

Council On Aging News

November 2014



Please take a moment to think of and pray for our veterans on Veteran's Day and every day.



Don't forget to vote on Tuesday, November 4th. Call 617-376-1144 if you do not know where to vote or visit www.wheredoivotema.com



On behalf of Mayor Tom Koch and the Quincy Council on Aging, best wishes to you and your family for a happy Thanksgiving.

Dear Friends,

November is a very special time of the year. It is also a very busy time of the year with Election Day, Veteran's Day, Thanksgiving with our family and friends, reunions, and preparations for Christmas. It is the month that officially starts the holiday season.

Most importantly, it is a time to reflect on what the holiday is really about, thankfulness for all the many blessings our Lord pours upon us. Take a moment to think about what we have to be thankful for. We at the Quincy Council on Aging are thankful for all of you, our members, supporters, volunteers and friends. We appreciate all you do to make our senior center a truly special place.

The holidays can be stressful, disappointing and difficult for some. Expectations can be high that the season will feel magical and perfect as we try to recapture the anticipation we felt when we were younger. Sometimes we are overwhelmed by loneliness because we miss loved ones no longer with us. It is more miserable to feel depressed during the holidays because we are expected to enjoy all the wonderful things that come along with them. We berate ourselves for not partaking fully in the joys of the season. We can only demand so much of our time and ourselves. Try to relax, do only what you can and remember the true meaning of the holidays.

Please be thoughtful of those seniors who are alone during the holidays and reach out to them with a smile, word of comfort or an invitation. Perhaps you can make a brief visit to let them know they are thought of. Kindness goes a long way! Best wishes for a wonderful Thanksgiving.

Sincerely,

Thomas F. Clasby, Jr.
Director

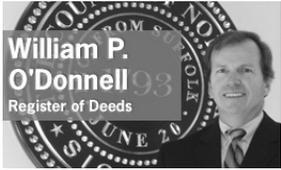


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Quincy Council on Aging



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



Bill O'Donnell, Register of Deeds, Community Outreach December 17th at 10 am

The Registry of Deeds will hold 'Registry Office Hours' at the Kennedy Center to provide status of mortgage discharge, deed printouts, demonstration of how the Registry's on-line Land Records Database works and more. Information and forms regarding the Massachusetts Homestead Act will also be available. Call 617-376-1506 to register for this event. Space is limited.



Street Magic Acapella



Date Change to Wednesday, November 12th 7 pm

Cost is \$15 - Proceeds benefit the Alzheimer's Association

Join us for a special evening event at the Kennedy Center. Enjoy the clean, smooth sound of acapella doo-wop group Street Magic. Registration required. Purchase your tickets at the Kennedy Center. Call 617-376-1506 for information.



Christmas Luncheon

December 12th at 1 pm

Join us to celebrate the spirit of Christmas with friends at the Kennedy Center. Enjoy great Christmas entertainment by 'Dickens inspired' Christmas Carolers, lunch and a Christmas Sweater Contest. Space is limited. \$5 per person Buy your ticket today.



Ring in the New Year with us!

December 31st at 12:30 pm

At the Sons of Italy on Quarry Street, Quincy



Join us for great entertainment, a delicious catered dinner served on China, cash bar, dancing, free raffles, hats and blow horns! Visit the Kennedy Center to reserve your seat to kick off 2015 with us!



Veteran's Tribute Luncheon

Friday, November 7th at 1 pm

Join us as we proudly honor our brave veterans who have served and those currently serving our country. We celebrate the freedom that their dedication and sacrifice afford us every day. John Adams Rehabilitation Center will provide a free, delicious spaghetti and meatball lunch with salad, fresh rolls and dessert. Entertainment will be provided by singer Denis O'Gorman. Registration required. Please call 617-376-1506 to register for this free event. At time of registration, please indicate if you or your spouse are veterans. Space is limited.

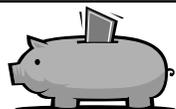


Medicare's Annual Open Enrollment Period is back. It is an opportunity for those with Medicare to assess their situation and current coverage. Kay and Elizabeth, our S.H.I.N.E. representatives, are available by appointment to review options with you. Call 617-376-1506 to schedule an appoint-



The Kennedy Center Knitting Group is accepting donations on behalf of the

Friends of the Unborn of onesies and infant sleepers size newborn to 24 months, toddler diapers size 4 & 5, baby oil, hand and body lotions, chapstick, and ladies flip flops. Friends of the Unborn Director Joan Bailey will be at the Kennedy Center on Wednesday, December 10th at 11 am to collect donations and talk about the mission of the Friends of the Unborn. If you are unable to attend on December 10th, please drop off donations to the Knitting Group at the Kennedy Center.



Protecting Your Assets with Attorney Rob Romano

Thursday, December 4th 1 - 3 pm at the Kennedy Center

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



South Shore Elder Services Caregiver Forum

November 20th 10 am - Noon

Sons of Italy, 161 Kings Hill Road, Braintree

Light refreshments served.

South Shore Elder Services and Hope Health are hosting 'Emphatic Communication Skills' training for people with memory impairment and caregivers to participate in two separate groups held simultaneously to provide information, guidance, and respite to caregivers. Presented by Suzanne Faith, RN Psych, Hope Dementia and Alzheimer's Services. Call 781-848-3910 x 358 for information and to register.



Wine and World War II

Sun, Nov. 9th at 4 pm at Port 305, Marina Bay

Guest Speaker Maureen Hancock, Medium

Call 617-302-4447 for tickets and information

Speakers include survivors of World War II, including D-Day, Battle of the Bulge, Iwo Jima, Okinawa, Europe and Pacific veterans, B-17 pilots, B-24 crew members, a Romanian veteran of Stalingrad, and an Auschwitz survivor. It is a great opportunity to thank veterans. \$100 per person, tax deductible ticket includes wine tasting of WWII Chilean wines with labels depicting momentous events of the war, hors d'oeuvres, WWII DVDs, autographs and photos. Proceeds benefit the WWII Foundation and its efforts to chronicle personal stories of World War II. Call 617-302-4447 for tickets.



Quincy Symphony Orchestra

at Lloyd Hill Performing Arts Center at QHS

Winter Concert : Sun, Feb 15th at 2:30 pm Enjoy a free winter concert featuring guest artist Jun Toguchi.
'Tis the Season' Holiday Pops Concert : Tuesday, December 9th at 7 pm An evening of holiday favorites featuring performances by the John Adams orchestra and the Quincy High School Combined Choral Group. Proceeds from concert benefit QPS Music Program. For tickets or more information, call 617-984-8731.



Holiday Floral Arranging Class with Cedar Grove

Friday, November 21st at 10 am \$10 Per Person

Join Richard O'Mara from Cedar Grove Gardens of Dorchester for a class on how to make beautiful holiday arrangements. Arrangements will be raffled at the end of the class. Space is limited. Registration is required. For more information, call 617-376-1506 or visit the Kennedy Center to reserve your spot.



Men's Discussion Group

Thursday, November 13th at 10 am

Registration not required

Enjoy light refreshments, great company and interesting conversation at the Men's Discussion Group, open to all elder men in the community and held the 2nd Thursday of each month. Quincy Medical Center Pulmonologist Kevin McCusker, MD, will be the guest speaker in November.



Painting with Acrylics with Janet Harrold

Fri., November 14 and Fri., December 5 & 12 at 10 am at Kennedy Center

\$15 per person per class, price includes supplies * Refreshments

This fun, relaxed 'paint in the moment' affair teaches principles of art to beginners. The artist/instructor is a Boston native committed to sharing her talents with others. Art classes can promote healthy engagement. It is important for seniors to learn new things and create new neural pathways, as well as maintain social skills and make new friends. Leave with your finished artwork. Registration is required.



Strength Training at the Kennedy Center

Thursdays beginning November 13th at 10:30 am

Certified personal trainers Maggie Faretra and Joanne D'Andrea will hold a 10 week strength training program Thursdays beginning November 13th at 10:30am. Cost is \$50 per person. Strength training has many benefits for elders. Maggie can be reached at 617-943-0147 if you have any questions or concerns.



Computer Classes - November 2014 - \$5 per class

Instruction by Grace Buscher



Registration required for classes * Bring your laptop. You are welcome to come without laptops for instruction only. The center's computers are available first come, first serve.

November 6th

Apple Computers

10 am-12 pm

Learn everything about the Mac: how to browse the internet, get emails and everything in between. Bring your Mac if you have one.

November 13th

Tablets & EReaders

10 am-12 pm

A specialized program to demonstrate tablets and eReaders exclusively. Presentation will include instruction on downloading books. This class will also help you determine if a tablet or eReader is adequate for handling your computing needs.

November 20th

Word Processing

10 am - 12 pm

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

Until further notice, the first Thursday classes of each month will be designed exclusively for Mac instruction. There are openings in beginner computer classes on Tuesdays at 10:30 am and Wednesdays at 1:30 pm. Please call the Kennedy Center at 617-376-1506 to register.



Are you taking advantage of all your senior citizen discounts? This list will help you cut down on expenses by taking advantage of many discounts available to you. Dunkin Donuts will give 10% off or a free donut to people over 55 when you order a cup of coffee (some require AARP card). Applebees 15% off; Arby's 10% off; Ben & Jerry's 10% off with AARP card; Bennigan's discount varies by location; Bob's Big Boy discount varies by location; Boston Market 10% off; Burger King 10% off; Chili's 10% off; Dairy Queen 10% off with AARP card; Denny's 10% off or 20% off AARP members; Fuddrucker's 10% off; IHOP 10%, Krispy Kreme 10% off; KFC free small drink with any meal; Long John Silver's discounts vary by location; McDonald's discounts on coffee everyday; Mrs. Fields 10% off; Shoney's 10% off; Subway 10% off with AARP; Sonic 10% off or free beverage; Taco Bell 5% off/free beverages for seniors; TCBY 10% off; Waffle House 10% off Mondays; Wendy's 10% off; Salvation Army Thrift Stores up to 50% off – varies by location; Rite Aid 10% off on Tuesdays and 10% off prescriptions; Modell's Sporting Goods 10% off; Hallmark 10% off; Kohl's 15% off on Wednesdays; Dress Barn 20% off; Amtrak 15% off; Greyhound 15% off; Marriott Hotels 15% off with AARP; Best Western 10% off with AARP; Holiday Inn 15-40% off depending on location; Sheraton 20% off; Regal Cinemas Popcorn and soda \$5.50; Verizon Wireless—ask about discount; Supercuts \$8; UPS 15% AARP; Lens Crafters up to 30% off with AARP; and UPS 15% off. Many airlines and rental car companies give senior discounts that vary for age and time of booking. Remember, discounts are subject to change and expiration, so make sure to ask. You must ask for the discount to receive it. It is a good idea to ask for senior discounts for whatever you spend your money on, including insurance, utilities, etc., because they may not advertise their discounts – and, of course, some sales associates may think you are much too young to receive a senior discount.

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

November 7 *Mystic River*, Winner of 2 Academy Awards starring Sean Penn, Marcia Gay Harden and more

November 14 *Ladder 49*, An exciting, powerful film starring John Travolta and Joaquin Phoenix

November 21 *The Truman Show*, nominated for 3 Academy Awards, is a dark and emotional comedy that stars Jim Carrey, Ed Harris and Laura Linney. You will laugh and cry...and love this movie!

Please note: We will be closed November 28th because of the Thanksgiving holiday.



Please note time change from
1 pm to 12:30 on Fridays



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

Free Movie
Friday!



1. Consecrated in 1962, where is the Cathedral Church of St. Michael?
2. On tv, who did the character Lurch work for?
3. Which guitarist is known as 'Slowhand'?
4. Which actor appeared in The Great Escape and died in 1980?
5. What is Canada's national animal?
6. Name the world's biggest island.
7. Name the world's largest ocean.
8. Name the actor who starred in 142 films including The Quiet man and The Shootist?
9. Which actress said, "Fasten your seatbelts, it's going to be a bumpy night," as character Margo Channing?
10. Which actress has won the most Oscars?
11. Which kind of flower bulbs were once used as a form of currency?
12. Name the three primary colors.
13. Name the only heavy weight boxing champion to finish his career of 49 fights without ever having been defeated.
14. Name the Spanish artist, sculptor and draughtsman famous for co-founding the Cubist movement.
15. When did the Cold War end?
16. What is sushi traditionally wrapped in?
17. This film premiered in December 1977 and the soundtrack album became the biggest selling of all time.
18. Who was the original host of the TV game show Jeopardy?
19. He was America's first tv superstar. His show ran from 1948-1956 and attracted 80% of the tv audience.
20. Which pair of entertainers worked together in over 60 short films and 27 full length films between 1926-1951?



Answers on calendar.



"Don't put off tomorrow what you can do today."

Give Thanks for Good Planning

Wednesday, November 12th at 10:30 am
at Atria Marina Place, 4 Seaport Drive, Quincy

Call 617-770-3264 to register or if you have questions

Atria Marina Place invites you to hear Gwen Morgan of the *What If Workbook* speak on the importance of good planning. What If something unexpected were to happen? By completing the *What If Workbook* and letting your loved ones know where it is kept, you'll allow them the time to mourn and grieve without the added strain of having to hunt through documents and sort out all the arrangements that need to be made. Space is limited.



Thank veterans on Veteran's Day and every day! We should thank our soldiers every day for their service, but Veteran's Day is a special time to show our gratitude. Perhaps you can place flowers or flags on veteran's graves, help homeless vets through VA services, proudly display the American flag, volunteer at a VA hospital, send care packages to soldiers, discretely pay a soldier or vet's restaurant tab, donate to USO, VVA, Wounded Warriors or other veteran organization, teach your grandchildren the meaning and importance of Veteran's Day or a simple thank you. They deserve our gratitude.



This is a Beginner Level Puzzle.

Exercise Your Brain!



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

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...**? Harrison Ford was installing a door for Francis Ford Coppola when a studio executive asked him to read lines with actresses testing for Star Wars. * Tommy Lee Jones and Al Gore were roommates at Harvard. They started a country music band together while in school. * While filming *The Shining*, director Stanley Kubrick told everyone in the cast and crew to be mean to Shelley Duvall so the feeling of hopelessness and solitude in her character would be authentic. * Roger Ebert and Oprah went on a few dates when they were starting out. * Tim Allen was a convicted drug dealer before an actor in Hollywood. In 1978, he smuggled cocaine in an airport. * While filming *Singing in the Rain*, Gene Kelly yelled at Debbie Reynolds so much for dance mistakes, she ran off set, hid under a piano and cried. Someone walking around MGM offered to help her - it was Fred Astaire. * Dolph Lundgren, the Russian boxer Ivan Drago in *Rocky IV*, is a genius. He graduated Sweden's Royal Institute of Technology with a chemical engineering degree and was awarded a Fulbright scholarship to MIT in Boston. * The Hollywood sign erected in 1923 originally spelled 'Hollywoodland.' The last four letters were removed in 1949. Originally 50 ft high, actress Peg Entwistle jumped to her death from atop the 'H' in 1932. * In 1996, Charlie Sheen bought 2,615 tickets to a baseball game to practice catching the ball when it was hit for a home run. * Until 1974, Jack Nicholson thought his mother was his sister and his grandmother was his mother. A journalist who studied Nicholson's past, informed him of the truth. * Before Pierce Brosnan rose to fame, he was a circus fire-eater. * James Cameron, director of *Titanic* and *Terminator*, was a truck driver before he made it big in Hollywood. * In Hitchcock's *The Birds*, Tippi Hedren got hit by a bird while shooting the film. * 'You're in the Army Now' had the record for the longest kiss ever in a movie (3 minutes) * Nichelle Nichols of Star Trek was hired by NASA to recruit aspiring astronauts. * Irish Army reserves were extras in the movie *Braveheart*. * In *Casablanca*, Humphrey Bogart never said, "Play it again, Sam." * 1,400 actresses auditioned to play Scarlett O'Hara in *Gone with the Wind*. * Chocolate syrup was used as blood in the shower scene in 'Psycho.' * OJ Simpson was considered to play the Terminator in the movie *Terminator*, but producers thought he would not be taken seriously. * Toto, the *Wizard of Oz* dog, received \$125 per week salary, while Judy Garland earned \$500 a week. The ruby red slippers sold at auction for \$660,000.



 Thank you to WCVB-TV Chief Meteorologist **Harvey Leonard** for being our featured guest at the Annual Senior Conference. His energy, wit and wisdom pleased and entertained the attendees. Thank you to **John Paul** of AAA for holding an *Older Wiser Driver* workshop for mature drivers. Thank you to **Grace Buscher** for holding a class for seniors wishing to learn how to use a smart phone. Thank you to **Robert Lynch**, of Lynch Financial Services for sharing advice on financial planning and asset protection. Thank you to **Kim Bennett and Nate Murray** of Visiting Angels for their memory maintenance presentation. Thank you **Kristina Tumino** and **Angela DeAngelis of Neville Place** for holding a Mindfulness workshop. Thank you to **Mark Bracken** of the MA Treasurer's Office for finding unclaimed money and property for our members. Some members left the Center richer and happier. Thank you **Sue Scheible**, of the Patriot Ledger, for holding a discussion on inspiring seniors she has covered over the years. Thank you to chefs **Sheryl Sullivan** and **Sean Robinson** for sharing their culinary talents in the *Healthy Kitchen* workshop. Thank you to historian **Tom Galvin** for sharing his vast knowledge of Quincy history. Thank you **Carol McGlone, Linda Peters, John Boyle, Kathy Cameron** and **Sue King** for their hard work in the Kennedy Café. Thank you Quincy Health Nurse **Ruth Jones** for conducting the presentation *Brain Health*, part of her Senior Wellness Series. Thank you to the **Friends of the Kennedy Center** for supporting our efforts to better the lives of seniors in our community. The Kennedy Center Open House they organized and sponsored was a huge success. Thank you to **Caryn Smith of Caryn's Corner**, the popular Quincy boutique of beautiful, trendy and comfortable clothing, for sharing her fashion expertise at a fashion show at the Kennedy Center. Thank you **Janet Harrold** for introducing and teaching the principles of art to seniors in the painting with acrylics class. Thank you to our Creative Writing student **Susan Farago** for sharing her book "Travels with Nana" with our Book Club. Danke to **Carol McGlone, Sue Donovan, Elizabeth Gearin, Pat Le-seinskas, and Kathy and Al Cameron** for their help with our Oktoberfest event. Decorating, serving, cleaning up and every thing in between, their hard work made the event a huge success. Thank you to **Ed Spring** for his help cleaning up. We can always count on Ed! Thank you to our friends from the **Health Department, Glenn Spencer, Bill DeCarli, Tim Marble, and Frank Glynn**, for always lending a helping hand with our large events. Thank you to the fun, bold, loyal and brilliant **John Boyle** for his 'excellence in sales.' As you all know, John has been diligently selling raffle tickets for a beautiful basket with proceeds benefitting the Alzheimer's Association. Thank you to our **generous and kind members** who purchased raffle tickets to benefit this important cause!!

Sudoku Answers:

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



We print 5,000 copies of our newsletter each month. Distribution centers throughout Quincy are provided many copies for seniors to pick up. We have a limited number of copies at the Center and run out quickly. To ensure newsletters are available to all seniors who would like one, please take **just one** copy or download it from the quincyma.gov website. Thank you for your cooperation.



Special thanks to **Quincy Credit Union, TD Bank, Sheriff Michael Bellotti, District Attorney Michael Morrissey, Lydon Funeral Home, River Bay Club, Doctor's Express and Quincy Medical Center** for providing useful, helpful and fun items for 'goody bags' given to members who participated in the Pennsylvania Dutch/Amish Country trip offered through the Kennedy Center. We truly appreciate their support and generosity.



Best wishes for a happy birthday to
Jennifer Michaelangelo (11/10) and Sue King (11/30)

SCAM Alert!

National Grid customers are being targeted by scammers demanding payment over the phone for electric bills. They are threatened with immediate shut-off unless they provide a credit card or bank account numbers. National Grid never demands phone payment. If you receive a call from National Grid or any call asking for personal or bank information, hang up and contact Quincy Police.

1 DONATION HELPS

We can all agree we have too much stuff—whether it's clothing, DVDs we never watch, unused kitchen gadgets, or gifts we never re-gifted. Charity organizations are great places to donate. Some organizations are specific about the items they accept for reuse or resale. Furniture (no mattresses), clothing and linen donations can be made to the following: **Salvation Army** Call 800-958-7825 for furniture pick up. **St. Vincent DePaul** 3 pc minimum furniture pick up. Call 800-675-2882 **Goodwill** drop off only 617-254-0112. **Epilepsy Foundation** Call for pick up or drop off. **Friends of the Homeless of the So Shore**, Weymouth, accepts furniture by appointment. Call 781-340-1604. **My Brother's Keeper** Call 508-238-4416 to schedule pick up. New & like-new mattresses accepted. **American Red Cross** 800-733-2767 **Vietnam Veterans** Call 800-775-VETS to schedule pick up. **Boomerangs** resells items to benefit AIDS Action Committee. Call 617-309-7220 to schedule furniture pick up. Building Supplies can be donated to: **Boston Restore, Inc.**, Dorchester, accepts office furniture and supplies. Call 617-288-8400. **Boston Building Resources** picks up building materials (kitchen cabinets, appliances, etc.). Call 617-442-2262 x 232. Cell Phones, batteries, chargers can be donated to **Cell Phones for Soldiers** by mailing Cell Phones for Soldiers, 4500 Cambridge Road, Dock Door 9/10, Fort Worth, TX 76155-2234 or call 866-716-2220. Also has many locations to drop off, including Interfaith Social Services and IBEW Hall. **Recycle my Cell Phone.org**, a nonprofit environment protection organization, accepts cell phones in any condition. Visit recyclemycell-phone.org for address to send your phone or mail to David Brower Center, 2150 Allston Way, Berkeley, CA 94704. **Verizon** stores. Business Attire for Women Donate business suits and office attire to **Dress for Success** for women who will be entering the business world or going on a job interview. Call 617-779-2177 for information. Books can be donated to **Discover Books/Reading Tree** Call 800-402-2665. **More than Words** accepts books, cds, dvds, video games, audio books and videos to help disadvantaged youth. 781-788-0035. **Operation Paperback** sends new & gently used books to troops overseas 214-602-1726 or visit operationpaperback.org. And, of course, the **Kennedy Center (617-376-1506)** accepts non-perishable food items for Quincy **food pantries** and Glasses, frames, cases, sunglasses for the **Lion's Club**. We accept wheelchairs, walkers, and other medical equipment. Your trash is another's treasure!



An average of 555 World War II veterans die each day. Of the 16.2 million Americans who served in WWII, just 1.2 million are alive today. 24,000 WWII veterans are still living in Mass and 3,951 in Rhode Island. 2015 marks the 70th anniversary of the end of World War II. It is estimated by 2029, there will be less than 15,000 WWII veterans still alive in the US. Take a moment to thank them today.



Let go of your ego's need to be right. In the middle of an argument, ask yourself : Do I want to be right or be happy? When you choose the happy mode, your connection to intention is strengthened. (Wayne Dyer) * Respect your elders, for we made it through school and college without Wikipedia and google. * Learn to love without condition, talk without bad intention, give without any reason and, most of all, care for people without any expectation. * Make peace with your past to enjoy the present.* What others think of you is none of your business. * I'm not clumsy, it's just the floor and walls get in the way.



No matter how much you push the envelope, it will still be stationery. * A dog gave birth to puppies near the road and was cited for littering. * Two silk worms had a race and ended up in a tie.* Two hats were hanging on a hat rack in the hallway. One hat said to the other: 'You stay here, I'll go on ahead.' * Time flies like an arrow. Fruit flies like banana. * Two fish swim into a concrete wall. One turns and says, 'Dam!' *I wondered why the ball kept getting bigger...then it hit me. * Two hydrogen atoms meet. One says, 'I've lost my electron.' The other says, 'Are you sure?' The first replies, 'I'm positive.' * A backward poet writes in-verse. * Family is like fudge, sweet with a few nuts. * Forget the health food, I need all the preservatives I can get. * Sorry, my mind has wandered (off!!). * Middle age = choosing cereal for the fiber, not the toy in the box.

Quincy Word Search (words in parenthesis not in word search)

ABIGAIL
ADAMS
AVIATION
BEECHWOOD
BUSH
CAIRN
(THOS.) CRANE



DUNKIN (DONUTS)
FAXON
HISTORY
FURNACE
GERMANTOWN
GRANITE
HANCOCK



KILROY
MARINA (BAY)
MERRYMOUNT
PENNS HILL
POINT
PRESIDENTS
QUINCY



RAIDERS
REMICKS
SHIPYARD
SQUANTUM
SQUAW
(USS) SALEM
WOLLASTON

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

November 2014



Mon	Tue	Wed	Thu	Fri	S
<p>Answers</p> <p>Trivia Answers:</p> <ol style="list-style-type: none"> Coventry Addams Family Eric Clapton Steve McQueen Beaver Greenland Pacific John Wayne Bette Davis 	<p>Trivia Answers Continued...</p> <ol style="list-style-type: none"> Katherine Hepburn Tulips Red, Yellow, Blue Rocky Marciano Pablo Picasso 1989 Edible Seaweed Saturday Night Fever Art Fleming Milton Berle/Uncle Miltie Laurel and Hardy 	<p>May your stuffing be tasty, May your turkey be plump. May your potatoes and gravy have nary a lump. May your yams be delicious and your pies take the prize, and may your Thanksgiving dinner stay off your thighs!</p> 	<p>Give thanks For each new morning With its light For rest and shelter Of the night For health and food For friends and love For everything Thy goodness sends.</p> 	<p>When autumn leaves are falling and Thanksgiving time is near, it warms the heart to think of those who mean so much all year. Happy Thanksgiving!</p> 	1
<p>3 Foot Screenings by appt 9:30 Walking Club 10 Line Dancing 10 Watercolors with Michael Domina 11 Scrabble 11:45 ZUMBA</p> <p>Walking Club</p> 	<p>4 S.H.I.N.E. by appt Piano Lessons by appt 10 am Quilting 10:30 Computer 2 pm Healthy Eating</p> <p>Election Day Bake Sale</p> 	<p>5 S.H.I.N.E. by appt Foxwoods (pre-register) 9:30 am Tai Chi 10 am Knitting Group 11 am Volleyball 11 am Blood Pressure 1:30 Computer</p> 	<p>6 9 am Exercise 9 Chess 10 Mah-jongg 10 Sing-a-long 10:30 Letters From Home 10 One Pot Cooking 10 Blood Pressure 10 Computer Class 10:30 Strength Training 12:30 pm Yoga 1 pm <i>America's Romance with the English Garden</i> - Book Club</p> 	<p>7 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12 Free Movie 1 Veteran's Day Lunch</p> 	8
<p>10 9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA</p> <p>SCRABBLE</p>	<p>11 Kennedy Center is closed in recognition of Veteran's Day. On behalf of Mayor Tom Koch and the Quincy Council on Aging, thank you to our veterans.</p> 	<p>12 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 11 Volleyball 11 Blood Pressure 1:30 pm Computer 7 pm Street Magic</p> 	<p>13 9 am Exercise 9 Chess (& lessons) 10 Mah-jongg 10 Men's Discussion 10 Sing-a-long 10 Blood Pressure 10 Computer Class 10:30 Strength Training 12:30 pm Yoga 1 Ho, Ho, Hum</p> 	<p>14 Simple Wills by appt 9 am ZUMBA 10 Painting with Acrylics 10 Urinary Health 10 Trivia Game with Amy Gorham 10:30 Tai Chi 12 pm Bridge 12 Free Movie 12 Lydon Funeral Obit Writing Workshop, Trivia & Lunch</p>	15
<p>17 Hearing Screening by appt. 9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA</p> 	<p>18 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Ballroom Dance 10:30 Computer 12:30 pm Yoga 2 Healthy Eating</p>	<p>19 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>20 9 am Exercise 9 Chess (& lessons) 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer 10:30 Strength Training 12 SSES Caregiver Forum 12:30 pm Yoga</p>	<p>21 Simple Wills by appt 9 am ZUMBA 10 Floral Arranging 10:30 Tai Chi 12 pm Bridge 12 Free Movie</p> 	22
<p>24 9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA</p> <p>ZUMBA FITNESS</p>	<p>25 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Ballroom Dance 10:30 Computer 12:30 pm Yoga 2 pm Healthy Eating</p>	<p>26 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>27 Closed On behalf of Mayor Tom Koch and the Quincy Council on Aging, best wishes for a Happy Thanksgiving</p> 	<p>28 The Kennedy Center be closed today. Hope you all enjoy delicious left overs and Black Friday Shopping!</p> <p>Black Friday</p>	29
<p>30</p> <p>Please note:</p>	<p>Our calendar is subject</p>	<p>to change without notice.</p>			