

# Council On Aging News

October 2015



**Columbus Day**



The Kennedy Center will be closed on Columbus Day, Monday, October 12th. Enjoy the holiday weekend!



Happy Halloween! Kids will be trick or treating on Saturday, October 31st. Please be extra cautious when driving - children may be wearing dark costumes hard to see in the dark and walking between cars. Keep your walkways well lit to prevent falls.

Dear Friends,

Welcome to colorful October, a very busy month here at the Kennedy Center. I hope you are able to visit and enjoy some of the many activities and events we have planned.

The Kennedy Center receives a large number of calls regarding elders in need of social services, medical attention and other assistance. For every one call we receive, it is likely there are seven more similar cases that need assistance. It is important the elder constituency, as well as everyone in the community, be aware of the resources available to elders.

Abuse can have many definitions, including overwhelmed caregivers who mistreat elders, abandonment, physical, sexual and emotional abuse, neglect, financial or material exploitation, and self-neglect. Those suffering from dementia or Alzheimer's disease are at higher risk. If you suspect abuse, neglect or exploitation, be sure to call our senior social outreach coordinator Marge Donaher at 617-376-1245. You can also call the Norfolk County District Attorney's Elder Abuse line at 781-830-4800. Of course, if you believe someone is in immediate danger, call 911 or the Quincy Police Department for immediate help. Each of us has the capacity and ability to help. If you suspect abuse has or is occurring, the most important thing you can do is tell someone. If you have elder neighbors, particularly elders you believe may be at risk, it is best to let them know they can ask you for help and support, use a discerning eye, and act on real concerns.

Best wishes for an enjoyable and healthy Fall.

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**

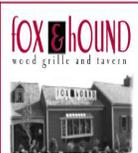
Kennedy Center  
440 East Squantum Street  
Quincy, MA 02171  
617-376-1506  
[www.quincyma.gov/government/elderserv](http://www.quincyma.gov/government/elderserv)  
Hours : Monday - Friday 8:30 a.m.- 4:30 pm



### Caryn's Corner Fashion Show

Monday, October 19th at 1:30 pm

Join us for a free fashion show and demonstration with fashion expert Caryn Smith, owner of Caryn's Corner, a popular boutique of trendy, comfortable and reasonably priced clothing and stylish accessories. Clothing modeled on the runway determined by Caryn, sure to delight the audience. After the models strut their stuff on the runway, Caryn will demonstrate fashion trends and 'how-tos'. Light refreshments. Registration required. Call 617-376-1506 to register.



### Luncheon at Fox and Hound Restaurant

October 26th at Noon

Back by popular demand! Join us for a delicious lunch, laughter, good conversation and great company in a comfortable and friendly atmosphere at the Fox & Hound Restaurant on Sea Street in Quincy.

\$20 pp includes soup/salad, entrée, dessert, coffee/tea and entertainment. Cash bar.

Transportation not included.



### Senior CPR at the Kennedy Center

Friday, October 16th 9am-2pm

CPR certification for seniors by Quincy Public Health Nurse Ruth Jones. The certification includes adult, child and infant CPR, as well as AED. This is a great opportunity to learn these life saving skills. Certification cards given for those who complete class. Registration required. Call 617-376-1506 to register.



### Senior First Aid

Friday, Nov 13th 9am-2pm

Join us for a workshop on training to respond to and prepare for emergencies. If you need a refresher course, this is an opportunity to learn new skills and stay knowledgeable, confident and ready to respond in an emergency situation. Space is limited. Registration is required. Call 617-376-1506 to register.



### Meditation/Mindfulness with Karen Gaughan

6 Week Program beginning Monday, October 26th at 1:30



Learn benefits of meditation: overall health, stress/anxiety reduction and management, relaxation, energy, enthusiasm, self-esteem and much more. Call 617-376-1506 to register. \$3 per person, per class



### Estate Planning with the Alzheimer's Association

Friday, November 6th at 10 am

Join us at the Kennedy Center for a workshop with an Alzheimer's Association representative focusing on legal and financial preparation and planning for Alzheimer's sufferers and families. Call 617-376-1506 to register.



### Veteran Tribute Lunch at the Kennedy Center

Friday, November 6th at 1 pm



Join us to honor our Nation's brave veterans. We are proud to honor veterans who served our country and those currently serving. John Adams Rehabilitation Center will provide a delicious lunch and dessert. Registration required. Indicate if you are a veteran. Call 617-376-1506. Space limited.



### Seniors Helping Seniors Presents: Helpful Hints

Tuesday, November 17th at 10:30am

Call 617-376-1506 to register.

Learn tips, tricks and other time savers to get things done more efficiently and effectively. Registration required.



### Olde Kids Swing Band at the Kennedy Center

December 4th 1-3pm

\$7 per person

Enjoy the sounds of a '40s big band dance band called a living museum with a library of music that will have you dancing, humming and tapping your feet. Purchase tickets at the Kennedy Center. Registration required.

**Christmas Time****Christmas Time at the Reagle Music Theatre****Sunday, December 6th at Noon**

**\$40 pp due at registration** incl premium seating and school bus transport. Guaranteed to warm any heart, the cast of 200 comes gift wrapped in fabulous holiday sets and costumes and professional orchestra. A perfect way to spend a Sunday during the Christmas season. Space is limited.

**Yard Sale at the Kennedy Center****Saturday, October 3rd from 9am- 1pm**

Stop by the Kennedy Center to shop the many tables of several sellers and you will be sure to find great items at bargain prices. Rain or Shine in the Kennedy Center gym, outside. Call 617-376-1506 for more information.

**Wellness Wednesdays Series****Wednesday Evenings 5pm-8pm at the Kennedy Center**

Program begins October 14th  
Call 617-376-1506 to register.

The Quincy Weymouth Wellness Initiative will hold an 8 week program, *A Matter of Balance*, developed for those concerned about falling or who have fallen. It will focus on fall prevention and increasing strength and balance.

**Afternoon Dance with the Olde Kids at the Sons of Italy****Sunday, November 15th at 1- 4pm**

Join us for a special Sunday event at the Sons of Italy in Quincy to enjoy the sounds of the greatest generation. \$15 pp includes refreshments and cash bar. Purchase tickets at Kennedy Center.

**Seaside Gardeners of Squantum Presents:****"The Faire for all Seasons"****Sat., Oct. 24th 10am-2:00pm at the Kennedy Center**

Lunch served at 11:30am incl soups, Clam Chowder, hotdogs, coffee, tea and fresh baked desserts. Shop great selection of craft items, 'Seaside Treasurers', drawings, jewelry, and books. Baked goods available to purchase.

Call Faire Chairperson Peg Kelly at  
617-471-3903 with questions.  
Proceeds benefit Seaside Gardeners'  
civic projects.

**Attitude - by Charles Swindoll****Suggested by Jim Joyce**

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than success, than what other people think or say or do. It is more important than appearance, giftedness or skill It will make or break a company...a church...a home. The remarkable thing is we have a choice regarding the attitude we will embrace each day. We cannot change the inevitable. The only thing we can do is play on the one string we have and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it.

**Senator John Keenan Office Hours****Friday, October 2nd from 10-11am**

Senator John Keenan's Constituent Services will be available at the Kennedy Center to help better serve his constituency. Appointments are not required but are encouraged. Call 617-376-1506 to make an appointment.

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

Love and laughter in  
the October air!

- October 2** *Doc Hollywood* A big city surgeon in a small town - a prescription for comedy and romance  
**October 9** *Notting Hill* Called one of the best romantic comedies, stars Julia Roberts and Hugh Grant  
**October 16** *Sweet Home Alabama* A fun romantic comedy starring Reese Witherspoon and Patrick Dempsey  
**October 23** *While You Were Sleeping* A romantic comedy starring Sandra Bullock and Bill Pullman  
**October 30** *The Prince of Tides* Barbara Streisand and Nick Nolte star in this touching drama film

*Love*  
is in the air

**Sell Mom's House****October 29th at 10:30 am**

Call 617-376-1506 to register.  
Space is limited. Light refreshments .

Learn the tools to reduce stress, time and effort in preparing and selling your home. Sell Mom's House will help you prepare and liquidate real estate wisely and efficiently, as well as select and visit assisted living communities.



# Computer Classes - October 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.

October 1st	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.		
October 8	Facebook, Twitter	10am-12pm
Learn about social networking, what it is and how it works.		
October 15th	Questions and Answers	10am-12pm
Come to class with your questions regarding cell phones, digital cameras, computers or tablets. First come, first serve.		
October 22	Digital Photography	10am-12pm
Introduction to digital photography, including how they work, memory card, batteries, how to take photographs, printing, settings and more.		
October 29th	Digital Photography on your Computer	10am-12pm
Reviews digital photography class, how to upload photographs to computer, print, save, photo books, collages, modify, and more.		

Until further notice, the first Thursday classes of each month will be designed exclusively for Mac instruction. 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 **Louis Restaurant in Houghs Neck** for their generous donation of a gift certificate for our event raffles. Thank you to **Marguerite McCormack** for her donation of a large puzzle and book for our members to enjoy. Thank you to **Shabu** for their kind donation of a gift certificate for our raffle. Thank you to **Peg Joyce and Joan Arnold** for the volunteering at the Primary Election Day Bake Sale. Thank you to **all those who donated baked goods** and those who purchased them. Proceeds benefit the Kennedy Center. Thank you to our friends who held workshops at the 2015 John D. Noonan Senior Conference including the kitchen staff of **Brookdale Senior Living Solutions, Kim Bennet, LSW, of Visiting Angels, Hung Doan, pharmacist, Jen Nosalek of Hahn Home Health Care, Inc., Quincy Public Health Educator Ruth Jones, BSN, RN, BC, CP-FS, Quincy Fire Department Lieutenant Gerry Ceurvels, Michael Rothberg of Baystate Financial, Mark Bracken, Assistant Treasurer from the Massachusetts State Treasurer Deb Goldberg's Office, and Joe Canavan, Triad Director for Sheriff Michael Bellotti.** Special thanks to our conference featured guest, famed Boston photographer **Bill Brett**. Attendees were delighted to hear Bill's stories from behind the lens. Thank you to **Mayor Tom Koch's office** for sponsoring this annual event. Thank you to our friends at the Information Technology Department (IT), particularly **Chuck Phelan, Jack Lydon, Christine Flaherty and Jim Doherty** for their hard work keeping the Quincy COA connected and up to date. Thank you to the **Quincy Health Department** for educating seniors in the community on the importance of healthy living.



The advertising section of the Kennedy Center Newsletters is for businesses to promote their products and services. 5,000 newsletters are distributed monthly. If you have a business or know of one interested in advertising, call 800-888-4574 or email knaylor@4LPi.com. Special thanks to our newsletter sponsors. Help us say thank you with your patronage.



**Thank You Blood Donors!** Thank you to all who donated blood at the American Red Cross Blood Drive at the Kennedy Center. Eleven units of blood was collected to be used to save approximately 33 lives.



**Self Esteem** Life becomes simpler and lighter when you love yourself. Things simply become easier. You won't make mountains out of molehills or out of plain air nearly as often. You won't drag yourself down or beat yourself up over simple mistakes or over not reaching a perfect and inhuman standard.



Photo on left: Ray and Anna Zanelli at a recent Kennedy Center event.

Photo on the right: Members enjoying the QCOA sponsored Charles River Cruise.



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.



**Open Enrollment.** During Open Enrollment (Oct 15–Dec 7), you can change your 2016 plan and add a drug plan. S.H.I.N.E Counselors explain changes and options. Our trained counselors, Kay and Elizabeth, offer free, confidential counseling on Medicare and health programs. Call 617-376-1506.



## 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. Call 617-376-1506.



## Norfolk County Sheriff's Office Triad Programs

Friday, October 16 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.



The MA **DO NOT CALL** number is 866-231-2255. The federal DO NOT CALL number is 888-382-1222. If you have a cell phone, use it to place that number on the DO NOT CALL list: 888-382-1222.

The websites to register are [www.madonotcall.govconnect.com/welcome.asp](http://www.madonotcall.govconnect.com/welcome.asp) and [www.donotcall.gov/register/Reg.aspx](http://www.donotcall.gov/register/Reg.aspx). **DO NOT MAIL** list 888-690-2252 or [www.directmail.com/directory/ail\\_preference/](http://www.directmail.com/directory/ail_preference/).



**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 the **October 1st** meeting is *"Sisterhood of Spies-Women of the OSS"* by Elizabeth McIntosh; the book for **November 5th** is *"The Advocate"* by Teresa Burrell, and the book for **December 3rd** is *"Leaving Time"* by Jodi Picoult.



**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.

**Happy Birthday**  
Happy birthday to **Jack Kelly** on October 3rd and **Carol Lydon** on October 10th



### Suggestion Box

**Some of our best ideas have come from our members.** If there is some thing you want to see in the newsletter or an activity you think our members would be interested in or would enhance experiences here, let us know! We welcome suggestions on how we may better serve you. Fill out a comment card, stop by or give us a call!



This is a **Beginner** Level Puzzle.

Exercise Your Brain!



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

**REALLY?** During her life, Sara married hundreds of men. None of them died, and she has never been divorced. How did Sara do this? Sara is a minister. \* What is the opposite of Dominoes? Domi doesn't know. \* Before Mount Everest was discovered, which was the tallest mountain in the world? Mount Everest, of course. \* Imagine you were captured by cannibals and about to be eaten. How would you save yourself? Stop imagining. \* Did you know the average American opens the fridge 22 times a day. \* No piece of paper can be folded in half more than 7 times. Marilyn Monroe had six toes. \* The Barbie doll's full name is Barbara Millicent Roberts. \*

**DID YOU KNOW...**

**Quincy** was home to the first turnpike-Quincy's Granite Railway, constructed in 1826, America's first commercial railroad. \* Howard Johnson's and Dunkin Donuts started in Quincy. \* The Irish rock band Dropkick Murphys formed in Quincy in 1996. \* The Flag Day parade in Quincy is the longest running Flag Day parade in the country. It began in 1952. \* A unique educational institution that operated in Quincy was a shipyard education school-from 1916 to 1984, the Fore River Apprentice School taught shipbuilding and general skills for working in a shipyard. \* The Shipbuilders was the name of Quincy's professional baseball team which began competing in 1933. \* Quincy also had minor league baseball, football and soccer teams. \* Pete Kendall, former Washington Redskin, Mike Mottau, Florida Panther, and Wilbert Robinson, former Baltimore Oriole, are three professional athletes who call Quincy their hometown. \* Stop & Shop has nearly 400 stores nationwide and is based in Quincy. \* Two signers of the Declaration of Independence, John Adams and John Hancock, were from Quincy. John Adams and his son John Quincy Adams are both buried in Quincy. They were the first father and son to be elected to the presidency. It is said that George H.W. Bush would, on occasion, jokingly refer to son George W. Bush as "Quincy."



1. During WWII, the Japanese foot soldiers invaded a land region that is today part of the US. What is it?
2. What is the sum of the first one hundred odd numbers, starting with '1'?
3. Which well known celebrity was the first Playboy magazine playmate in 1953?
4. At what 1815 battle was Napoleon at?
5. Can you find three 6 letter words that can be formed with these letters AEMRST?
6. What 2 creatures are primarily responsible for spreading the bubonic plague in Europe and Asia in the 14th century?
7. Mary Catherine Collins scored acting success as who? Bo Derek
8. Excluding 'the,' which word appears most in Bond film titles? Never
9. What is Al Jumahiriyah al Arabiyah al Libiyah ash Shabiyah al Ishtirakiya al Uzma the official name of?
10. What did Einstein call the 'most difficult thing to understand'?
11. How many flowers are in the design stamped on each side of an Oreo cookie?
12. How did the pound cake get its name?
13. Why was the animal crackers box designed with a string handle?
14. Who wrote the *Ugly Duckling*?
15. When was Elvis Presley's first ever concert?
16. What are the Sun, Independent and Guardian?
17. Did Neil Armstrong put his left or right foot on the moon first?
18. What was Elvis' twin brother's name?
19. What was the name of the group Sinatra was a part of at the start of his career?
20. What was the highest level of education that Frank Sinatra finished before dropping out of school?
21. On *All in the Family*, where did the Bunkers live?
22. On *The Partridge Family*, who played Laurie Partridge's boyfriend and what was his name?
23. The Olympic games were not held during which three years and for what reason?
24. In 1970, what supersonic aircraft made its first flight at 700 mph?
25. How long were the hostages held during the Iranian Hostage Crisis in Iran in 1979?

**Answers on  
calendar on page 9**





## Anti-Inflammatory Diet

Inflammation can damage the body and is thought to play a role in obesity, heart disease and cancer. Foods high in sugar and saturated fat spur inflammation. They cause over-activity in the immune system which lead to joint pain, fatigue, and damage blood vessels. Foods that fight inflammation include fatty fish (salmon, mackerel, tuna, sardines), whole grains, dark leafy greens (spinach, broccoli, kale, collard greens), nuts (almonds, walnuts), soy, low fat dairy, peppers, tomatoes, beets, ginger, turmeric, garlic, onions, olive oil, berries, and tart cherries. Talk to your doctor about supplements you can add to your diet, ie., fish oil supplements.



### Dental facts

- About 25% of adults over age 65 have lost all of their teeth.
- The majority of older adults have receding gum tissue.
- Periodontal disease and tooth decay are the leading causes of tooth loss in older adults.

## Maintaining a healthy mouth in elder years

**Periodontal disease** is the primary culprit in tooth loss among elders. It is treatable at any age with a combination of specific gum treatment, antibiotics and, in some cases, surgery. Many medications list **dry mouth** as a side effect. Lack of saliva leads to irritation in the mouth and infection of the tissues. Keep your mouth moist with sugarless gums/candies and drinking more water. The health of your mouth is tied to the health of your entire body. Research suggests gum inflammation is related to diabetes, heart disease, stroke and respiratory problems. It is believed bacteria from gum infections travel through the bloodstream to trigger inflammation of organs and tissues. Brush your teeth and floss twice a day. See your dentist regularly.



## The secret to longevity

Health advocates have long promoted the Mediterranean Diet, a diet heavy on fruits, vegetables and whole grains that includes healthy fats and protein from sources like fish and seafood. It only includes sweets, dairy products and fatty land animal meats occasionally. This diet appears to ward off buildup of LDL cholesterol, the bad cholesterol that contributes to heart disease, and research suggests it may help reduce the odds of developing Alzheimer's and other dementias.

Centenarians typically report that exercise is a regular part of their daily routines. Short, regular walks and/or light exercise have significant long term benefits including lowered blood pressure and healthier cholesterol levels. Stay on top of health issues that could become problems as you age. Establish a health plan that monitors any health problems you may be predisposed to develop.

In short, the secrets that will improve your odds at 90 and beyond is living a healthy life; eat well, exercise, get adequate sleep, maintain friendships, don't obsess about small setbacks or things beyond the scope of your control, stimulate the brain, find spirituality, maximize your intake of antioxidants, use nutritional supplements to compensate for nutrient deficiencies, sleep, restore your hormones, and, for better skin, moisturize daily.



**Heart Health** During a heart attack, a blocked coronary artery cuts off blood flow to the heart, causing a section of the heart muscle to die. While a blood clot is usually to blame for the blockage, the problem starts before that with the buildup of fatty deposits, known as coronary artery disease. Cut down your risk by doing more, eating less and 'knowing your numbers.' Memorize these numbers—you want to be below:

**100**

**Blood Sugar**

**120/80**

**Blood Pressure**

**200**

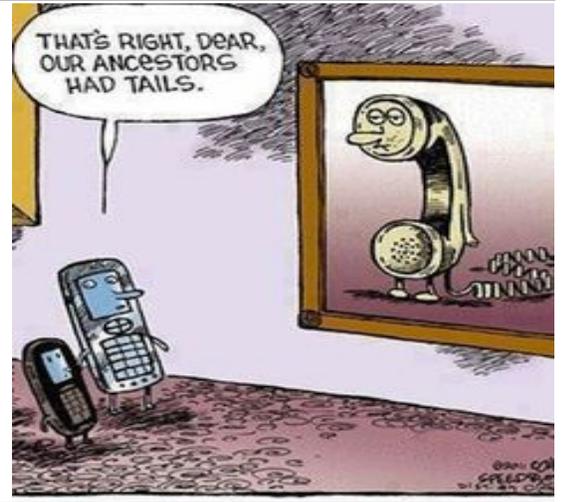
**Total Cholesterol**

**Test yourself.** Heart attacks can affect people very differently and the signs may be subtle in women. The following can be sign of heart attack: pain in the shoulder, neck, jaw or upper back, dizziness, lightheadedness/fainting, feeling of doom, shortness of breath, pressure/pain in the chest, often on left side, nausea/vomiting, sweating, and extreme fatigue. Women are 2-3 times as likely as men to die within weeks of a heart attack, yet most still think of it as a man's disease. Five ways to protect your heart include eating more fruit and vegetables, wear a fitness monitor - aim for 10,000 steps, -and quit smoking if you are a smoker, eat nuts, avoid fats, fried foods, baked goods, and sugary drinks. Aim for a maximum waist measurement of 35 inches for women, 38 for men.



Ha! Ha! Ha!

At the end of a job interview, a HR Director asked a young engineer from MIT, "What salary are you looking for?" The engineer replied, "Around \$125,000 a year, depending on benefits." The interviewer inquired, "Well, would you like 5 weeks paid vacation, 14 paid holidays, full medical and dental, company matched retirement fund of 50% of salary, and a company car?" The engineer said, "Wow! Are you kidding?" The interviewer replied, "Yes, you started it."



### 1950's Word Search

FIFTIES  
BRANDO  
BOGART  
KENNEDY  
MARILYN  
HOP  
HEPBURN



ELVIS  
SINATRA  
EISENHOWER  
HITCHCOCK  
GREASER  
CHEVY  
CINDERELLA



BANDSTAND  
STROLL  
DRIVE IN  
CORVETTE  
TWIST  
HULLY GULLY  
CLAMDIGGERS



HOT ROD  
BACALL  
NIXON  
CLARK  
DANCE  
JUKEBOX  
CARHOP

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

# October 2015

	Mon	Tue	Wed	Thu	Fri	S																																																																																	
Sudoku Answers	<table border="1"> <tr><td>5</td><td>3</td><td>4</td><td>6</td><td>7</td><td>8</td><td>9</td><td>1</td><td>2</td></tr> <tr><td>6</td><td>7</td><td>2</td><td>1</td><td>9</td><td>5</td><td>3</td><td>4</td><td>8</td></tr> <tr><td>1</td><td>9</td><td>8</td><td>3</td><td>4</td><td>2</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>5</td><td>9</td><td>7</td><td>6</td><td>1</td><td>4</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>2</td><td>6</td><td>8</td><td>5</td><td>3</td><td>7</td><td>9</td><td>1</td></tr> <tr><td>7</td><td>1</td><td>3</td><td>9</td><td>2</td><td>4</td><td>8</td><td>5</td><td>6</td></tr> <tr><td>9</td><td>6</td><td>1</td><td>5</td><td>3</td><td>7</td><td>2</td><td>8</td><td>4</td></tr> <tr><td>2</td><td>8</td><td>7</td><td>4</td><td>1</td><td>9</td><td>6</td><td>3</td><td>5</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>2</td><td>8</td><td>6</td><td>1</td><td>7</td><td>9</td></tr> </table>	5	3	4	6	7	8	9	1	2	6	7	2	1	9	5	3	4	8	1	9	8	3	4	2	5	6	7	8	5	9	7	6	1	4	2	3	4	2	6	8	5	3	7	9	1	7	1	3	9	2	4	8	5	6	9	6	1	5	3	7	2	8	4	2	8	7	4	1	9	6	3	5	3	4	5	2	8	6	1	7	9	<p><b>There are only four kinds of people in the world.</b>  <b>Those who have been caregivers.</b>  <b>Those who are currently caregivers.</b>  <b>Those who will be caregivers, and those who will need a caregiver.</b>  <b>-Rosalyn Carter</b></p>	<p><b>You will never know your limits unless you push yourself to them.</b></p> <p><b>One day you will wake up and there won't be any more time to do the things you've always wanted. Do it now.</b>  <b>-Paulo Coelho</b></p>	<p><b>1</b>            9 am Exercise            9 Chess/lessons            10 Mah-jongg            10 Sing-a-long            10 Blood Pressure            10 Computer Class            12:30 pm Yoga  <b>1:30 Book Club</b></p> 	<p><b>2</b>            9 am ZUMBA            10 Sen. Keenan Office Hours            10:30 Tai Chi  <b>10:30 Clear Captions</b>            12 pm Bridge            12:30 Free Movie  <b>1 Oktoberfest</b></p> 	<p><b>3</b></p>
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4	<p><b>5</b>  <b>Foot Screenings by appt</b>            9:30 Walking Club  <b>10 Art with Michael</b>            10 Line Dancing            11 Scrabble            11:45 ZUMBA</p>	<p><b>6</b>            S.H.I.N.E. by appt            Piano Lessons by appt            9 am Exercise            10 Writing            10 Quilting            10 <b>Basics of Alzheimer's</b>            10 Ballroom Dance            10:30 Computer            12:30 pm Yoga</p>	<p><b>7</b>            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  <b>5 Wellness Series</b>  <b>7 Street Magic at SQY</b></p>	<p><b>8</b> 9 am Exercise            9 Chess/lessons            10 Mah-jongg            10 Sing-a-long            10 Strength Training  <b>10 Men's Discussion</b>            10 Blood Pressure            10 Computer Class            12:30 pm Yoga  <b>1:30 Women's Discussion</b></p> 	<p><b>9</b>            9 am ZUMBA  <b>10 Painting with Acrylics</b>            10:30 Tai Chi            12 pm Bridge            12:30 Free Movie</p>	<p><b>10</b></p>																																																																																	
11	<p><b>12</b>  <b>Kennedy Center closed</b></p> 	<p><b>13</b> S.H.I.N.E. by appt            Piano Lessons by appt            9 am Exercise            10 Writing            10 Quilting            10:00 Ballroom Dance            10:30 Computer            12:30 pm Yoga</p>	<p><b>14 Foxwoods</b>            S.H.I.N.E. By appt            9:30 Tai Chi            10 Knitting            11 Blood Pressure            1 Sketching with Bob            1:30 pm Computer  <b>5pm Wellness Series</b></p> 	<p><b>15</b>            9 am Exercise            9 Chess &amp; lessons            10 Mah-jongg            10 Strength Training            10 Sing-a-long            10 Blood Pressure            10 Computer Class            12:30 pm Yoga</p> 	<p><b>16</b>            Simple Wills by appt  <b>9am CPR</b>            9 ZUMBA  <b>9 CPR Training &amp; Cert</b>  <b>10 NC Sheriff Triad</b>            10:30 Tai Chi            12 pm Bridge            12:30 Free Movie</p> 	<p><b>17</b></p>																																																																																	
18	<p><b>19</b>  <b>Hearing Screening by appt</b>            9:30am Walking Club            10 Art with Michael            10 Line Dancing            11 Scrabble            11:45 ZUMBA  <b>1:30 Fall Fashion Show by Caryn's Corner</b></p>	<p><b>20</b> S.H.I.N.E. by appt            Piano Lessons by appt            9 am Exercise            10 Quilting            10 <b>Living with Diabetes</b>            10 Writing            10 Ballroom Dance            10:30 Computer            12:30 pm Yoga</p>	<p><b>21</b> 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  <b>5pm Wellness Series</b></p> 	<p><b>22</b>            9 am Exercise            9 Chess &amp; lessons            10 Mah-jongg            10 Sing-a-long            10 Blood Pressure            10 Computer Class            12:30pm Yoga</p> 	<p><b>23</b>            9 am ZUMBA            10:30 Tai Chi            12 pm Bridge  <b>1 Fall Harvest by Quincy Rehabilitation</b>            2:30 Free Movie</p>	<p><b>24</b></p>																																																																																	
25	<p><b>26</b>            9:30am Walking Club            10 Line Dancing            10 Art with Michael            11 Scrabble            11:45 ZUMBA  <b>12 Fox &amp; Hound</b>  <b>1:30pm Mindfulness</b></p> 	<p><b>27</b> S.H.I.N.E. by appt            Piano Lessons by appt            9 am Exercise            10 Quilting            10:00 Ballroom Dance            10:30 Computer            12:30 pm Yoga</p>	<p><b>28</b> S.H.I.N.E. by appt            9:30 am Tai Chi            10 Knitting            11 Blood Pressure            1:30 pm Computer  <b>5pm Wellness Series</b></p>	<p><b>29</b>            9am Exercise            9 Chess &amp; lessons            10 Mah-jongg            10 Sing-a-long            10 Blood Pressure            10 Computer Class            10:30 Sell Mom's House            12:30pm Yoga</p>	<p><b>30</b>            9 am ZUMBA            10:30 Tai Chi            12 pm Bridge  <b>1 Halloween Spooktacular</b>            2:30 Free Movie</p> 	<p><b>31</b></p> 																																																																																	
ANSWERS	<ol style="list-style-type: none"> <li>Alaska</li> <li>10,000</li> <li>Marilyn Monroe</li> <li>Waterloo</li> <li>Master, Stream, Tamers, Maters</li> <li>Rats and fleas</li> <li>Bo Derek</li> <li>Never</li> <li>Libya</li> <li>Income Taxes</li> <li>12—Each has 4 petals</li> <li>From the one pound quantities of the key ingredients in the recipe</li> <li>Christmas novelty to hang on tree</li> </ol>	<ol style="list-style-type: none"> <li>Hans Christian Andersen</li> <li>1954</li> <li>Newspapers</li> <li>Left</li> <li>Jesse Garon</li> <li>Hoboken Four</li> <li>Middle</li> <li>704 Houser Street, Flushing, New York</li> <li>Rob Reiner, Snake</li> <li>1916, 1940, 1944 WWI, WWII</li> <li>Concorde</li> <li>444 days</li> </ol>	<p>I went to a bookstore and asked the salesperson, "Where's the self-help section?" She said if she told me, it would defeat the purpose.</p> 	<p>If a parsley farmer is sued, can they garnish his wages?</p>  <p>Why did the witches' team lose the baseball game? Their bats flew a way.</p> 	<p><b>**Please note**</b>            Calendar subject to change without notice</p> <p><b>Reminder:</b>            The Kennedy Center will be closed on Columbus Day, October 12th</p> 																																																																																		