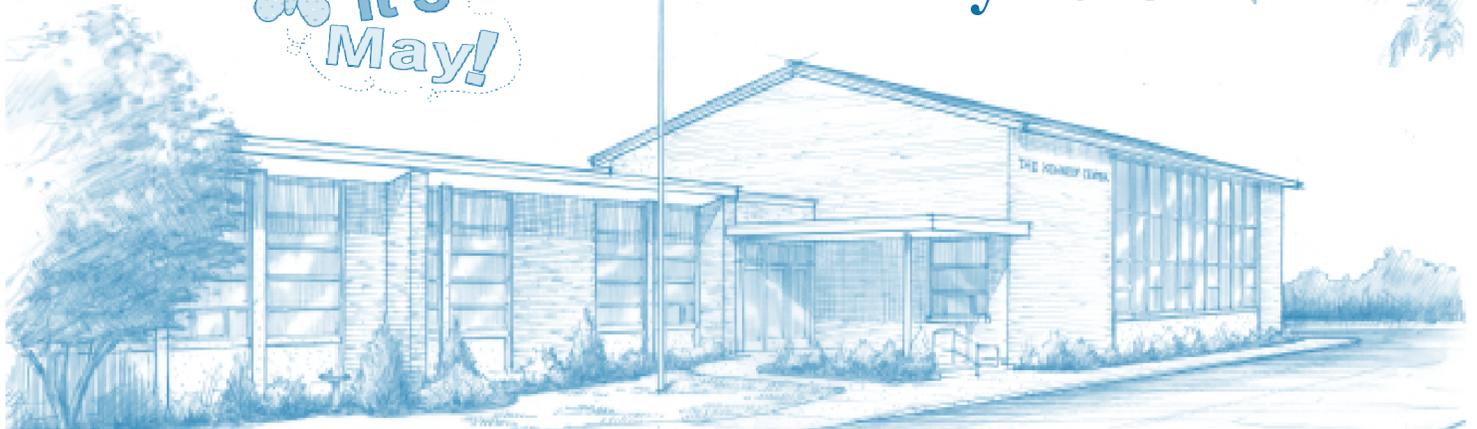


Council On Aging News



May 2015



On behalf of Mayor Tom Koch, the Kennedy Center extends best wishes to all mothers, here and in heaven, on Mother's Day and every day.



Remember - our fallen heroes. They are the reason that we are free.

Dear Friends,

The proverb 'March winds and April showers bring forth May flowers' should now be prefaced with 'February snowfalls and...' as the remarkably soggy spring soil, due mostly to the remnants of the record winter snowfalls, has quenched the thirst of the May flowers now in bloom. There *was* a silver-lining to the winter snowstorms after all.

Well, here we go... this month begins a very busy period for most of us with graduations, First Holy Communions, weddings, holidays, weekend getaways, spring cleaning, yardwork, and much more. It is hard to keep our calendars straight. I hope you are able to fit in time for socializing and activities at the Kennedy Center.

We will soon begin the 33rd Annual Quincy Senior Olympics with opening ceremonies on Monday, May 11th. In partnership with the Office of Mayor Tom Koch and the Quincy Recreation Department, the Olympics will be an enjoyable and fulfilling two weeks of fun and challenging activities. Not in great shape? Don't let that get in the way. It is most important to take part, not to win. If you are unable to participate as an Olympian, join us as a spectator. We appreciate the kind and generous local sponsors who help make the Olympic games possible, particularly Linden Ponds, a beautiful retirement community in Hingham.

Several holidays are in May. Mother's Day, on May 10th, is a day to celebrate and honor the person whose love, guidance, nurturing and influence made us who we are. Armed Forces Day is May 16th and is an important day to pay tribute to the brave men and women who serve in our armed forces. Memorial Day, the day that typically marks the unofficial start to summer, is Monday, May 25th. Please be thoughtful of our courageous servicemen and women who sacrificed while serving in the US Armed Forces.

Enjoy the May flowers and the holidays. See you at the Kennedy Center!

Sincerely,

Thomas F. Clasby, Jr.
Director



Like us on facebook!
Search us under
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



Let's go to Italy—Right here in Boston

June 6th Departing at 10:15 am



Join us for a special tour of the North End where we will enjoy Prosciutto & cheese samplings at Salumeria, visit the Paul Revere House, have a pizza lunch of Caesar salad, 3 great pizza choices and dessert at an Italian restaurant, a guided tour the Old North Church, a visit to the Colonial Chocolate Shop (including a taste), and a visit to a colonial printing office to learn from a historian about the important role of printers during the American Revolution. This trip involves walking. **Cost is \$69 per person.** Visit the Kennedy Center to reserve your spot on this great trip. Payment due at registration.



Veterans Book Club

Tue, May 19th from 2-4 pm

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

Norfolk County RSVP Volunteer Program will begin a Veterans Book Club. Books will be provided to members - veterans will receive books of interest and meet the 3rd Tuesday of each month from 2 - 4pm at the Kennedy Center to share thoughts, reflections and stories over refreshments. *Untouched Heroics, Anecdotes from the Life of a WWII Veteran* by Steven Attanasio will be provided for the first group. Call 617-376-1506 with any questions.



Cruise the Charles River

June 8th, departs Quincy at 8:30 am

Space is limited!

\$45 per person includes Kennedy Center bus transportation, Charles River sightseeing cruise with the Charles Riverboat Company, followed by lunch at the Cheesecake Factory at the Cambridgeside Galleria. Visit the Kennedy Center to reserve your spot on this great day trip! Payment is due at registration.



Gloucester Lobster Cruise

Wednesday, June 24th Departs 9:30 am



\$84 pp includes luxury Silver Fox Coach transportation, New England Lobster Bake and dessert, narrated cruise of Gloucester Harbor with jazz music and a visit to scenic, quaint Rockport for shopping and sightseeing. Return approximately 5:30 pm after a delightful day on the North Shore. Payment is due at registration. Space is limited.



A Night with Sigy Moller!

Thursday, June 25 at 7 pm at the Squantum Yacht Club



Join us at the Squantum Yacht Club on Quincy Shore Drive for a special evening of fabulous entertainment, great company, light refreshments, and cash bar. This is a night you do not want to miss! Sigy Moller and Ronnie Howe lend their voices to legends like Tom Jones, Elvis, Dean Martin, Ricky Nelson and Buddy Holly, to name just a few. Stop by the Kennedy Center to purchase your ticket for this unforgettable event. Tickets will not be available at the door. Call 617-376-1506 with questions or concerns. Tickets are \$10 per person. Payment is due at sign up.



Are you 90 or older? Let's Celebrate!

June 17th at 1:30 at the Kennedy Center



Join us in celebrating 'being 90+' at a party at the Kennedy Center. 90 is a major milestone in someone's life, well deserving of a celebration. Call the Kennedy Center at 617-376-1506 to register for this special celebration.



Quincy Firefighter Cookout

June 19th at 12:30 pm at the Kennedy Center



Quincy firefighters will prepare, cook and serve hot dogs, hamburgers, potato chips, dessert, and drinks. This popular event fills up fast! **Tickets are \$3pp.** Committed to saving lives, the Quincy Firefighters will donate the proceeds to MDA, the Muscular Dystrophy Association. Bring your appetite and your spare change. Help the firefighters 'Fill the Boot' with your spare change to benefit the MDA. Purchase your ticket at the Kennedy Center for this afternoon of fun, food, and door prizes.



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, May 13th 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 May is *The Poisonwood Bible* by Barbara Kingsolver.



Blondes vs. Brunettes Football Game to Tackle Alzheimer's

Sat., June 13th 12:30pm Kickoff

Join us at Veteran's Stadium, 850 Hancock Street, to watch women's flag football and raise money for the Alzheimer's Association, MA Chapter. Admission is **\$15 per person**. Food, souvenirs, 50/50 drawing.



Painting with Acrylics with Artist Janet Harrold

Friday, May 8th and Friday, June 12th at 10 am

Learn the principles of art in this fun, relaxing 'paint in the moment' affair. Participants leave with their creations. Enjoy light refreshments. Supplies provided to each participant. **\$15 pp, per class**. Registration req'd.



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

- May 1 Caddyshack** Nothing says spring like a golf movie. Enjoy this classic with an all star cast.
 - May 8 Crocodile Dundee** Funny things happen when this Australian native visits New York City.
 - May 15 Throw Momma From the Train** Billy Crystal and Danny DeVito are a funny team in this film.
 - May 22 With Six You Get Eggroll** Brian Keith and Doris Day will have you laughing from start to finish!
 - May 29 Four Weddings and a Funeral** Hugh Grant & Andie MacDowell star in this hilarious romantic comedy.
- Stop in the Kennedy Café for refreshments to enjoy during the movie!



Men's Discussion Group

Second Thursday of Each Month

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 held at 10 am on the second Thursday of each month. A different guest speaker is featured at each meeting. Registration is not required. Call the Center at 617-376-1506 with questions.



YMCA 3 Month Membership Raffle

Stop by the Kennedy Center to purchase a raffle ticket for a chance to win a 3 month household membership to the South Shore YMCA. Tickets are **\$1 each**. Proceeds benefit the Kennedy Center. This prize, valued at \$480, was generously donated by the South Shore YMCA to help us promote healthy living.



2015 Annual Senior Olympics

Opening Ceremonies Monday, May 11th * Closing Ceremonies Thurs, May 21st

On or after Mon, April 13th, visit the Kennedy Center, Recreation Dept or City Hall to complete a registration form to participate in the 2015 Senior Olympics. Along with competing in a variety of events, participants receive a t-shirt and attend the Awards Lunch. \$15 pp- checks payable to Quincy Recreation Department.



Yellow Dot Program

Friday, May 22nd 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 - May 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.

May 7 **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.

May 28 **Windows 8** **10am - 12pm**

New class to discuss Windows 8 designed to show you the differences between the old operating systems and the new one.

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 Letter to Veterans

Thank active duty military servicemen and women with a letter expressing your appreciation and respect for the job they do. Bring a smile to a military hero's face with a letter addressed to Operation Gratitude/Army National Guard, Attn: Angel Cuevas, 17330 Victory Boulevard, Van Nuys, CA 91406. If you want your letter to be received by a wounded warrior, mark the envelope "Wounded Warrior."



Benefits of Olive Oil Research reveals countless ways olive oil can improve your health. Two tablespoons of extra virgin olive oil daily is recommended to help you enjoy the benefits. Olive oil has been found to be effective against cancer, heart disease, oxidative stress, high blood pressure, diabetes, obesity, rheumatoid arthritis, osteoporosis, strokes, depression, skin cancer, breast cancer, and Alzheimer's Disease. More benefits are found every day. Visit oliveoiltimes.com to learn more.



One of the seniors' favorite parts of our events is the chance to win free items in a raffle. Thank you to **Hancock Street Car Wash, Balducci's, and Dina's Unisex Salon** for their generous donations of gift cards for our event raffles. Thank you to the **South Shore YMCA** for their kind and generous donation of a 3 month household membership for a special raffle at the Kennedy Center to promote healthy living. Thank you to **Al and Kathy Cameron, Jack and Peg Kelly, Kathy Gould, Terry McCarthy, Marguerite McCormack, Loretta Borneo, and Ed Spring** for their help with the Spring Fling. The event was a huge success because of their efforts! Thank you to **Carol Lydon** of our Transportation Department and volunteer **Jack Kelly** for helping in the office when we were short-staffed. Thank you to **Grace Buscher and Elizabeth Gearin** for their hard work assisting elders with MBTA senior passes. Thank you to Social Security Representative **Kristen Alberino** for conducting a Social Security Access workshop and assisting members with account set up. Thank you to **Jim Stamos** of Squantum for his kind donation of player piano music rolls for our members to enjoy. Thank you to the Quincy Police Crime Prevention Unit for conducting a 2 day self defense course for seniors at the Kennedy Center. Special thanks to the self defense instructors **Lt. Dan Minton, Sgt. Patrick Buonaugurio, and Officers Kristin Bowes, Lauren Lambert, Matt Miller and Lisa Devane**. Thank you to the **Friends of the Kennedy Center** for hosting a fun opening day party at the Kennedy Center for the Red Sox home-opener. Members enjoyed great food, prizes and a fantastic win! Thank you to **Caryn Smith** of **Caryn's Corner** for hosting a fashion show at the Kennedy Center. Our members were delighted to view the beautiful, stylish and comfortable clothing and accessories available at Caryn's Corner.

Be sure to check out our many photo albums and videos on facebook. Look us up under 'Quincy Council on Aging.'



Irish step dancers from Brady Academy



JC & Loretta Borneo enjoying a traditional Irish lunch.



Charlie & Freida O'Brien enjoying the party!



Photographs from the St. Patrick's Party



1. Which order of monks are famous for their silence?
2. If a doctor says you have singultus, what have you got?
3. Which city has the world's busiest McDonalds?
4. In *Happy Days*, what is Fonzi's dog's name?
5. 150 years ago, what job was so dangerous only orphans were encouraged to apply?
6. Which TV detective kept his gun in a biscuit jar?
7. Released in 1908, what was the first ever horror film?
8. On what series did a can of Orange Crush appear in every episode?
9. What did Leonardo da Vinci, Winston Churchill, Einstein, Edison and General George Patton have in common?
10. Who was the only player to pinch hit for baseball great Ted Williams?
11. What was the name of the charter boat shipwrecked on Gilligan's Island?
12. What was the name of Lone Ranger's horse from *The Lone Ranger* (49-54)?
13. Who was the first baseball player to have his number retired?
14. What NBA Hall of Famer holds the Celtics record for most points scored?
15. What Red Sox pitcher recorded the most strikeouts in one season?
16. The 1970s TV show *Laverne & Shirley* took place in which US city?
17. Debby Boone sang what #1 song of the 70's?
18. Which Soap Opera first aired on CBS in 1956?
19. Name the main characters on *Golden Girls*?
20. Who was Steve McQueen's karate teacher—later an actor?



Answers can be found on calendar



Do you suffer from seasonal allergies? Take a look at the dairy in your diet. Dairy products like milk, cheese, yogurt and ice cream may be making your allergy symptoms worse. Many allergy sufferers swear eliminating or reducing dairy intake, particularly during allergy season, cured or improved their sinus problems. Try eliminating dairy for 1 - 2 weeks to see if your symptoms improve.



Kennedy Center: Arriving early to a Kennedy Center event does not guarantee a better seat. Many members complained they stood for long periods of time and were not allowed early entry to recent events. **Doors do not open until the time of the event. * Be kind.** It is **never ok** to gossip or be unkind to others at the Center. *** If you have a complaint,** see staff. *** Always treat our staff** in a respectful manner. Anything less will not be tolerated. Thank you for your cooperation and understanding.



Are you registered to vote? You must be a US citizen, resident of Massachusetts, 18+ yrs old, and not incarcerated to register to vote in Quincy. Call 617-727-2828 to obtain a registration form. Mail or drop completed form to City Hall. You must re-register if your residence changes to remain eligible to vote.



This is a **Beginner** Level Puzzle.

Exercise Your Brain!



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



Numbers & Letters: Stephen King received **30** rejection **letters** for his **1st** novel, *Carrie*. Legend has it he nailed the **letters** under his bed. * US children send more than **1,000,000 letters** to Santa Claus each year. * Each week, the White House receives **65,000 letters, 100,000** emails and **1,000** faxes. * According to the USPS, there has been a **20%** drop in **letters** mailed since **2007** (likely due to email). * During WWII, JFK's boat was rammed by a Japanese destroyer and stranded in the Solomon Islands. He wrote the **letters** SOS on a coconut shell, which led to his rescue. * **Numbers 1-999** do not contain the **letter 'a'** - the **letter 'a'** does not appear in a number until **1,000** thousand. * If you have **3** quarters, **4** dimes and **4** pennies, you have **\$1.19**. You also have the largest amount of money in coins without being able to make change for a dollar. * The **57** on Heinz ketchup bottles represents the number of varieties of pickles the company once had. * **11** Empire State Buildings stacked tall would measure the deepest point of the Gulf of Mexico. * **1** in **5,000** north Atlantic lobsters are born blue. * The international telephone code for Antarctica is **672**. * The **letters** in the word 'stressed' spelled backwards is 'desserts' (commonly used to deal with stress). * The largest number of children born to one woman is said to be **69**. From **1725-1765**, Russian peasant Valentina Vassilyeva gave birth to **16** sets of twins, **7** sets of triplets and **4** sets of quadruplets. Her husband had **18** more with his **2nd** wife, for a total of **87** * **Letters** were dropped from "God be with you" to form "Goodbye." * If Barbie were real, her measurements would be **39-21-33**. * The most common **letter** in English is 'e.' * Only **2** English words end in the **letters 'gry'** - angry and hungry. * The word 'bookkeeper' is the only unhyphenated English word with **3** consecutive double **letters**. * More English words begin with the **letter 's'** than any other **letter**. * The word 'alphabet' comes from the **1st 2 letters** of the Greek alphabet : alpha beta.



Spring Planting or Home Projects? Planning to do some spring planting or outdoor home improvement projects? Call 811 or visit www.call811.com before starting your project. It's free and it is the law! Dig Safe will notify utility companies to place warning markers near wires, pipes and cables so you know what areas to avoid. The depth of utility lines varies and there may be multiple utility lines in a common area. Digging without calling can disrupt service or harm you and those around you.

After reading the the sentence. You are now aware that the the human brain often does not inform you that the the word "the" has been repeated twice every time.

When you first read this, did you notice 'the' was repeated? Or the grammatical and spelling errors? Most don't and still understand the meaning of the sentence. Isn't the mind amazing?

REBUS PUZZLES - Exercise your brain!
Answers on calendar

1. O _ER_ T _O_ : It's not a surgery	5. R O ROADS D S
2. What does this say in English? $\sqrt{-1} 2^3 \sum \pi$	6. talk
3. NME NME NME NME NME NME NME I am NME NME NME NME NME NME NME	7. important = important
4. A4ID	8. U R Y Y 4 Me
	9. <u>LEM</u> ADE

Boost your Metabolism! Metabolism slows with age. Want to boost your metabolism safely and naturally? A hearty, healthy breakfast each morning jump starts metabolism. Keep it soaring by eating the right foods. Beans rich in fiber and resistant starch increases fat metabolism. Drink lots of water - hydration increases cell metabolism. Eat peppers and spicy foods - they contain the chemical capsaicin which increases metabolism. Eat iron-rich foods - iron carries oxygen to your cells and raises metabolic rates. Include high protein foods in your diet- protein is needed to maintain lean muscle. Try to eat organic food, as toxins interfere with metabolic rates. Drink coffee or tea - caffeine revs your metabolism by 12%. Consume more vitamin D, essential for preserving metabolism-revving muscle tissue. Drink milk, as calcium deficiency slows metabolism. Get enough exercise. Walking is great exercise. When you can, stand rather than sit and take the stairs instead of the elevator. And, of course, get adequate sleep each night!

Happy Birthday Happy birthday to **Tom Clasby, Jr.**, who will celebrate his birthday on **May 17th!**

Routine preventive care for adults 65+

Breast exam/mammogram should be done annually through age 75, particularly for those at high risk.

Cervical Cancer/Pap Test and Pelvic Exam) Every one to 3 years at clinician discretion.

Colorectal Cancer Colonoscopy at age 50, then every 10 years (or more often based on clinician discretion).

Colonoscopies can prevent many cancers if colon polyps are found and removed. Some think if they don't have symptoms they don't need to be screened. That is not true. Talk to your doctor. He may recommend a home test.

Prostate Cancer PSA screening at clinician discretion.

Skin Cancer exams annually or more at dermatologist's discretion.

Hypertension checked at every acute/non-acute medical encounter and at least once a year.

Cholesterol screened at least every 5 yrs with fasting (total LDL, and HDL cholesterol and triglycerides).

Diabetes Type 2 should be checked for every 3 years after 50 and every 2 years after 65 (more if risk factors).

Tuberculosis testing for all at high risk, incl contact with TB patient, new to US, drug user, health care worker, etc.

Hepatitis C screening recommended if born between 1945-65 regardless of risk, as well as for all at high risk.

Eye exams/Glaucoma should be screened at least every 2-4 years.

Measles, Mumps, Rubella (MMR) If you were vaccinated, more doses may be necessary based on risk factors.

Varicella (Chickenpox) Two doses 4-8 weeks apart if not previously immunized and no history of having had Chickenpox or shingles, or if at high risk.

Shingles vaccine should be given to anyone who has had Chickenpox.

Influenza vaccine should be given annually for all ages.

Pneumococcal should be given once after age 65, even if vaccinated before age 65.

Hepatitis A and B should be given if at high risk or not previously immunized.

Herpes Zoster immunization should be given for all adults over 60.

Meningococcal MPSV4 Vaccine should be given for those at high risk.

Periodic screenings and counseling as needed for depression/suicide, alcohol/substance abuse, tobacco, diet/nutrition, obesity, physical activity, infectious diseases, safety/injury, violence prevention, cardiovascular disease, dementia/cognitive impairment, and more. Talk to your doctor to find out what you need and when.

Health Tips

ACT FAST TO SPOT STROKES

Strokes occur when the blood flow to the brain is interrupted for any reason. Without the oxygen the blood carries to the brain, the brain cells cannot function. Even a brief cutoff of oxygen can cause lasting damage to the brain.

Ischemic stroke, the most common type, occurs when plaque builds up inside the artery walls and restricts blood flow. Commonly referred to as hardening of the arteries, the medical term for this is 'atherosclerosis.' If plaque breaks away, a clot forms and can block blood flow. **Hemorrhagic stroke** results from rupture of weakened blood vessels in the brain. Blood leaks causing swelling and pressure, cutting off blood flow to the brain. Strokes happen quickly. Spotting stroke signs and symptoms and getting medical treatment quickly can reduce the severity of a stroke and potentially save your life. Stroke symptoms : Remember the acronym **F A S T**

Face drooping

Arm weakness

Speech difficulty

Time to call 911

Ask the person to smile. Does one side droop?

Ask person to raise his/her arms. Does one hang lower?

Does person's speech sound labored or slurred?

Time is crucial. Call 911 immediately, even if symptoms disappear

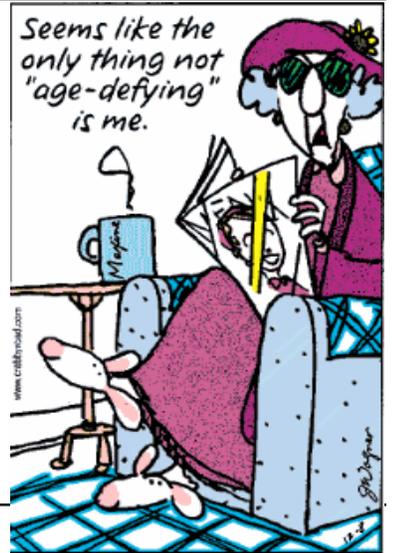


Face or arm weakness on only one side is usually the biggest stroke warning sign. Others include sudden confusion, agitation or delirium, sudden loss of vision that can range from blurred to total loss of vision in one or both eyes; problems with balance, coordination, or apparent dizziness; sudden severe headache. Certain symptoms are common in women, including fainting, nausea, hallucination, difficulty breathing, hiccups, pain, and seizures. Stroke risk factors include high blood pressure, high LDL cholesterol, low HDL cholesterol, obesity, and diabetes. Smoking and being sedentary are also on the list. Some stroke factors cannot be controlled, such as aging, race, gender, and family history. However, you can reduce risk by eating a healthy diet, get 30 min of physical activity each day, work with health your care provider to keep high blood pressure under control, lose weight and quit smoking. Visit www.americanstroke.org or www.strokeassociation.org for more information on stroke awareness.



Ha! Ha! Ha!

An elderly woman had just returned from an evening at church when she was startled by an intruder. As she caught the man in the act of rummaging through her valuables, she yelled, "STOP! Acts 2:38" (Scripture: repent and be baptized, in the name of the Lord, so that your sins may be forgiven). The burglar stopped in his tracks. The woman calmly called the police and explained what she had done. As the officer cuffed the man to take him in, he asked the burglar, "Why did you just stand there? All she did was yell scripture at you." "Scripture?" replied the burglar, "She said she had an AXE and two 38's."



Word Search

AIR FORCE
 ANTHEM
 ARMY
 AMERICA
 BANNER
 CELEBRATE
 COAST GUARD



COURAGE
 DECLARATION
 DEFENSE
 DEDICATION
 FLAG
 GLORY
 HERO

LEADERSHIP
 LIBERTY
 LOYAL
 MARINES
 MILITARY
 MEMORIAL
 NATION



NAVY
 PATRIOT
 SACRIFICE
 SOLDIER
 STARS
 STRIPES
 VETERAN

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



May 2015

Mon	Tue	Wed	Thu	Fri	S																																																																																	
<p><i>You grow up the day you have your first real laugh - at yourself.</i> —Ethel Barrymore</p> <p>Rebus Puzzle Answers: 1. Painless Operation 2. 'I ate some pie' 3. I am surrounded by enemies. 4. Foreign Aid 5. Crossroads 6. Small talk 7. Equally important 8. You are too wise for me 9. Lemonade</p>	<table border="1"> <tr><td>2</td><td>9</td><td>5</td><td>4</td><td>8</td><td>7</td><td>3</td><td>1</td><td>6</td></tr> <tr><td>1</td><td>4</td><td>8</td><td>6</td><td>3</td><td>5</td><td>7</td><td>9</td><td>2</td></tr> <tr><td>7</td><td>6</td><td>3</td><td>1</td><td>2</td><td>9</td><td>5</td><td>4</td><td>8</td></tr> <tr><td>8</td><td>5</td><td>6</td><td>7</td><td>9</td><td>3</td><td>1</td><td>2</td><td>4</td></tr> <tr><td>9</td><td>1</td><td>2</td><td>5</td><td>4</td><td>6</td><td>8</td><td>7</td><td>3</td></tr> <tr><td>3</td><td>7</td><td>4</td><td>8</td><td>1</td><td>2</td><td>6</td><td>5</td><td>9</td></tr> <tr><td>6</td><td>2</td><td>7</td><td>9</td><td>5</td><td>8</td><td>4</td><td>3</td><td>1</td></tr> <tr><td>4</td><td>8</td><td>9</td><td>3</td><td>7</td><td>1</td><td>2</td><td>6</td><td>5</td></tr> <tr><td>5</td><td>3</td><td>1</td><td>2</td><td>6</td><td>4</td><td>9</td><td>8</td><td>7</td></tr> </table> <p>Sudoku Answers</p>	2	9	5	4	8	7	3	1	6	1	4	8	6	3	5	7	9	2	7	6	3	1	2	9	5	4	8	8	5	6	7	9	3	1	2	4	9	1	2	5	4	6	8	7	3	3	7	4	8	1	2	6	5	9	6	2	7	9	5	8	4	3	1	4	8	9	3	7	1	2	6	5	5	3	1	2	6	4	9	8	7	<p>Answers</p> <ol style="list-style-type: none"> 1. Trappist 2. Hiccups 3. Moscow 4. Spunky 5. Pony Express 6. Jim Rockford - Rockford Files 7. Dr. Jeckyll & Mr. Hyde 8. ER 9. They had Dyslexia 10. Outfielder Carrol Hardy, in 1960 	<p>Answers</p> <ol style="list-style-type: none"> 11. S. S. Minnow 12. Silver 13. Lou Gehrig 14. John Havilcek, 26,395 points 15. Pedro Martinez 16. Milwaukee 17. You Light Up My Life 18. <i>As the World Turns</i> 19. Sophia, Dorothy, Blanche and Rose 20. Chuck Norris 	<p>1 10 am Senior Health, Wellness & Safety Fair 12 pm Bridge 12:30 Free Movie <i>'Caddyshack'</i></p> <p>FREE! HEALTH & WELLNESS FAIR</p>	<p>2</p>
2	9	5	4	8	7	3	1	6																																																																														
1	4	8	6	3	5	7	9	2																																																																														
7	6	3	1	2	9	5	4	8																																																																														
8	5	6	7	9	3	1	2	4																																																																														
9	1	2	5	4	6	8	7	3																																																																														
3	7	4	8	1	2	6	5	9																																																																														
6	2	7	9	5	8	4	3	1																																																																														
4	8	9	3	7	1	2	6	5																																																																														
5	3	1	2	6	4	9	8	7																																																																														
<p>3</p> <p>4 Foot Screening by appt 9:30 Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA</p>	<p>5 Cinco De Mayo</p> <p>S.H.I.N.E. by appt Piano Lessons 9 am Exercise 10 Quilting 10 Writing 10 My Life, My Health 10 Ballroom Dance 10:30 Computer 12:30 pm Yoga</p>	<p>6</p> <p>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>7</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 pm Book Club</p>	<p>8 9 am ZUMBA 10 Painting with Acrylics 10:30 Tai Chi 12 pm Bridge 12 High Tea 12:30 Free Movie <i>Crocodile Dundee</i></p>	<p>9</p>																																																																																	
<p>10</p> <p>11 9:30 Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA 6 Senior Olympics Opening Ceremony</p> <p>Mother's Day</p>	<p>12</p> <p>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</p>	<p>13</p> <p>Foxwoods (pre-reg) S.H.I.N.E. 9:30 Tai Chi 10 Knitting 11 Volleyball 11 Blood Pressure 1:30 pm Computer</p>	<p>14</p> <p>9 am Exercise 9 Chess (& lessons) 10 Men's Discussion 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 10:30 Strength Training 12:30 pm Yoga 1:30 Women's Discussion</p>	<p>15 Simple Wills by appt 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie <i>Throw Momma from the Train</i></p> <p>Armed Forces Day</p>	<p>16</p>																																																																																	
<p>17</p> <p>18 9:30am Walking Club 10 Line Dancing 10 Art with Mike 11 Scrabble 11:45 ZUMBA</p>	<p>19 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 1:30 Healthy Eating 2 Veteran's Book Club</p>	<p>20 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>21</p> <p>9 am Chess & lessons 9 Exercise 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 10:30 Strength Training 12:30 pm Yoga</p>	<p>22 9 am ZUMBA 10 Yellow Dot 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie <i>With Six You Get Eggroll</i></p>	<p>23</p>																																																																																	
<p>24</p> <p>25 Kennedy Center Closed for Memorial Day</p>	<p>26 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>27</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</p>	<p>28</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>29 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie <i>Four Weddings & a Funeral</i></p>	<p>30</p>																																																																																	
<p>31</p> <p>Please note: Calendar subject to change without notice</p>	<p> All gave some... Some gave all. Remember them this Memorial Day.</p>	<p>Aspire to inspire before you expire.</p>	<p>Every day may not be good... but there is something good in every day.</p>	<p>31</p>																																																																																		