

Kennedy Center News



November 2015



This holiday season, while you reflect on all you have to be thankful for, please take a moment to think of and pray for American veterans and our brave servicemen and women currently serving our country here and overseas. In the words of French philosopher Michel de Montaigne, "Valor is stability, not of legs and arms, but of courage and the soul."

On behalf of Mayor Tom Koch and all of us at the Kennedy Center, God bless our veterans and servicemen and women and best wishes for a happy and healthy Thanksgiving.



VETERANS DAY

Dear Friends,

I hope you have had the opportunity to enjoy the crisp Fall weather and the beautiful, colorful foliage. It is my sincere pleasure to share the season of Thanksgiving with you at the Kennedy Center.

In the spirit of Thanksgiving, please allow me to take this opportunity to thank some special people who have been very supportive of the Kennedy Center. Thank you to the Quincy Council on Aging Board, staff, volunteers and Friends of the Kennedy Center for their commitment to the mission and purpose of the Council on Aging. Thank you to all our kind donors for their incredible contributions, big and small. Thank you to Mayor Tom Koch, the Quincy City Council and Quincy's legislative delegation for their continued support and generosity. Their support allows the Kennedy Center to respond effectively to the needs of Quincy seniors. Special thanks to all of you, our valued members. We appreciate all you do to make our Center the special place it is.

Most importantly, thank you to American veterans and their families for their sacrifices and bravery in protecting the freedoms we enjoy. In honor of all American veterans of all wars and times of peace - on the 11th day of the 11th month and every day - thank you for your service, heroism and courage.

While this is a very busy time of year with the holidays approaching, I urge you to learn more about and share with friends the vast menu of activities, upcoming events and educational programs offered at and by the Kennedy Center. We are passionate about our mission to help you face the challenges of aging and caregiving by providing informative and enjoyable workshops, activities and events. Most activities are free of charge, and those that are not are affordably priced.

I encourage each of you to exercise your right to vote on November 3, 2015. Polls open at 7am and remain open until 8pm. If you are unsure of your polling place, visit quincyma.gov/government/cityclerk/pollingplaces.cfm or call 617-376-1130.

Best wishes for a happy, healthy and blessed Thanksgiving with family and friends.

Sincerely,

Thomas F. Clasby, Jr.
Director



For timely information, topics of interest, announcements and more, be sure to like us on facebook! Search us under Quincy Council on Aging



KENNEDY CENTER

Kennedy Center
440 East Squantum Street
Quincy, MA 02171
617-376-1506

www.quincyma.gov/government/elderserv
Hours : Monday - Friday 8:30 a.m.- 4:30 pm



Protecting Your Assets

November 18th 10am –12pm

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



Christmas Party

December 18th at 1 pm

\$7 per person

Join us to celebrate the spirit of Christmas with friends at the Kennedy Center. Enjoy great Christmas entertainment, lunch and raffles. Space is limited. Stop by the Kennedy Center to purchase your ticket.



Fall Prevention

November 10th at 10 am

Join Lisa Leak of the Atrium and Batt DeWale of Bayada Home Care for a question and answer workshop on fall Prevention, memory care and long term assisted living. Refreshments and handouts provided.

The Atrium
at Faxon Woods



New Year's Eve Party at the Sons of Italy, Quarry Street, Quincy Thursday, December 31st at 12 pm DJ Mark McGillicuddy



Join us for great entertainment, a delicious catered dinner served on China, cash bar, DJ Mark McGillicuddy, dancing, free raffles, hats and blow horns! Visit the Kennedy Center to reserve your seat to kick off 2016 with us! **\$35 per person due at registration**



Friends of the Kennedy Center Holiday Shopping Sale At the Kennedy Center December 6th 10 am - 3 pm



Complete your holiday shopping in one day and support the Friends of the Kennedy Center! Join us for a unique shopping experience at the Friends of the Kennedy Center Holiday Shopping extravaganza at the Kennedy Center! Over 20 local vendors will be here with a wide selection of wonderful items to purchase. This will be the premiere shopping event in the city! Admission is free. Proceeds from this event benefit the Friends of the Kennedy Center. The Kennedy Center is grateful for the support of the Friends of the Kennedy Center and the partnership with the participating vendors for this special event. Registration is not required. Call 617-376-1506 for more information.



State House Tour with Senator John Keenan November 10th Departure time to be announced

A member of Senator John Keenan's staff will provide a thorough and informative tour of the Massachusetts State House in Boston, followed by a photograph with Senator Keenan at the foot of the Grand Staircase. Lunch is on your own and at your own expense. Space is limited. This will fill up fast. Please call 617-376-1506 for more information and to register.



Cedar Grove Gardens November 18th at 1pm \$10 per person

Join Richard O'Mara from Cedar Grove Gardens for a class on how to make beautiful and unusual arrangements. Floral arrangements will be raffled at the end of the class. Call 617-376-1506 for more information. Space is limited. Registration is required. Payment is due at registration.





The Kennedy Center Book Club is a friendly, welcoming group that meets the **first Thursday** each month at 1:30 pm for stimulating conversation in a comfortable environment. The book for **November 5th** is "The Advocate" by Teresa Burrell, and the book for **December 3rd** is "Leaving Time" by Jodi Picoult.



Norfolk County Sheriff's Office Triad Programs

Friday, November 20 at 10 am

Yellow Dot and Secondary I.D. are just two programs offered through the NCSO Triad. Yellow Dot aids elder crash victims and emergency responders. Joe Canavan from Sheriff Michael Bellotti's office will explain program, take photos, provide decals and assist in completing envelopes. **Secondary I.D.** provides a secondary ID for use as convenient form of photo ID. Driver's license, US passport or RMV photo ID required. Register at 617-376-1506.



Parkinson's Support Group is held the **2nd Wednesday** of each month at the Ward 4 Community Center, 100 Brooks Ave, at 7 pm to discuss Parkinson's. Call Brian 617-770-2090 for information.

The Kennedy Center Library is a victim of its own success. We asked for used and new books to stock our library shelves and received an overwhelming response from our generous members and friends. We are now unable to accept book donations due to lack of shelf space. We will, however, accept new, current books, as they tend to not remain on the book shelf long.

There are a number of organizations that will gladly accept book donations, including the Salvation Army, Goodwill, public library, thrift stores, Reading Tree (visit www.readingtree.org for location near you), Books for Soldiers (visit booksforsoldiers.com/donate_to_the_soldiers/) Books for Africa (visit www.booksforafrica.org) Books to Prisoners (visit www.bookstoprisoners.net), Books Through Bars (www.booksthroughbars.org), Habitat for Humanity, and Better World Books (visit www.ala.org). It is best to check the charity's book donation policies before donating. Thank you for your generosity and cooperation.



Our Deepest Sympathy

We at the Kennedy Center are saddened to learn of the passing of member and volunteer **Caroline O'Neil** who recently died after a battle with cancer. A member of the Knitting Group and volunteer nurse at the Center for several years, Caroline enjoyed participating in activities and events, particularly the Annual High Tea where she proudly donned a Queen's crown each year. Caroline dedicated her Thursday mornings to taking and monitoring Council on Aging members' blood pressures at the Kennedy Center. She will be sorely missed for her pleasantness, leadership, volunteer service and her many contributions to the quality of life of our members. Caroline will be remembered in the hearts of all she touched. We extend our heartfelt sympathies to her family and friends.

**CHRISTMAS
PARADE**

2015 Annual Quincy Christmas Parade

Sunday, November 29th at 12:30pm

Christmas Through the
Eyes of a **Child**

Show your support for the Quincy Council on Aging by attending the annual Quincy Christmas Parade. The theme for the parade this year is "Christmas Through the Eyes of a Child." We at the Kennedy Center are excited to announce the Council on Aging will have a float in the parade. We hope you are able to attend and cheer for our float as it passes by.



Travel-sized toiletries to spare? Save hotel shampoos, toothpastes? Donate to Operation Gratitude, a nonprofit that will ship them to troops. Mail items to Operation Gratitude/CA Army Nat'l Guard, 17330 Victory Blvd, Van Nuys, CA 91406, Attn: Angel Cuevas. Visit OperationGratitude.com.



Free Movies at the Kennedy Center

Every Friday at 12:30pm



November 6 *An Affair to Remember* Poignant, humorous love story starring Cary Grant & Deborah Kerr
November 13 *Breakfast at Tiffanys* Romantic comedy about young socialite played by Audrey Hepburn.
November 20 *Sabrina* Romantic comedy with Humphrey Bogart, Audrey Hepburn & William Holden
 Be sure to visit the Kennedy Café for refreshments to enjoy during the movie.

We are thankful
for classics
movies at the
Kennedy Center

**SO VERY
THANKFUL**



Computer Classes - November 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.

- | | | |
|---|--------------------------|------------------|
| November 5 | MAC Computer | 10am-12pm |
| Class concentrates exclusively on Mac, including how it works, using email, internet and more. Bring your Mac to class if you have one. | | |
| November 12 | Windows 10 | 10am-12pm |
| A class to discuss the new Microsoft operating system—Windows 10. Learn the difference between the old and new, shortcuts and special keys and more | | |
| November 19 | How to Buy Online | 10am-12pm |
| This class is designed to show people the best ways to purchase over the internet, including ordering, paying, tracking, receiving and returning. | | |
- Seniors are often intimidated by new technology, join Grace for beginner computer classes at the Kennedy Center—stimulate your mind and learn about how to work a computer and navigate the internet. 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 **Stop & Shop Headquarters in Quincy** for their generous donation of reusable, cloth, shopping bags for our members. Thank you to **Celtic Angels in Weymouth** for their generous donation to the Kennedy Center. Thank you to **Fratelli's Bakery, Fuji Restaurants at Kendall, at Assembly and Quincy, B Café, Bistro Chi and Yocha** for their very generous donations of gift certificates for QCOA members to win in raffles at Kennedy Center events. Thank you to Kennedy Center member **Ena Crowe** for her donation of a comforter to help raise money for the Friends of the Kennedy Center. Thank you to **Caryn Smith of Caryn's Corner and the Friends of the Kennedy Center** for sharing her fashion expertise with our members at the Caryn's Corner Fall Fashion Show. Thank you to Oktoberfest volunteers **Kathy and Al Cameron, Jack and Peg Kelly and Ed Spring** for their hard work to make the event a huge success. Thank you to **Sandy Angles** for her very kind and generous donation of a sewing machine to the Kennedy Center Quilting Group. Thank you to **Mary Parisi** for her substantial donation of yarn for the knitting group. Thank you to **Tony and Grace Caprigno** for their donation of DVDs for Free Movie Fridays. Thank you to **Mayor Tom Koch** for all he does to enrich the lives of Quincy seniors, particularly his annual Thanksgiving Dinner at the Elks in Quincy.



The Kennedy Center collects non-perishable food donations for Quincy Food Pantries. Collection bins are located in the administrative office. It is important to check expiration dates on all donations. Some items may have a shorter shelf life than expected. All donations large and small are appreciated.

CELTIC ANGELS INC.
Personalized Home Health Care Agency

1-781-331-0062

Celtic Angels of 231 Washington Street, Weymouth, provides personalized home health care services for the elderly in the South Shore and Boston area. The Quincy Council on Aging is grateful for their generous support of the Kennedy Center.



Photo on left
Mayor Tom Koch, Norfolk County RSVP Director Robert Pierson, RSVP Volunteer Coordinator Cris Goldsmith and Quincy Veteran's Director George Nicholson standing behind the very talented and thoughtful Kennedy Center Knitting Group. This talented group of women created beautiful lap blankets to be donated to disabled American veterans.

Our photos and videos are on facebook. Look for us under 'Quincy Council on Aging.' Not on facebook? Sign up for a computer class at the Kennedy Center with Grace Buscher and become a computer and social network whiz! Register at 617-376-1506.





Fun With Words

: Did you know “listen” and “silent” use the same letters? The words “race car” spelled backwards still spells “race car.” And “eat” is the only word that, if you take the first letter and move it to the last, it spells its past tense “ate.” Notice anything strange about the following sentences? It is *simply impossible* to find *seriously funny* oxymorons unless you pay close attention. The *only choice* is to ask one of those *paid volunteers* at the library for an *original copy* of some *obviously obscure*

documents that were *found missing*. The sentences make some sense, yet are riddled with contradictions. Here are more oxymorons: jumbo shrimp, same difference, pretty ugly, definite maybe, unbiased opinion, plastic glasses, deafening silence, act naturally, alone together, larger half, taped live, and near miss.

Don't hibernate : Stay active this fall.

It is never difficult to think of reasons to abandon your activity routine. This is especially true during the fall and winter months when the temperatures drop, the sky turns dark and



the wind seems to push you back indoors to the warmth of your couch. To remain healthy, it is important to incorporate exercise into your everyday routine, no matter the weather. The advantages of regular exercise are too great to be put on hold when workouts become inconvenient, even in cold weather. As you get older, staying active is more important than ever. Research shows regular exercise can help ward off strokes, falls, incontinence and Alzheimer's Disease, among many other benefits. During the fall, dress in layers and take in the cool, crisp autumn air with as many outdoor activities you can. Even just ten minutes of daily sun and vitamin D can help you stay healthy. When your backyard is the Atlantic Ocean and you are surrounded by nature's beauty, you should get out

and enjoy it. At your own pace, try a nice walk on Wollaston Beach, a hike to Squaw Rock, a stroll on the boardwalk at Marina Bay, a hike at the Blue Hills, a swim at Orchard Beach, or walk your dog at Squantum Point Park. When the temps are too cold to be outside, stop by the Kennedy Center to participate in one of the many activities we offer, visit the mall to do some walking laps (be sure to leave your wallet at home!) or join a health club close to home. Everything counts - from vacuuming the house to dusting, staying active will help you stay fit.

Sign Ups

Kennedy Center Event Sign Ups

: On days when large events are taking place in the Kennedy Center gym, the administrative office will be closed for sign ups until after the event is over. It is necessary to be prepared at the time of sign ups; know the events you wish to sign up for prior to coming to the administrative counter. For events that require tickets, it is your responsibility to stop by the Center to pick up your ticket. Aside from overnight trips that have payment plan options, events that require payment must be paid at registration. We appreciate your cooperation and look forward to seeing you.



This is a **Beginner** Level Puzzle.

Exercise Your Brain!



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

Sudoku

Use your logic to find the correct number for each square. When finished, all nine rows across, all nine columns down and all nine 3 by 3 boxes must contain all nine numbers, 1 through 9, with no repeats.

Level: Beginner
Good luck!!

**DID YOU
KNOW...**

President Franklin D. Roosevelt was first to establish Thanksgiving as a legal national holiday to be held the 4th Thursday in November. He moved Thanksgiving up one week to help stimulate the Christmas shopping economy. * Butterball recommends you thaw a wrapped turkey in the fridge one day per 4 lbs. Butterball also says to cover the breast and top of drumsticks with foil when it is 2/3 cooked so those parts are not overcooked. It is best to place the thermometer in the thigh of the turkey. Once the turkey is done, you should let it stand 15 minutes before serving to let the stuffing cool before you take it out. * Gimbel's was the first department store to hold a Thanksgiving parade. * The Wampanoag Indian tribe were invited to the Thanksgiving feast. Their chief was Massasoit. * 102 pilgrims came over on the Mayflower. Christopher Jones captained the ship. * The voyage from England took 66 days. * Of the original 102 pilgrims, only 50 survived to celebrate Thanksgiving. * Every year the President of the United States pardons a turkey and it goes to a public farm called Frying Pan Park in Herndon, VA. President Harry Truman was the first president to do it in 1947. * The first Thanksgiving in 1621 lasted 3 days. * Felix the Cat was the first balloon in the 1927 Macy's Thanksgiving Day Parade. * Historians have proven pilgrims really did not wear those funny hats and buckles on their shoes. No one knows how that became the legendary 'uniform' for pilgrims. * Thanksgiving became a national holiday thanks to Sarah Hale, an editor of a woman's magazine called "The Godey's Lady's Book," who wrote letters to Congress for years to establish Thanksgiving. * The word turkey came from the Hebrew word "Tukki" which means 'big bird' or 'pheasant bird.' * The wishbone from the turkey is saved and snapped as a superstitious good luck custom. * Captain John Smith founded Jamestown, Virginia. * On December 11th each year, the town of Plymouth celebrates Forefather's Day in honor of the people who founded Plymouth colony .

1. What date did Lou Gehrig hit four home runs in a single game?
2. Who said, "Chop your own wood and it will warm you twice?"
3. Is a 'natterjack' a fish, a toad or a cookie?
4. How many wives did Henry the Eighth have?
5. Who said, "Vini, vidi, vici" and what does it mean?
6. What is the name of the famous big clock in London?
7. How many eyes are there on a pack of 52 cards?
8. What is the smallest type of tree in the world?
9. What did the seven dwarfs do for a job?
10. What feast day is celebrated on February 1st?
11. In 1951, which film was shot in Cong. County Mayo?
12. Which Irish Saint is said to have discovered America a thousand years before Columbus?
13. What is the northern most county in Ireland?
14. What American city was originally named Shawmut by local Native Americans?
15. What Bruins player was gifted the old Boston Garden penalty box when construction on the new Garden began?
16. Which colonial rebel and brewer led the Boston Tea Party?
17. When did "little Suzie" finally wake up?
18. Did the flying purple people eater have one, two or three eyes and horns?
19. What does the term cornucopia mean?
20. What other countries celebrate Thanksgiving?
21. True or False: Turkeys can drown if they look up at the rain.
22. True or False: The real Plymouth rock is cracked.
23. What airline company is named after a Greek number?
24. One played NFL football, the other NBA basketball; both served in congress and ran for President. Who are they?
25. Name four US state capital cities named after US presidents.



**Answers on
calendar on page 9**





Congratulations to Kennedy Center volunteers JC and Loreta

Borneo who were recognized at the 20th Annual John D. Noonan Senior Conference with the 2015 Frank Kearns and Mary Vallier Awards for their dedication to the Kennedy Center and seniors in the community.

From setting up and serving food at Kennedy Center events to teaching Mahjong, JC and Loreta are always willing to lend a helping hand, whenever and whatever needed. The efforts of volunteers like JC and Loreta Borneo make the Kennedy Center the special place it is. We at the Kennedy Center are sincerely grateful for their hard work and commitment.

On behalf of Mayor Tom Koch, the Council on Aging Board, staff and members, thank you JC and Loreta. Congratulations!

Health benefits of Quinoa



Quinoa, a grain grown for edible seeds, is rich in nutrients. Here is the nutrient breakdown for 1 cup of cooked quinoa: Protein 8 grams; Fiber 5 grams; Manganese 58% Recommended Daily Allowance (RDA); Magnesium 30% RDA; Phosphorus 28% RDA; Folate 19% RDA; Copper 18% RDA; Zinc 13% RDA; Potassium 9% RDA, over 10% of RDA for Vitamins B1, B2, and B6, and small amounts of calcium, Niacin (B3) and Vitamin E. Quinoa con-



tains potent bioactive substances called Quercetin and kaempferol, shown to have anti-inflammatory, anti-viral, anti-cancer and anti-depressant effects. Quinoa is much higher in fiber than most grains; numerous studies have shown soluble fiber helps reduce blood sugar, lower cholesterol, increase fullness and help with weight loss. Quinoa is gluten free. Quinoa is very high in protein, with all the essential amino acids we need. Though high in carbs and not a good choice for a low carb diet, Quinoa has a low glycemic index, which measures how quickly foods raise blood sugar levels. It is high in minerals most people don't get enough of, including potassium, zinc, iron and especially magnesium. The phytic acid can partly prevent them from being absorbed, but soaking or sprouting quinoa degrades most of the phytic acid. Given the high amount of beneficial nutrients, it makes sense quinoa could lead to improvements in metabolic health, including lowering blood sugar and triglyceride levels. Quinoa is very high in antioxidants. Another benefit is quinoa is very easy to incorporate into your diet. It tastes well and goes with many foods. Depending on the type, it can be important to rinse it with water to get rid of saponins, a bitter flavor found on the outer layer. Some brands are already rinsed. You can buy quinoa in most health food stores and supermarkets. It can be ready in 15-20 minutes by boiling 2 cups of water and 1 cup of raw quinoa with a dash of salt. Cool, eat and enjoy.

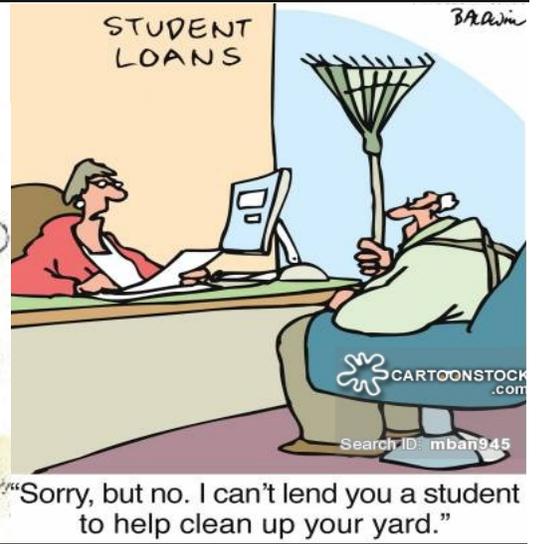
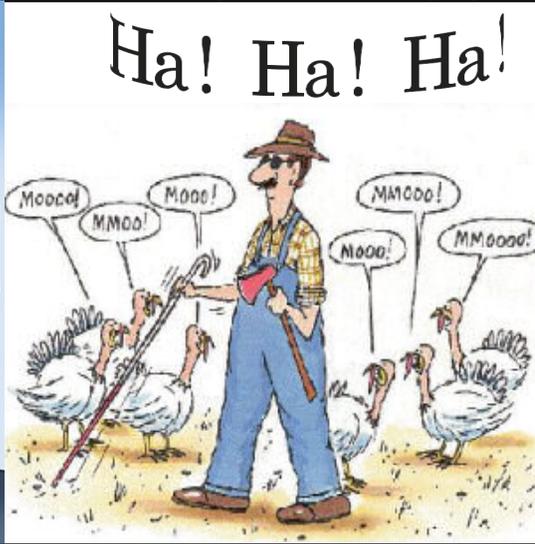


How are Signs and Symptoms Helpful? Treatment of illness and disease works best when found early, particularly cancer. Symptoms and signs are likely not caused by cancer, but it is important to have them checked out. If cancer is not the cause, a doctor can help figure out what the cause is and treat it. Some common signs and symptoms of cancer include unexplained weight

loss, fever, fatigue, pain, skin changes, change in bowel or bladder function, sores that do not heal, unusual bleeding or discharge, indigestion or trouble swallowing, changes in warts, moles or new skin changes, white patches inside mouth, and nagging cough or hoarseness. There are many not listed-if you notice major changes in the way your body works or the way you feel, especially if it lasts or gets worse, let a doctor know. If it is cancer, you can treat it early, when treatment works best. Along with the American Cancer Society, sources of information include CancerCare www.cancer.org, 800-813-4673 and National Cancer Institute www.cancer.gov 800-422-6237.



Keeping food safe Keep fridge at 40 degrees F. At room temperature, bacteria that causes foodborne illness can double every 20 minutes. Keep freezer 0 degrees F. Additional steps to keep food safe include: **Avoid over-packing fridge** Cold air must circulate around foods to keep them properly chilled. **Wipe Spills Immediately** to reduce growth of Listeria and cross contamination where bacteria from food spreads. **Keep Covered** Store foods in covered containers in fridge. **Check Expiration Dates** When in doubt, throw it out. **Clean Fridge Frequently** Make this part of your kitchen cleaning routine. **Thaw foods** with care in cold water, in the microwave or in the re fridge.



Thanksgiving Word Search

CAR
ROUTE
DRIVE
TRAIN
CELEBRATE
TRIP



MEMORIES
ROAD
FLY
FAMILY
LOVE
TRAVEL



TURKEY
STUFFING
CORN
PUMPKIN
AUTUMN
FEAST



PIE
BEANS
GRAVY
SQUASH
PILGRIM
FOOTBALL

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

November 2015

Mon	Tue	Wed	Thu	Fri																																																																																				
<table border="1"> <tr><td></td><td>9</td><td>1</td><td>3</td><td>8</td><td>2</td><td>5</td><td>6</td><td>7</td><td>4</td></tr> <tr><td></td><td>4</td><td>7</td><td>2</td><td>1</td><td>9</td><td>6</td><td>8</td><td>5</td><td>3</td></tr> <tr><td rowspan="7">Sudoku Answers</td><td>5</td><td>8</td><td>6</td><td>3</td><td>4</td><td>7</td><td>9</td><td>1</td><td>2</td></tr> <tr><td>6</td><td>3</td><td>1</td><td>9</td><td>8</td><td>2</td><td>5</td><td>4</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>5</td><td>4</td><td>7</td><td>1</td><td>3</td><td>2</td><td>6</td></tr> <tr><td>2</td><td>4</td><td>7</td><td>5</td><td>6</td><td>3</td><td>1</td><td>8</td><td>9</td></tr> <tr><td>3</td><td>6</td><td>4</td><td>7</td><td>1</td><td>8</td><td>2</td><td>9</td><td>5</td></tr> <tr><td>1</td><td>5</td><td>9</td><td>2</td><td>3</td><td>4</td><td>7</td><td>6</td><td>8</td></tr> <tr><td>7</td><td>2</td><td>8</td><td>6</td><td>5</td><td>9</td><td>4</td><td>3</td><td>1</td></tr> </table>		9	1	3	8	2	5	6	7	4		4	7	2	1	9	6	8	5	3	Sudoku Answers	5	8	6	3	4	7	9	1	2	6	3	1	9	8	2	5	4	7	8	9	5	4	7	1	3	2	6	2	4	7	5	6	3	1	8	9	3	6	4	7	1	8	2	9	5	1	5	9	2	3	4	7	6	8	7	2	8	6	5	9	4	3	1	<p>1. June 3, 1932 2. Henry Ford 3. Toad 4. Six (6) 5. Caesar "I came, I saw, I conquered" 6. Big Ben 7. 42 8. Bonsai 9. Miners</p>	<p>10. St. Brigid's Day 11. <i>Quiet Man</i> 12. St. Brendan 13. Donegal 14. Boston 15. Terry O'Reilly due to the amount of time he spent in it. 16. Sam Adams 17. 4 O'clock 18. One eye/one horn</p>	<p>19. Horn of plenty 20. Canada -2nd Mon in Oct 21. True 22. True, it cracked during the revolutionary war. 23. Delta 24. Jack Kemp & Bill Bradley 25. Jefferson City, MO, Lincoln, NE, Jackson, MS, and Madison, WI</p>	<p>"This assumes what Abraham Lincoln said is true: most folks are as happy as they make up their minds to be. Happiness is from within; it is not a matter of externals." Tomorrow's fate, though you be wise, you cannot tell nor yet surmise; pass, therefore, not today in vain, for it will never come again. - Omar Khayyam</p>
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<p>2 Foot Screening 9:30 Walking Club 10 Line Dancing 10 Art with Mike 11 Scrabble 11:45 ZUMBA 1:30 Mindfulness</p>	<p>3 Election Day S.H.I.N.E. by appt Piano Lessons by appt 10 Quilting 10:30 Computer</p> 	<p>4 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting Group 11 Blood Pressure 1pm Sketching with Bob 1:30 pm Computer 5 Wellness Series</p>	<p>5 9 am Exercise 9 Chess/lessons 10 Mah-jongg 10 Sing-a-long 10:30 Strength Training 10 Blood Pressure 10 Computer Class 12:30 pm Yoga 1:30 pm Book Club</p>	<p>6 9 am ZUMBA 10 Alzheimer's Association Estate Planning 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie</p> 																																																																																				
<p>9 9:30am Walking Club 10 Art with Michael 10 Line Dancing 11 Scrabble 11:45 ZUMBA 1:30 Mindfulness</p>	<p>10 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Fall Prevention with Atrium and Bayada 10 Quilting 10:00 Ballroom Dance 10:30 Computer 12:30 pm Yoga</p>	<p>11 Kennedy Center Closed Veteran's Day</p> 	<p>12 9 am Exercise 9 Chess & lessons 10 Mah-jongg 10 Men's Discussion 10:30 Strength Training 10 Sing-a-long 10 Blood Pressure 10 Computer Class 12:30 pm Yoga 1:30 Women's Discussion</p> 	<p>13 9-2 First Aid for Seniors 9 ZUMBA 10 Acrylic Painting 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie 1 Veteran's Tribute</p>																																																																																				
<p>16 Hearing Screening 9:30am Walking Club 10 Art with Michael 10 Line Dancing 11 Scrabble 11:45 ZUMBA 1:30 Mindfulness</p> 	<p>17 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Ballroom Dance 10:30 Seniors Helping Seniors 10:30 Computer 12:30 pm Yoga</p>	<p>18 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 11 Blood Pressure 1 Sketching with Bob 1:30 pm Computer 5pm Wellness Series</p> 	<p>19 9 am Exercise 9 Chess & lessons 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 12:30pm Yoga</p>	<p>20 Simple Wills 9 am ZUMBA 10 Norfolk County Sheriff Triad Program 10:30 Tai Chi 12 pm Bridge 2:30 Free Movie</p>																																																																																				
<p>23 9:30am Walking Club 10 Line Dancing 10 Art with Michael 11 Scrabble 11:45 ZUMBA 1:30pm Mindfulness</p>	<p>24 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10:00 Ballroom Dance 12:30 pm Yoga</p>	<p>25 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 11 Blood Pressure 12pm Mayor Koch's Thanksgiving Dinner</p>	<p>26 Kennedy Center Closed On behalf of Mayor Tom Koch and all of us at the Kennedy Center, Happy Thanksgiving</p>  Happy Thanksgiving	<p>27 Kennedy Center Closed</p> 																																																																																				
<p>30 9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA 1:30 Mindfulness</p>	<p>How far you go in life depends on being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant with the weak and strong - because someday in your life you will have been all these. - George Washington Carver</p>	<p>As a kid, I used to laugh when my mother crossed her legs when she laughed. Now it's not so funny.</p> 	<p>The best portion of a person's life is little, nameless, unremembered acts of kindness and love. -Walt Whitman</p> <p>Nothing can bring you peace but yourself.</p>	<p>**Please note** Calendar subject to change without notice</p> <p>Reminder:  The Kennedy Center will be closed Veteran's Day, Thanksgiving and the Friday after Thanksgiving.</p>																																																																																				