough to induce it. It may not work at first and might require practice. The key to success is finding the right mental state and practicing it. Pretty soon you will be falling asleep in less than 5 minutes and waking in the morning refreshed and well-rested. Other tips include making a 'worry list' early in the evening before bed to prevent preoccupation with thoughts of things you need to get done, things you are afraid you will forget by morning, and that you can tend to then. Breathe naturally and calmly. Develop a breathing pattern that relaxes you to sleep. Maintain a warm, comfortable and dark place to sleep. Adjust temperature to the perfect sleep temperature for you. Use earplugs if noises keep you awake (you must still be able to hear emergency warning systems like a fire alarm). Sleeping with a pillow between your legs can help reduce stress and/or stomach or back pain. Early evening snacks can include bananas, avocado, peanuts, almonds, figs and milk-based drinks, which all contain tryptophan, a precursor for creating melatonin. Avoid eating a large meal close to bedtime, particularly high protein food that can keep you awake because of elevated levels of tyrosine.

Health Tips



Health benefits of drinking lemon water

Warm lemon water serves as the perfect 'good morning drink,' as it encourages production of bile and aids the digestive system and makes the process of eliminating waste products from the body easier. It helps prevent constipation and diarrhea by ensuring smooth bowel functions. A glass of lemon juice contains less than 25 calories. It is a rich source of nutrients like calcium, potassium, vitamin C and pectin fiber. It also has medicinal values and antibacterial properties.

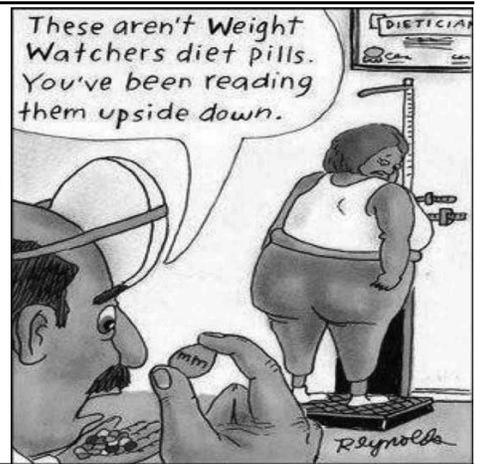
Make warm lemon water part of your daily routine, and enjoy these benefits: Boost your immune system, balance pH, flush out unwanted materials, decrease wrinkles and blemishes, relieve tooth pain, relieve respiratory problems, aids in cure of throat infections, excellent for weight loss, reduce fever, purify blood, benefits colon health, helps reduce pain and inflammation in joints and knees as it dissolves uric acid, helps cure the common cold, potassium content helps nourish the brain and nerve cells, strengthens the liver by providing energy to the liver enzymes, helps prevent growth and multiplication of pathogenic bacteria that cause infections and diseases, helps maintain the health of eyes, helps replenish body salts, especially after a strenuous workout, and is a natural energizer. It hydrates and oxygenates the body so it feels revitalized and refreshed. Lemon is also a fabulous antiseptic. It must be noted lemon can ruin the enamel on teeth, therefore, it is advised to dilute it and rinse your mouth well after drinking it. Lemon water is not to be confused with lemonade, which, though delicious and refreshing, is a sugary soft drink that does not provide nutritional and health benefits.

Limewater juice, with a high potassium content, is also a tasty drink with health benefits. It is said to work wonders for people with heart problems.



Ha! Ha! Ha!

What happened when the cat swallowed a coin? There was money in the kitty! * Why did the farmer bury his money? To make his soil rich. * What did the penny say to the \$100 bill? You're worth a lot more but you make no cents. * Why did the boy swallow three dollar bills? It was his lunch money. * When I was a kid, my teacher looked my way and said, "Name two pronouns." I looked at her and said, "Who, me?"



BASKETBALL Word Search

ZONE
BASKETBALL
BOSTON
AINGE
DRAFT
HOOP
HAVLICEK



BIRD
GARDEN
MCHALE
DRIBBLE
POINT
ALL-STAR
FINALS

SHAMROCK
COACHES
TEAM
CHAMPIONSHIP
DUNK
PLAYOFF
JOHNSON



REF
LAY UP
DEFENSE
NET
ASSIST
RIM
CELTICS



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



March 2015

Mon	Tue	Wed	Thu	Fri	S
<p>1</p> <p>2</p> <p>Foot Screenings by appt 9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA</p> 	<p>3</p> <p>S.H.I.N.E by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Writing 10:30 Ballroom Dance 12:30 pm Yoga 1 QATV TV Production 2 Healthy Eating</p>	<p>4</p> <p>S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 11 Volleyball 11 Blood Pressure 1:30 pm Computer Today is International Pancake Day</p> 	<p>5</p> <p>9 am Exercise 9 Chess (& lessons) 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 10:30 Strength Training 12:30 pm Yoga 1:30 Book Club</p> 	<p>6</p> <p>9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie</p>  <p>Don't forget to change your clock Sunday morning at 2 am</p>	<p>7</p>
<p>8</p> <p>9</p> <p>9:30 Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA</p> <p>Walking Club</p> 	<p>10</p> <p>S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 9:30 Alzheimer's Discussion 10 Writing 10:30 Ballroom Dance 10:30 Computer 12 Rotary Club Lunch 12:30 pm Yoga 1 QATV TV Production 2 Healthy Eating</p>	<p>11</p> <p>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 7 Parkinson's Support</p> 	<p>12</p> <p>9 am Exercise 9 Chess 10 Mah-jongg 10 Sing-a-long 10 Men's Discussion 10 Blood Pressure 10 Computer Class 10:30 Strength Training 12:30 pm Yoga 1 Women's Discussion 2 MBTA Passes</p>  	<p>13</p> <p>9 am ZUMBA 10 Painting w/ Acrylics 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie</p> 	<p>14</p>
<p>15</p> <p>16 Hearing Screening By appointment 9:30 Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA</p> 	<p>17 St. Patrick's Day S.H.I.N.E. Piano Lessons 9 am Exercise 10 Quilting 10 Writing 10:30 Ballroom Dance 10:30 Computer 12:30 pm Yoga 12:30 St. Patrick's Party 1 pm QATV TV Production 2 pm Healthy Eating</p> 	<p>18.</p> <p>S.H.I.N.E. 9:30 Tai Chi 10 Knitting 10 Yellow Dot 11 Volleyball 11 Blood Pressure 1:30 pm Computer</p> 	<p>19</p> <p>9 am Exercise 9 Chess (& lessons) 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 10:30 Strength Training 12:30 pm Yoga</p> 	<p>20 First Day of Spring Simple Wills by appt 9 am ZUMBA 10 Top Notch 10:30 Tai Chi 12 pm Bridge 12:30 Movie 1 Spring Fling Spring Fling</p>	<p>21</p>
<p>22</p> <p>23</p> <p>9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA 1 pm Watercolors</p> 	<p>24</p> <p>S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Writing 10 Seniors & Good Health 10:30 Ballroom Dance 12:30 pm Yoga 1 pm QATV TV Production 2 Healthy Eating</p>	<p>25</p> <p>S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 10 Sex for Seniors 11 Volleyball 11 Blood Pressure 1:30 pm Computer Feast of Annunciation</p> 	<p>26</p> <p>9 am Exercise 9 Chess (& lessons) 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 10:30 Strength Training 12:30 pm Yoga</p> 	<p>27</p> <p>9 am ZUMBA 10:30 Tai Chi 10:30 Senior Social Security Update 12 pm Bridge 12:30 Movie</p> 	<p>28</p>
<p>29</p> <p>30</p> <p>9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA 1 pm Watercolors</p> <p>Palm Sunday</p> 	<p>31</p> <p>S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Writing 10:30 Ballroom Dance 12:30 pm Yoga 1 pm QATV TV Production 2 Healthy Eating</p>	<p>1 Beach Boys 2. John Lennon 3. Tightrope Walker 4. Beards 5. Eat it- it's a potato 6. Rick's 7. Casino Royal 8. Jack (& Beanstalk) 9. Kit or Kitten 10. Cigar</p>	<p>Answers</p> <p>11. Blood 12. Napoleon Bonaparte 13. Cabbage 14. Diner's Club 15. Frankie Vallie 16. Florida 17. Considered Communists—rob the rich. 18. Eiffel Tower 19. American Indians 20. 8 Marriages</p>	<p>Please note: Calendar subject to change without notice *** Riddle Answer : letter M *** ** Our funding depends on you! Be counted and support the Kennedy Center by using your member card to register each visit.</p>	