

# Council On Aging News

October 2014



#### Reminder to drivers:

Watch out for  
trick-or-treaters!  
Happy Halloween!

Parkinson's Disease

#### Parkinson's Disease Support Group

On Tuesday, October 7th at 7 pm, a Parkinson's Disease Support Group will meet at the Thomas Crane Public Library in the Circulation Level Conference Room. All are welcome and encouraged to join.

Dear Friends,

Welcome Fall! It certainly was a typical New England summer with 95 degrees one day, then 72 the next. I hope you were able to enjoy outdoor activities on some of the beautiful days we had.

The 19th Annual John D. Noonan Senior Conference, sponsored by Mayor Tom Koch and the QCOA, is scheduled for Friday, October 24th. If you haven't registered yet, stop by the Kennedy Center to pick up an application. We are offering very interesting and fun workshops, continental breakfast, a delicious catered lunch and free raffles. Our guest speaker is Harvey Leonard, Boston's top meteorologist, who will talk about forecasting New England's ever changing weather. This promises to be a great event you are sure to enjoy. I hope to see you there.

Our Fall calendar offers something for everyone. Please take a look at our October calendar and sign up for events and activities quickly. With our growing membership, events fill up fast. It is important to remain physically, mentally and socially active as you get older. Staying active and involved produces long term health benefits and protects elders from psychological distress. It's never too late to get fit. It is recommended you consult your physician before trying new activities and exercise programs.

As always, if you have concerns, praise, or comments you would like to share, please complete a comment card at the Kennedy Center reception desk. Your input is important and helpful to us.

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



**19th Annual John D. Noonan Annual Senior Conference**  
**“Healthy Today, Healthy Tomorrow”**  
**Friday, October 24th from 8 am - 2 pm**  
**With Featured Guest Meteorologist Harvey Leonard**



Kindly sponsored by Mayor Tom Koch and the Quincy Council on Aging, the annual senior conference will include continental breakfast, catered lunch and a choice of 2 workshops to participate in. Two seniors will be honored with the Frank Kearns and Mary Vallier Awards. Harvey Leonard will discuss forecasting the ever changing New England weather, the Blizzard of 78 and his job as Chief Meteorologist at WCVB-TV Channel 5. Registration required. \$15 Registration fee due at sign up. Space is limited.



**Halloween Spooktacular at the Kennedy Center**  
**Friday, October 31st at 1 pm**  
**With Entertainment by Joey B-Bop**



**Purchase your \$7 pp ticket** which includes lunch, dessert, coffee and tea and fabulous entertainment by crooner Joey B-Bop, a vocalist of all genres of music specializing in oldies but goodies, including Sinatra, Dion, Bobby Darin, Louis Armstrong, Humperdink, Neil Diamond and more! Halloween costumes are not required, however, great prizes will be awarded to winners of costume contest (best overall, funniest, least recognizable, best pair or group costume, most original.)

**FASHION SHOW**

**Fashion Show and Free Demonstration**  
**Monday, October 27th at 1:30 pm**  
**With Caryn Smith of Caryn’s Corner**



Fashion expert Caryn Smith, owner of Caryn’s Corner, a popular boutique of beautiful, trendy and comfortable clothing and stylish accessories, will determine the clothing modeled at the free fashion show, sure to delight our guests. After the models strut their stuff on the runway, Caryn will demonstrate various fashion trends, like the many ways to tie a scarf and fashion ’how to’s’. Register at 617-376-1506.



**Painting with Acrylics with Janet Harrold**  
**October 3rd and October 10th at 10 am**

This free, fun, relaxed ‘paint in the moment’ affair will teach the principles of art to beginners. Supplies will be provided. The artist/instructor grew up in Boston and loved to paint South End brownstones, street scenes, and people. After 20 years of learning and creating art, the author/illustrator of the children’s book “*ABC’s Flowers and Trees, A Walk in the Public Gardens*” typically likes to start out painting poppies for first timers to determine potential and ability. Registration required.



**Election Day Bake Sale at the Kennedy Center**  
**Tuesday November 4th**



If you would like to donate a baked good, please see the staff. All proceeds benefit the Kennedy Center. And, of course, don’t forget to vote!



**You asked and We Listened! Sigy Moller is coming back!**  
**Friday, December 5th at 1 pm \$7 per person**

Tap your feet, sing along or dance to top notch live performances of the most treasured songs in music history! Sigy Moller, an international performer who has captured the hearts of audiences around the globe, will lend his voice to music of Sinatra, Tom Jones, Neil Diamond, Elvis, Dean Martin, and more! Space is limited. Buy your ticket today.



**Old Deerfield Village-Sunday, Dec. 14th Day Trip** Have you reserved your spot on this trip? Luxury transport, lunch & dessert at the Deerfield Inn, open hearth cooking of holiday treats, historic house tours with desserts in the dining room, bus tour of the main street to view historic buildings decorated for holidays, and craft making activities (take home the gifts you make), visit to the Yankee Candle store and winter wonderland to browse holiday displays and Bright Nights, the largest holiday displays in northeast and top bus events in US. \$92pp



### One Pot Cooking with Hahn Home Health Care, Inc.

Thursday, November 6th at 10 am

Space is limited.

Join representatives of Hahn Home Health Care, Inc. for one pot cooking. Participants will learn the importance of balanced nutrition in aging while preparing a simple recipe. The meal is heart healthy, nutrient rich, easy to make and full of flavor. Call 617-376-1506 to register.



### Ho, Ho, HUM! Beating the Holiday Blues with Ruth Jones

Thursday, November 13th at 1 pm

Tis the season to be jolly! Holiday cheer abounds. Everyone is happy during the holidays, right? WRONG! There are many reasons people feel down at holiday time. Join Ruth Jones, BSN, RN, BC, CP-FS to learn about causes and coping for the blues. Call 617-376-1506 to register.



### Lydon Funeral Chapel Obituary Writing Workshop, Trivia, Lunch & Raffles

Friday, November 14th at Noon



Why not write your own obituary? Say what you want others to know about you. It's your story-how do you want to be remembered? Funeral Director Michelle Lydon will guide you in writing your obituary. The topic of death is neither pleasant nor entertaining, but this promises to be an enjoyable event. Michelle will also briefly outline the simple steps, importance, ease and convenience of pre-planning funeral arrangements. Guests will receive personal planning guides and a gift. Lunch & dessert served, a fun game of trivia with great prizes, and free raffles. Call 617-376-1506 to register. Space is limited.



### Street Magic Acapella to benefit Alzheimer's Wednesday, November 5th at 7 pm



Join us for a special evening event at the Kennedy Center! **\$15 per person** Proceeds benefit Alzheimer's Association. Enjoy the clean, smooth sound of a capella doo-wop group **Street Magic**. Registration is required. Purchase your ticket at the Kennedy Center. Space is limited, so register today. You will have fun while helping a worthy cause!



### Friends of the Kennedy Center Open House

Monday, October 20th 5:30pm—7:30 pm

Enjoy light refreshments and meet the new Friends Board, movement instructors, art and music teachers, computer instructors and much, much more! Call 617-376-1506 to register.



### Travels with Nana by Susan Farago - Book Discussion & Signing

Tuesday, October 14th 10 am

*Travels with Nana*, a memoir of the wonderful world wanderings of Susan Farago and her 7 sweethearts, provides a fun insight into the love that exists between grandparents and grandchildren, wherever they are on the planet. Books available for \$15. Susan is a QCOA member who, after participating in our Creative Writing Course, learned the basic tools to hone her writing talents enabling her to share her family travel experiences in a book. Call 617-376-1506 to register.



# Computer Classes - October 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.

**October 2nd**

**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.

**October 9th**

**Purchasing on Internet**

**10 am-12 pm**

This class details the best ways to safely purchase over the internet, including ordering, paying, tracking, receiving and returning.

**October 16th**

**Spreadsheet Processing**

**10 am - 12 pm**

If you used 16 column pads in the 80's, this is the electronic version. Explore the basics of the spreadsheet : formulas, output, charts, etc.

**October 30th**

**Ebay and Craigslist**

**10 am—12 pm**

Introduction to Ebay and Craigslist. What are they? How to use them. Who uses them? Is it safe to purchase and sell on them?

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.

## Olde Kids on the Block

**November 14th 1—3 pm \$6 per person**



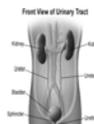
Enjoy the sounds of the Olde Kids, a 30s & 40s big band dance band. They've been called a living museum with a library of music that will have you dancing, humming and tapping your feet. Purchase your ticket at the Kennedy Center today. Registration is required.

**The Kennedy Center is happy to introduce the monthly Senior Wellness Series with Ruth Jones, BSN, RN, BC, CP-FS - Registration required. Space is limited.**



### Brain Health—October 21st at 10 am

Ruth Jones will discuss the many ways to keep your brain healthy and active - the importance of exercising your brain, a healthy diet and lifestyle. Call 617-376-1506 to register.



### Urinary Health - November 20th at 10 am

Plagued with urinary tract infections? Join Ruth Jones to talk about urinary health and tips to keep your bladder healthy. Call 617-376-1506 to register.

Don't dwell in the past, don't dream of the future, concentrate the mind on the present moment. —Buddha



**Please be sure to stop by the Kennedy Center to update our files with address and telephone changes, including emergency contact changes.**



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

- October 3 *Key Largo*, a suspense film starring Bogie and Bacall
- October 10 *The Big Sleep*, stars Bogie and Bacall in this classic from 1946
- October 17 *To Have & Have Not* is an American romance-war-adventure film with Bogie & Bacall
- October 24 *Written on the Wind*, a 1956 American drama starring Rock Hudson and Lauren Bacall
- October 30 *How to Marry a Millionaire* a romantic comedy with Betty Grable, Marilyn Monroe & Bacall

A tribute to Lauren Bacall



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!

1. Which competitive modern sport traces its roots to the English game shinny, Irish game Hurley and the Scottish game shinty?
2. At least how old is "three star" brandy?
3. In May, 2011, President Obama visited the home of his mother. Where did he go?
4. What season begins in the southern hemisphere around December 21st?
5. The Baby Ruth candy bar was named after which real person?
6. Who was Johnny Carson's most frequent Tonight Show guest?
7. One of the most successful tv shows of all time was M\*A\*S\*H - M.A.S.H. is an abbreviation for what?
8. Who was America's first flapper icon?
9. Name three countries that begin with the letter 'H'.
10. The Canary Islands are named after what kind of animal?
11. What is the current year in Roman numerals?
12. What is the three word motto of the Olympic Games?
13. Writer John Steinbeck titled which 1939 novel after a phrase from the "Battle Hymn of the Republic"?
14. A street that is 40 yards long has a tree every 10 yards on both sides. How many total trees on the entire street?
15. Which professional athlete was voted MVP in his sport 9 times during the 1980's?
16. Name four common sports beginning with the letter W?



Answers on calendar.



### America's Romance with the English Garden - Book Club

November 6th at 1 pm

Thomas J. Mickey, Quincy COA member and author of *America's Romance with the English Garden*, will be a guest at the Nov. 6th Book Club. *America's Romance with the English Garden* tells the story of the beginnings of the modern garden industry and English garden in the minds of a growing American middle class. Mr. Mickey will sign books. Call 617-376-1506 to register.



### Fun Trivia Game with Prizes

with Amy Gorham of Marina Bay Skilled Nursing

November 14th at 10 am



Enjoy a fun game of trivia and a chance to win prizes with our friend Amy Gorham from Marina Bay Skilled Nursing. Registration is required. Call 617-376-1506 to register. Space is limited.



This is a Beginner Level Puzzle.

Exercise Your Brain!



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

### 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...** 78% of NFL players go bankrupt 2 years after finishing their careers. \* The average football career lasts 4 years. \* The longest field goal in NFL history was kicked by a man with only half a foot. On November 8, 1970, Tom Dempsey hit a 63 yd field goal to propel his team, the New Orleans Saints, to victory. \* Most NFL cheerleaders make \$50-75 per game. \* The ball is only in play for 11 minutes in a typical NFL game. How can that be if a single quarter of an NFL game is 15 minutes long? The clock runs regardless of the level of activity on the field. \* 56% of a broadcast's time is devoted to things you have already seen : replays. \* When former NFL quarterback Kurt Warner dines out with his family, he always anonymously picks up the bill for one other table. \* Deion Sanders is only person to hit an MLB home run and NFL touchdown in same week. He's the only person to play in the World Series and the Super Bowl. \* The sports industry is worth \$422 billion and employs just 1% of the population. \* The Baltimore Ravens are named after Edgar Allan Poe's "The Raven." \* 3,000 cows are used to manufacture a season's worth of NFL footballs. \* Restaurants can't turn on the volume if sports are on the tv. \* The 'G' on the Green Bay Packers helmet does not stand for Green Bay. \* Super Bowl XLV was the first Super Bowl ever with no cheerleaders at the game. \* The huddle used in football came from deaf football players. \* The average lifespan for an NFL player in 1994 was 55 years (52 linemen) vs. 78 for non-NFL. \* Considered a not-for-profit organization, the NFL does not pay taxes. \* Herschel Walker has multiple personalities and doesn't recall receiving the Heisman Trophy because another personality was in charge. \* Wide receiver Steve Smith leaves his cleats on the field after each game to raise homelessness awareness.



### **A Personal Message from Mayor Tom Koch and Quincy Council on Aging Assistant Director Linda Bowes:**



On behalf of the entire Koch family, we would like to express our sincere appreciation for your special expressions of sympathy and kindness after the loss of our brother Joe. We found great comfort in the consoling messages of prayer, love and support we received. Please accept our heartfelt thanks for your kind wishes and generosity at this very difficult, sad time for our family. Your kindness and sympathy will always be remembered.



**SPECIAL THANKS** to the **Quincy Credit Union, Trader Joe's, BJ's Wholesale, TD BankNorth, Sheriff Michael Bellotti, District Attorney Michael Morrissey, Lydon Funeral Home, River Bay Club, and Quincy Medical Center** for providing useful, helpful and fun items for the 'goody bags' given to members who participated in the Niagara Falls trip offered through the Kennedy Center. We truly appreciate their support and generosity.



**Thank you** to our great friend and supporter **Mayor Tom Koch** for speaking at our monthly Men's Discussion Group. As always, he pleased and entertained the audience. **Thank you** to all who participated in the **City of Presidents 5K Run/Walk**. **Thank you** to **Fairing Way** for providing a delicious lunch and an interesting presentation for our members. **Thank you** to those who helped save a life by donating much needed blood at the **Red Cross Blood Drive** at the Kennedy Center. **Thank you** to **Greg O'Brien** for sharing his personal experiences in his battle with Alzheimer's Disease. **Thank you** to everyone who walked and or donated to the **Walk to End Alzheimer's Disease**. **Thank you** to **Ed Spring** for creating a team to represent the Kennedy Center and his efforts coordinating the fundraising to help raise money for the MA/NH Chapter of the Alzheimer's Association. We are proud of team "Miles for Memories." **Thank you** to **Grace Buscher** for her dedication and tireless efforts to teach seniors the fundamentals of working a computer. We thank Grace for all her help making the Kennedy Center the special place it is. Grace kindly created the continuous feed of photographs of our members at various events that run all day on the lobby television. If you have not had the pleasure of viewing the photo montage, take a moment to watch - you will surely enjoy it and you may be on it!

**Sudoku Answers:**

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



**Seaside Gardeners of Squantum Presents:  
"The Faire For All Seasons"**

**Saturday, October 25th from 10am - 2:30 pm**

Lunch served from 11:30 am - 1:30 pm,

featuring hot soups and Pat's Clam Chowder, hot dogs, coffee, tea and fresh baked desserts. Shop a great selection of craft items for gift giving; stop by the 'Seaside Treasures' table and take a chance at the raffle table. Many delicious,

home baked goods will be available to take home and enjoy. There is something for everyone! The Faire for All Seasons benefits the Seaside Gardeners' many civic projects. Call Faire Chairperson and Quincy COA volunteer Peggy Kelly at 617-471-3903 with any questions you may have.



Best wishes for a happy birthday to

**Jack Kelly (10/3) , Carol Lydon (10/10), Bill Slattery (10/13)**



**FYI:** Single Stream Recycling stickers available at Kennedy Center.



**Healthy Living** Researchers issued a warning regarding **iced coffee and creamers**; read the chemicals and sugar, as well as soybean or cottonseed oil, coconut milk, palm or canola oil and acesulfane potassium. Some are high in saturated fat and calories. Read labels! **Mediterranean Diet**, a diet high in beans, whole grains, fruit, vegetables, fish, nuts and low in red and processed meats; far

less saturated than monounsaturated fat - the Mediterranean Diet is good for you! **Antibiotic Resistance**

Don't insist on antibiotics for colds, coughs, sore throats (except strep) bronchitis, or runny noses...antibiotics don't kill viruses. **Avoid the Salty 6:** Save your heart by avoiding as much as possible: breads, cold cuts, cured meats, pizza, poultry, soup, sandwiches and high sodium condiments. **Ber-**

**ries** are great keep in the freezer. They can be quickly thawed for desserts and smoothies. **Lower your blood pressure** Research shows consuming 10 servings of fruits and vegetables daily can help lower blood pressure. **Vitamin D** Current recommended Vitamin D intake is 600 IU a day for up to age 70, 800 IU daily over 70. **Lose Weight** Being overweight or obese can increase your risk for heart disease.

**Beans & other Legumes** : Good for your heart, high in good complex carbohydrates, lots of protein. Legumes are cholesterol free. **The Japanese have the right idea : Keep your shoes at the door!** Shoes are carriers of dirt, pesticides, pollutants, and who knows what else. We step in what our pets do, so wipe their feet, too! **Wash before you wear...**Wash new clothes before you wear them since many garments shipped from China have coatings of formaldehyde on them to prevent wrinkling during shipping.

Also, many of those boxes contain small flea like bugs that can bite and cause itchy rashes. Washing garments will kill any flea bugs that may be in the clothing. **'Use by' dates** don't mean you can't eat it beyond that date, it's merely a suggestion. Just use common sense - if it smells and looks bad, it is likely

**Be a Friend...**Join the new organization *Friends of the Kennedy Center* established to assist the Quincy Council on Aging by raising funds for various programs and activities offered by the Council that are not fully funded or supported by government funds. We are a non-profit volunteer organization dedicated to support the vital role of the Kennedy Center for seniors in the City of Quincy. The Board of Directors includes Caryn Smith, Ed Barrett, Donald Timmins, Loretta Borneo, Karen Gaughan, Al Cameron and Marylou Fishman. The **Open House on October 20th** is our first big event. Please join us from 5:30 - 7:30 pm for this fun event!





When did our wild oats become shredded wheat? \* I used to be driven, but I pulled over. \* The first half of our lives is ruined by our parents, the second by our children. \* Perhaps one must be very old before he learns to be amused rather than shocked. \* I don't need you to remind me it's my birthday. I have a bladder that does that. \* As you get older, three things happen. 1st, your memory goes. I can't remember the other two. \* In the end, it's not the years in your life that count, it's the life in your years. \* Be courteous to all, but intimate with few; and let those be well-tryed before you give them your confidence. (George Washington) \* Optimism is essential to achievement and it is also the foundation of courage and true progress. (Nicholas Murray Butler) \* You do not really understand something unless you can explain it to your grandmother. \*

Ha! Ha! Ha!

I'm not really grouchy, I just hate traffic, waiting, crowds, lawyers, loud music, unruly kids, Jenny Craig and Toyota commercials, barking dogs, and a few other things I can't remember right now. I'm sure everything I can't find is in a safe, secure place - somewhere. I'm having trouble remembering simple words like... I'm beginning to realize aging is not for wimps. I'm wondering, if you're only as old as you feel, how could I be alive at 150? And how can my kids be older than I feel sometimes? I'm a walking storeroom of facts, I've just lost the key to the storeroom door.

ASTROTURF  
BELICHICK  
BLITZ  
BRADY  
BRUSCHI  
CATCH  
DEFENSE  
DOWN



END ZONE  
FAN  
FOOTBALL  
FUMBLE  
GOALPOST  
GRIDIRON  
GRONK  
HAIL MARY



HEISMAN  
HELMET  
HUDDLE  
INCOMPLETE  
JETS  
KICK  
PASS  
PATS



PUNT  
REF  
RUN  
TACKLE  
TOUCHDOWN  
VINCE  
VRABEL  
YARDS



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

# October 2014

Mon	Tue	Wed	Thu	Fri	S
<p> <b>Answers</b></p> <p>Trivia Answers:</p> <ol style="list-style-type: none"> <li>Hockey</li> <li>5 years</li> <li>Ireland</li> <li>Summer</li> <li>Ruth Cleveland, daughter of President and Mrs. Grover Cleveland</li> <li>Bob Hope</li> <li>Mobile Army Surgical</li> </ol>	<p>Trivia Answers continued:</p> <ol style="list-style-type: none"> <li>Betty Boop</li> <li>Haiti, Honduras, Hungary</li> <li>Dogs, not birds</li> <li>MMIX</li> <li>Citius, Altius, Fortius Faster, Higher, Stronger</li> <li>The Grapes of Wrath</li> <li>10</li> <li>Wayne Gretsky</li> <li>Wrestling, Waterpolo, Windsurfing, Weightlifting</li> </ol>	<p>1</p> <p>S.H.I.N.E. by appt</p> <p>9:30 am Tai Chi</p> <p>10 Knitting</p> <p>11 Blood Pressure</p> <p>11 Volleyball</p> <p>1:30 Computer</p> 	<p>2</p> <p>9 am Exercise </p> <p>9 Chess</p> <p>10 Mah-jongg</p> <p>10 Sing-a-long</p> <p>10 Blood Pressure</p> <p>10 Computer Class</p> <p>10:30 Strength Training</p> <p>12:30 pm Yoga</p> <p>1 Book Club</p> <p>1 pm <b>Scams and Fraud</b></p>	<p>3 Yom Kippur begins</p> <p>9 am ZUMBA</p> <p>10 <b>Paint with Acrylics</b></p> <p>10:30 Tai Chi</p> <p>12 pm Bridge</p> <p>12 Free Movie</p> <p>1 <b>Oktoberfest</b></p> 	4
<p>5</p> <p>6</p> <p>Foot Screenings by appt</p> <p>9:30 am Walking Club</p> <p>10 am Line Dancing</p> <p>10 am Watercolors with Michael Domina</p> <p>11 am Scrabble</p> <p>11:45 am ZUMBA</p> <p>1 pm Watercolors</p> <p>With Bob Farrell</p> 	<p>7 S.H.I.N.E. by appt</p> <p>Piano Lessons by appt</p> <p>9 am Exercise</p> <p>10 Quilting / Sewing</p> <p>10 Ballroom Dance</p> <p>10 <b>Creative Writing</b></p> <p>10:30 Computer</p> <p>12:30 pm Yoga</p> <p>2 Healthy Eating</p> 	<p>8 S.H.I.N.E. by appt</p> <p>Foxwoods (pre-register)</p> <p>9:30 am Tai Chi</p> <p>10 am Knitting Group</p> <p>11 am Volleyball</p> <p>11 am Blood Pressure</p> <p>1:30 Computer</p> 	<p>9</p> <p>9 am Exercise</p> <p>9 Chess</p> <p>10 <b>Men's Discussion</b></p> <p>10 Mah-jongg</p> <p>10 Sing-a-long</p> <p>10 Blood Pressure</p> <p>10 Computer Class</p> <p>10:30 Strength Training</p> <p>12:30 pm Yoga</p> <p>1 <b>Sketch w/ Bob Farrell</b></p>	<p>10</p> <p>9 am ZUMBA</p> <p>10 <b>Painting with Acrylics</b></p> <p>10:30 Tai Chi</p> <p>12 pm Bridge</p> <p>12 Free Movie</p> <p><i>The Big Sleep</i></p> 	11
<p>12</p> <p>13 <b>Closed</b></p> <p><b>Columbus Day</b></p> 	<p>14 S.H.I.N.E. by appt</p> <p>Piano Lessons by appt</p> <p>9 am Exercise</p> <p>10 <b>Travels with Nana</b></p> <p>10 Quilting / Sewing</p> <p>10 Ballroom Dance</p> <p>10 Creative Writing</p> <p>10:30 Computer</p> <p>12:30 pm Yoga</p> <p>2 Healthy Eating</p>	<p>15 S.H.I.N.E. by appt</p> <p>9:30 am Tai Chi</p> <p>10 <b>Yellow Dot</b></p> <p>10 Knitting</p> <p>11 Volleyball</p> <p>11 Blood Pressure</p> <p>1:30 pm Computer</p> 	<p>16</p> <p>9 am Exercise</p> <p>9 Chess (&amp; Chess lessons)</p> <p>10 Mah-jongg</p> <p>10 Sing-a-long</p> <p>10 <b>Longshoreman Talk</b></p> <p>10 Blood Pressure</p> <p>10 Computer Class</p> <p>10:30 Strength Training</p> <p>12:30 Yoga</p> <p>1 Sketch w Bob Farrell</p>	<p>17</p> <p>Simple Wills by appt</p> <p>9 am ZUMBA</p> <p>10:30 Tai Chi</p> <p>12 pm Bridge</p> <p>12 Free Movie</p> <p><i>To Have &amp; Have Not</i></p> 	18
<p>19</p> <p>20</p> <p>9:30 am Walking Club</p> <p>10 am Line Dancing</p> <p>10 am Watercolors with Michael Domina</p> <p>11 am Scrabble</p> <p>11:45 am ZUMBA</p> <p>1 pm Watercolors</p> <p>With Bob Farrell</p> <p>5:30 -7:30 pm <b>Friends of Kennedy Center</b></p>	<p>21 S.H.I.N.E. by appt</p> <p>Piano Lessons by appt</p> <p>9 am Exercise</p> <p>10 <b>Brain Health</b></p> <p>10 Quilting / Sewing</p> <p>10 Ballroom Dance</p> <p>10 Creative Writing</p> <p>10:30 Computer</p> <p>12:30 pm Yoga</p> <p>2 Healthy Eating</p>	<p>22 S.H.I.N.E. by appt</p> <p>9:30 am Tai Chi</p> <p>10 Knitting</p> <p>10 <b>Fall &amp; Fire Prevention Trivia Game</b></p> <p>11 Volleyball</p> <p>11 Blood Pressure</p> <p>1:30 pm Computer</p> 	<p>23</p> <p>9 am Exercise</p> <p>9 Chess (&amp; Chess lessons)</p> <p>10 Mah-jongg</p> <p>10 Sing-a-long</p> <p>10 Blood Pressure</p> <p>10 Computer</p> <p>10:30 Strength Training</p> <p>12:30 pm Yoga</p> <p>1 Sketch w/Bob Farrell</p>	<p>24</p>  <p>8 am <b>19th Annual John D. Noonan Senior Conference</b></p> 	25
<p>26</p> <p>27 Walking Club</p> <p>10 am Line Dancing</p> <p>10 <b>Watercolors with Michael Domina</b></p> <p>11 Scrabble</p> <p>11:45 ZUMBA</p> <p>1 pm Watercolors</p> <p>With Bob Farrell</p> <p>1:30 pm <b>Fashion Show</b></p>	<p>28 S.H.I.N.E. by appt</p> <p>Piano Lessons by appt</p> <p>9 am Exercise</p> <p>10 Quilting / Sewing</p> <p>10 Ballroom Dance</p> <p>10 Creative Writing</p> <p>10:30 Computer</p> <p>12:30 pm Yoga</p> <p>2 pm Healthy Eating</p>	<p>29</p> <p>S.H.I.N.E. by appt</p> <p>9:30 am Tai Chi</p> <p>10 Knitting</p> <p>11 Volleyball</p> <p>11 Blood Pressure</p> <p>1:30 pm Computer</p>	<p>30</p> <p>9 am Exercise</p> <p>9 Chess (&amp; Chess lessons)</p> <p>10 Mah-jongg</p> <p>10 Sing-a-long</p> <p>10 Blood Pressure</p> <p>10 Computer Class</p> <p>10:30 Strength Training</p> <p>12:30 Yoga</p> <p>1 Sketch w/ Bob Farrell</p>	<p>31 Halloween</p> <p>9 am ZUMBA</p> <p>10:30 Tai Chi</p> <p>12 pm Bridge</p> <p>12 Free Movie</p> <p>1 <b>Halloween Party</b></p> 	