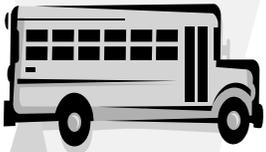


Council On Aging News

September 2014



Here we are at the start of another school year... please keep that in mind when driving, particularly before and after school. Kids may not be paying attention, so drive carefully. **Be mindful and drive carefully!** Best wishes to our members who have grandchildren, nieces or nephews heading back to school or off to college.

**HAPPY
LABOR
DAY**

We join Mayor Tom Koch in wishing you all a very happy Labor Day!

Dear Friends,

It's hard to believe September is already here. Where did the summer go? We experience a slight decline in member sign-ins during the warm summer days. If you have not had a chance to come in to become a member, now is the perfect time to come and acquaint yourself with our facility and staff. The Fall brings enormous energy to the Center, when the weather is comfortable and the air is crisp... and many new and special events are added to the calendar. We will be offering a lot of exciting new trips and activities, including a Murder Mystery Matinee Luncheon and the Sicilian Tenors with lunch. We are also offering a 4 day trip to Pennsylvania Dutch/Amish Country, a 3 day trip to Niagara Falls, an overnight trip to New York City and day trips to St. Joseph's Abbey, Deerfield Village, New Hampshire, and more. As always, if you have an idea for a trip, special event or activity, please take a moment to fill out a suggestion card. Your suggestions and opinions are important to us.

It is important to turn off the television, get out of the house and be socially and physically active. How about a game of Bridge? Feel like working out? Always wanted to give chair yoga a try? Would you like to talk about books in Book Club? Want to try your hand at something new and creative? Do you enjoy a warm and welcoming environment? The Kennedy Center is just what you need. It is a focal point in Quincy for seniors. We provide social, recreational and educational activities where members participate as much or as little as they like. We engage people at an interesting and unique phase of life. Our goal is to cultivate people's desire to be social and active in life. If you have never visited the Kennedy Center, please stop in for a tour and register for a free membership. We look forward to seeing you and welcoming you to this great Center.

Sincerely,

Thomas F. Clasby, Jr.
Director



Like us on facebook!
Search us under
Quincy Council on Aging



KENNEDY CENTER

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



**Strength Training for Seniors
Starting September 4th at 10:30 am**

Certified personal trainers Maggie Faretra and Joanne D'Andrea will hold a 10 week strength training program on Thursdays beginning September 4th - \$50 pp. Call Maggie for information at 617-943-0147.



**Scams & Fraud Presented by The Better Business Bureau
Thursday, October 2nd at 1 pm - Call 61-376-1506 to register**

The Better Business Bureau offers Scam and Fraud Prevention for Seniors as part of their public outreach and education program. We are happy to have Amy Schram here to educate our members on the many different scams that target seniors and the ways to prevent being a victim of fraud.



**On Pluto : Inside the Mind of Alzheimer's By Greg O'Brien
Thursday, September 25th at 10:00 am**

Greg O'Brien, former editor/publisher of The Cape Codder, was diagnosed with early onset Alzheimer's many years ago. His mother and grandfather died of the disease. This book is a first person journey with Alzheimer's; the story from an insider's (O'Brien's) perspective. Join us to hear Greg tell his story about living with and fighting the disease and not giving up. It's about life, loss and grief. Call 617-376-1506 to register. Registration required.



**Walk to End Alzheimer's Disease - 1.5 Miles or 3.5 Miles
Sunday, September 28th**

Registration 8:30 / Remembrance Ceremony at 10 am

**Honorary Chair:
Mayor Marty Walsh**

Seeking walkers! Join our team "Miles for Memories" to benefit the MA/NH Chapter of the Alzheimer's Association. Start at the DCR Paul Revere Park in Boston to walk for this important cause. If you are unable to walk, donations can be dropped off to the Kennedy Center or mailed to MA/NH Alzheimer's Association, 480 Pleasant St, Watertown, MA 02472. Please include our team name in the memo line of check. Stop by the Kennedy Center for registration forms. Call 617-376-1506 for informa-



**"Letters From Home" Veteran's Tribute
Thurs., Nov. 6th Depart @ 10:30 am**

**Payment & meal choice
due at registration.**

\$64 pp incl transportation, show & lunch at White's of Westport

In the spirit and style of the 40's, this talented duo will bring incredible harmonies, charming personalities, energized tap dancing, laugh out loud humor, and patriotic passion. Enjoy a delicious lunch of boneless stuffed chicken or baked scrod, potato, veg, coffee & dessert.

GIVE BLOOD



SAVE LIFE

**Reminder: Red Cross Blood Drive at the Kennedy Center
Friday, September 12th from 1—6 pm**

Donate blood & help save a life! Call 617-376-1506 for information. Registration not req'd.



Tai Chi

Wednesdays at 9:30 am and Fridays at 10:30 am - \$3 per person per class

Due to popular demand, a second Tai Chi class has been added on Fridays at 10:30 am. \$3 pp



**The Longshoreman: Life on the Waterfront Book Signing & Talk
October 16th at 10 am at the Kennedy Center**

Registration req'd. Space is limited.

QCOA member and author Jim Lynch, worked on the Boston waterfront for 21 years. *The Longshoreman*, based on real-life experiences of Lynch, details the conditions and challenges of work on the waterfront. Call 617-376-1506 to register for this interesting discussion.



Oktoberfest
Fri., October 3rd at 1 pm
\$8 Per Person

Fantastische Zeit!

Space is limited!



Join us for a traditional Oktoberfest Celebration where the Kennedy Center gym is transformed into a bustling, German themed party complete with delicious German fare and music. The band, Schwarze Schafe, dressed in traditional attire of lederhosen and dirndls, will entertain the crowd. Stop by today to purchase your ticket to this 'fantastische' event! Call 617-376-1506 to register.



Fairing Way Luncheon at the Kennedy Center
Thursday, September 18th at 12 noon

Call 617-376-1506
to register.

Enjoy a delicious Panera Bread lunch provided by Fairing Way, a nonprofit 55+ community in Weymouth. Let Fairing Way share why they are perfect for elders seeking an active lifestyle. Space is limited. Members who attended previous Fairing Way luncheons are not eligible.



City of Presidents 5K Run/Walk

Formerly the Officer Jamie Cochrane Mem'l Road Race

Sun., Sept. 14th at 10 am (Registration at 8 am) Pageant Field

To benefit Quincy Parks Conservancy and Quincy Public Schools health & wellness programs. \$25 entry fee (\$30 family) includes refreshments, DJ and more. First 500 registrants receive free t-shirt. Register at cityofpresidents5k.racewire.com. Registration form available at Kennedy Center.



Men's Discussion Group
September 11th at 10 am

The Men's Discussion Group is held on the 2nd Thursday of each month. It is open to all elder men in the community. Enjoy light refreshments while Mayor Tom Koch captivates the audience as guest speaker at the September 11th discussion group.



New York's Radio City Christmas Spectacular & Fabulous Foxwoods Overnight
December 1 - 2, 2014 (Monday - Tuesday)

Twin Occ \$259 pp; Triple Occ \$249 pp; Single Occ \$319 pp

Cost includes lux motor coach transportation (w/movie & Wifi) to NY City, Orchestra seating at Radio City Music Hall's Christmas Spectacular Show, New York sightseeing, 2 meals (one hot breakfast, one dinner), \$10 slot play, and luxury accommodations at Great Cedar Hotel at Foxwoods.

Enjoy exciting Bingo games, table games and/or slots at Foxwoods, take in another show or just relax. Stop by today with your deposit to reserve a spot on this trip!



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



Annual John D. Noonan Senior Conference

Friday, October 24th from 8am-2 pm - \$15 per person

Please note the date change for the Annual Senior Conference. In recognition of Rosh Hashanah, we have rescheduled the conference from September 26th to Friday, October 24th. \$15 includes continental breakfast, catered lunch and choice of 2 workshops to participate in. Two seniors will be honored with the Frank Kearns and Mary Vallier Awards. Registration is required. Space is limited.



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 Instruction by Grace Buscher



September 4th

Advanced Email

10 am-12 pm

Advanced Email covers email in more detail. Free email accounts and what they really cost, spam and how to block it, email addresses, contacts, address book, set up, update, saving, scams and more.

September 11th

How to Buy a Computer

10 am-12 pm

What should you look for in a computer? Should you buy a laptop or desktop? A printer? Should you buy the warranty? Come to this class and be better equipped and knowledgeable when you shop for your computer.



Painting using Watercolors with Michael Domina

'A room without a watercolor is like a home without windows.' - Domina

Begins Sept 29th from 10 am - 12:30 pm \$95 per person

Artist Michael Domina of *Art On the Rocks* will again be holding 6 weeks of art instruction at the Kennedy Center beginning September 29th. The cost to participate is \$95 per person. For the complete supply list and/or further information, call 617-376-1506. Visit the Kennedy Center to register



**Fall & Fire Prevention - Trivia Game
NFPA 'Remembering When' Program
Wednesday, October 22nd at 10 am**



Come on down to the Kennedy Center for a fun game of trivia with Quincy Fire Department Inspector Jerry Court and VNA Nurse Denise Murphy. Registration required. Call 617-376-1506 to sign up. Space is limited.



Day and Overnight Trip Insurance

If you decide to register for a day or overnight trip with the Kennedy Center, it is wise to purchase trip insurance through the tour company. Three members were refunded their money for the Washington, DC trip in April because they purchased trip insurance for \$15. Recently, two members who did not purchase trip insurance were unable to participate in the Atlantic City trip due to unexpected circumstances. Thankfully, the tour company kindly refunded their money because others took their place on the trip. The tour companies will no longer refund money unless trip insurance is purchased. It is well worth the money to purchase this affordable insurance and receive a full refund for any reason you are unable to participate in purchased day/overnight trips.



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

- September 5** *Good Morning Vietnam* A hit movie that received 2 thumbs up by Siskel and Ebert
- September 12** *Mrs. Doubtfire* Outrageous, hilarious & touching comedy - often called fall-down funny
- September 19** *Good Will Hunting* Williams received an Academy Award for his performance in this triumphant story set and filmed primarily in South Boston and the Boston area.
- September 26** *Dead Poet's Society* Williams won an Oscar for his performance in this American drama.

It's Robin Williams Movie month !



 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. What two instruments in an orchestra have the highest pitch?
2. Who is the first attorney to become president? John Adams
3. This Hollywood couple remarried in 1975, one year after their first divorce. Who were they?
4. What capital of a southern US state is named after a President?
5. How many Californias could fit inside Alaska?
6. Which 4 US states meet at one point, called the four corners?
7. During WWII, the Japanese foot soldiers invaded land that is today part of the US. What is it?
8. In the 1992 Presidential election, what was the name of H. Ross Perot's running mate?
9. Which baseball position has produced the most managers?
10. In golf, what is a "mulligan?"
11. In what year was the Berlin Wall erected and in what year was it knocked down?
12. Can you name 4 of the resort locations mentioned in the chorus of the Beach Boys song 'Kokomo'?
13. Which celebrity hosted almost 300 NBC TV specials, but no regular series over the course of his career?
14. What song, written by Paul Anka, was recorded by Frank Sinatra, Elvis Presley, Sid Vicious and others?
15. In 1933, what leader said "The only thing we have to fear is fear itself?"



Answers on calendar.

Simple ways to help the community

Do you have clothes, shoes, drapery, bedding, towels, toys and/or rugs you'd like to donate for a good cause? Consider dropping your clothes to a textile recycling bin behind one of the public schools in Quincy. **Quincy Public Schools** receive money based on the tonnage of donations... in addition, trash waste is reduced, saving taxpayers money on waste removal costs. Donate to the **Vietnam Veterans of America (VVA)** by scheduling pick up of household items, clothing (all types, sizes) accessories, shoes, bedding, housewares, jewelry, toys, bikes, tools, small appliances and electronics. Call 1-800-775-VETS (8387) to schedule a tax deductible donation that can be picked up. Your donation to the VVA funds programs that help all veterans of the US and supports local, state and national programs to improve welfare and hospital care of veterans, particularly homeless and disabled veterans, and much more. **Box Tops for Education** help Quincy Public Schools earn money to use on whatever they need. Box Tops can be collected anytime during the year, including summer, and dropped to the Kennedy Center reception desk. Donate your new or used linen and towels to the **Quincy Animal Shelter** for padding the cages to make the animals more comfortable during their stay. Collect aluminum can tabs (soda tabs, canned good tabs, etc.) and drop them to the Kennedy Center to benefit the **Shriner's Hospital for Children**.



This is a Beginner Level Puzzle.

Exercise Your Brain!



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... there are 552 original documents pertaining to the Salem Witch Trials of 1692 that are preserved and stored by the Peabody Essex Museum. Boston built the first subway system in the US in 1897. The town of Franklin (MA) changed its name to Franklin to honor Benjamin Franklin in 1778. Norfolk County is the birthplace of 4 US presidents: John Adams, John Quincy Adams, John Fitzgerald Kennedy and George H. W. Bush. There is a house in Rockport built entirely of newspaper. The Fig Newton was named after Newton, MA. In 1634, Boston became the first public park in America. Quincy boasts the first Dunkin Donuts and Howard Johnson's. The first US Postal zip code in Massachusetts is 01001 at Agawam. Glaciers formed the islands of Nantucket and Martha's Vineyard during the ice age. Revere Beach was the first public beach in the US. The first nuclear powered surface vessel, USS Long Beach CG (N) 9 was launched at Quincy in 1961. Acushnet is the hometown of the Titleist golf ball company. According to the US Census Bureau, Massachusetts has the lowest divorce rate in the US with 2.2 divorces per 1,000 people. The first American lighthouse was built in Boston Harbor in 1716. Basketball was invented in 1891 by James Naismith in Springfield, also home of the Basketball Hall of Fame. MIT in Cambridge invented the first computer in 1928. The Massachusetts' cranberry crop is the nation's second largest after Wisconsin. The name Massachusetts came from a MA tribe of Native Americans who lived in the Blue Hill region. The Indian term means 'at or about the Great Hill.' The Massachusetts motto is *Ense petit placidam sub libertate quietem*, which means *By the sword we seek peace, but peace only under liberty*.



Fight Reflux You can turn your body heartburn-free by sticking with the following: **Oatmeal** does not cause reflux. **Ginger** has been used throughout history as an anti-inflammatory and treatment for gastrointestinal conditions. **Aloe** is famous as a natural healing agent and seems to treat reflux. **Salad** is a primary meal for acid reflux-ers, although tomatoes, onions, cheese and high fat dressings should be avoided. **Bananas & Melons** at a pH of 5.6 & 6.1 respectively, are usually great for acid reflux-ers. However, a small percentage of those with reflux need to avoid it. **Rice** is great foods for acid reflux. **Parsley** has been used for thousands of years as a medicinal herb to settle the stomach and aid digestion. **Celery** is a good for acid reflux. **Seafood** (except fried) is a staple for acid reflux-ers. **Chicken & turkey** (not fried and only skinless) is another staple for reflux-ers. **Greens** (broccoli, asparagus, green beans, etc.) are great foods for acid reflux. **Fennel**, with a mild licorice taste, is great for acid reflux and actually seems to improve stomach function.



Thank you to Lori Earl for visiting the Kennedy Center in July to share the story of her extraordinary daughter Esther, who was the inspiration for the book *The Fault in Our Stars* and whose writings and drawings were compiled in the book *This Star Won't Go Out: The Life and Words of Esther Earl*. Esther Grace Earl died four years ago after her courageous battle with cancer. **Thank you Amy Gorham of Marina Bay Skilled Nursing** for hosting an Appetizer Cook-off at the Kennedy Center. In addition to the delectable appetizer taste testing and voting, Amy shared great advice about safe methods of food preparation and storage. **Thank you** to the kind folks of **Home Instead** who kindly presented Health Benefits of Chocolate at the Kennedy Center. Each attendee sampled delicious chocolate and received favors to take home. **Thank you** to the representatives of **Next Step Living** and **Mass Save** for conducting an energy efficient workshop for our members, allowing them to prepare for the cold weather months, save energy and save money. A very special **Thank you** to **Karla McCarron of the City of Boston Credit Union** for the kind and very generous donation of gift cards to use for Kennedy Center event raffles and prizes. **Thank you to Bob Farrell** for continuing to offer free sketching classes to our members. You have helped them find their inner artist! **Thank you John Sullivan of the Quincy DPW** for his interesting and fun presentation on trash and recycling and for bringing his special guest - the DPW robot! **Thank you** to the many advertisers of this newsletter that make this monthly publication possible - please help us show our appreciation by patronizing our kind advertisers.

Sudoku Answers:



You can freeze that? Make the most of your freezer space. **Fresh corn on the cob** can last a year if you freeze right away. **Avocados** last up to 8 mos. Thawed avocados aren't great for eating plain on salad because the freezing process changes their consistency, but they make a great dip! **Hummus** lasts about 4 months in the freezer. Use freezer safe containers and drizzle olive oil on it so it does not dry out. **Cloves of garlic** can be frozen chopped or whole for 3 months. **Potato chips** Pop in the freezer. They defrost quickly! **Buttermilk for baking** can be frozen for about 3 months. **Flour** bakers prefer to keep their flour frozen-cold ingredients make a flakier pastry crust. **Organic peanut butter** does not have a shelf life like non organic, so freeze it and thaw when ready to eat. **Eggs without shells** last a year. Crack them into a bowl and mix with a pinch of salt to prevent yolks from clumping when thawed. **Cooked rice and pasta** require a little water sprinkled on it before heating in microwave. **Chicken broth** lasts 4-6 months in freezer. Never freeze in can. Transfer to airtight container. **Pasta sauce and tomato paste** is perfect to freeze, just not in the can. Herbs in olive oil freeze great! **Tortillas** last several months in the freezer. **Homemade cookie dough** lasts a long time in re-sealable freezer bags.



It's not Rubbish, it's helpful information: Trash collectors are not required to lift more than 50 lbs. Sunrise will dispose of mattresses, lawn mowers (gas tank removed), some furniture and some electronics. To schedule a curbside pick up of an appliance, scrap metal, tv, and/or computer monitor, call 617-376-7556 at least 2 business days before regular trash pick up. Household hazardous waste drop-off is conducted twice a year at the DPW. Call the DPW for dates/times at 617-376-1910. Things to never throw away (by law) in the rubbish

include mercury, energy light bulbs, Ni-cad, lithium and car batteries, yard waste, construction and demolition debris, electronics equipment, car-related fluids, and paints. Used energy light bulbs can be brought to your local Home Depot for recycling. Bring your used batteries and other hazardous materials, including car-related fluids and paints, to Clean Harbors, One Hill Avenue, Braintree (781-380-7100). Electronics (tvs, stereos, cell phones, etc.) can be picked up curbside as indicated above, and cell phones can be taken to any cell phone dealer for parts and recycling. Please place your rubbish on the curb no more than 24 hours before your scheduled trash pick up. Secure your rubbish with tight fitting, durable lids to prevent animals from getting into trash. Our landfills are filling fast and running out of room. Nearly 70% of what is thrown away can be recycled, including cardboard, paper, glass, metal and plastic. DPW does not provide recycling receptacles, but you can simply affix a 'Single Stream Recycling' sticker on any rubbish barrel. Call John Sullivan at 617-376-1953 for a sticker or with recycling ques-

Please

Please patron our sponsors to help us show our appreciation for their generous support. We join Mayor Tom Koch in recognizing our business friends in the community who generously support the Kennedy Center with donations of gift cards and items for the Center to use for raffles and special event prizes. **Special thanks to The Clam Box,**

Furnace Brook Golf Club, Burke's Seafood, Villa Rosa, Cathay Pacific, Quincy Sun, Hancock Street Touchless Car Wash, Early American Restaurant, Dina's Unisex Salon, Inn at Bay Pointe, Balducci's, Crew Cutz, Fuji 1546, Bistro Chi, Back to Basics Massage and Spa, Port 305, Fratelli's Pastry, Siro's, Roche Bros., City of Boston Credit Union, Ayers Auto Detailing, and Joe McCarthy of Joseph M. McCarthy Plumbing on Hancock Street in Quincy.

Best wishes for a happy birthday to

**Lisa Sullivan (9/2) , John Boyle (9/16), Deni Sindel (9/22)
& Tom Clasby, Sr. (9/27)**

Happy Birthday

September 2014

S Mon	Tue	Wed	Thu	Fri	S
<p>The Kennedy Center is closed in recognition of Labor Day.</p>  <p>Labor Day</p>	<p>2 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting / Sewing 10 Ballroom Dance 10:30 Computer 12:30 pm Yoga 2 Healthy Eating</p> 	<p>3 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 11 Blood Pressure 11 Volleyball 1:30 Computer</p>  <p>Today is the first day of school. Motorists need to heed school zones and watch for children!</p>	<p>4 9 am Exercise 9 Chess 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 10:30 Strength Training 12:30 pm Yoga 1 Book Club - Guest speaker: author of <i>In a Garden White</i></p> 	<p>5 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12 Free Movie</p> 	6
<p>7 8 Niagara Falls Trip Begins Foot Screenings by appt 9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 am ZUMBA 1 pm Watercolors With Bob Farrell</p> 	<p>9 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting / Sewing 10 Ballroom Dance 10 Creative Writing 10:30 Computer 12:30 pm Yoga 2 Healthy Eating</p> 	<p>10 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>11 9 am Exercise 9 Chess 10 Men's Discussion Group Guest Speaker: Mayor Koch 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 10:30 Strength Training 12:30 pm Yoga 1 Sketching with Bob Farrell</p>	<p>12 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12 Free Movie 1 Ethnic Food Cook Off 1 Red Cross Blood Drive Kennedy Center 1-6 pm</p> 	13
<p>14 15 Hearing Screenings by appointment 9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 am ZUMBA 1 pm Watercolors 2 Pickleball</p>	<p>16 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting / Sewing 10 Ballroom Dance 10 Creative Writing 10:30 Computer 12:30 pm Yoga 2 Healthy Eating</p>	<p>17 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Yellow Dot 10 Knitting 11 Volleyball 11 Blood Pressure 1:30 pm Computer</p> 	<p>18 9 am Exercise 9 Chess (& Chess lessons) 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 10:30 Strength Training 12 pm Fairing Way Lunch 12:30 Yoga 1 Sketching with Bob Farrell</p> 	<p>19 Simple Wills by appt 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12 Free Movie 1 Elvis</p> 	20
<p>21 22 9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 am ZUMBA 1 pm Watercolors 2 Pickleball</p> 	<p>23 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting / Sewing 10 Ballroom Dance 10 Creative Writing 10:30 Computer 12:30 pm Yoga 2 Healthy Eating</p> <p>First Day of Fall</p> 	<p>24 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 10 Scavenger Hunt 11 Volleyball 11 Blood Pressure 1:30 pm Computer</p>  <p>Rosh Hashanah begins</p>	<p>25 9 am Exercise 9 Chess (and Chess lessons) 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer 10:30 Strength Training 10:30 Author Greg O'Brien On Pluto: Inside the Mind of Alzheimer's 12:30 pm Yoga 1 Sketching with Bob Farrell</p>	<p>26 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 12 Free Movie</p> 	27
<p>28 29 Walking Club 10 am Line Dancing 10 Watercolors with Michael Domina 11 am Scrabble 11:45 am ZUMBA 1 pm Watercolors With Bob Farrell 2 Pickleball</p>	<p>30 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting / Sewing 10 Ballroom Dance 10 Creative Writing 10:30 Computer 12:30 pm Yoga 2 pm Healthy Eating</p>	<p>Answers to trivia:</p> <ol style="list-style-type: none"> Piccolo, violin John Adams Richard Burton & Liz Taylor Jackson, Mississippi Around 4 (3.6) Arizona, Colorado, New Mexico, Utah Alaska 	<p>Answers Continued:</p> <ol style="list-style-type: none"> Admiral James Stockdale Catcher Poor shot that is not counted 1961-1989 Aruba, Jamaica, Bermuda, Bahamas, Key Largo and Montego Bay Bob Hope My Way Franklin D. Roosevelt In his first inaugural speech 	<p>Education is what remains after one has forgotten everything he learned in school. -Albert Einstein</p> <p><i>quotes</i></p> <p>Keep your face to the sunshine and you cannot see a shadow. - Helen Keller</p>	