

Council On Aging News

September 2015



Primary Election Date Change: Due to Yom Kippur, MA Secretary of State William Galvin has changed the primary election day from Tuesday, September 22nd to Thursday September 24th.



Labor Day is a day to share the spirit of hard work and pay tribute to working men and women and those retired from the workforce. On behalf of Mayor Tom Koch and the Quincy Council on Aging, best wishes for an easy, relaxing and enjoyable Labor Day weekend. **The Kennedy Center will be closed Labor Day, Monday, September 9th.**



Kids are back to school : Always drive carefully, but be particularly cautious now that school has started. Be especially vigilant for pedestrians before and after school hours. **Remember:** Slow down * Come to a complete stop * Eliminate distractions * Be responsible driving in reverse - every vehicle has blind spots! *

Dear Friends,

I hope you have all enjoyed a great summer. Now it is time to move on to new and exciting adventures. Our growing membership numbers and member participation reflect that seniors are pleased with the vast menu of programs at the Kennedy Center. Senior pride is fostered through participation in the many activities and programs available to our members. You will surely enjoy the rewards of participation. I invite you to visit to take a tour and learn about all we have to offer. You will immediately sense the friendly, welcoming atmosphere at the Center, where friendships are developed and cultivated and smiles are in abundance.

Our amazing Carolyn Joyce retired from the Quincy Council on Aging at the end of August. For many years Carolyn served the seniors in the community with kindness and compassion. Her dedication to Quincy seniors went far beyond her job description. Carolyn is cherished and respected by her QCOA family. Her sense of humor will be most missed around the office. It has been a great privilege to work with Carolyn—her absence at the Kennedy Center will be an unfillable void that will be felt by all members and staff. Best wishes to Carolyn on a great and fulfilling retirement full of travel and fun!

Many of you have already met Marge Donaher, the latest addition to our staff. If you haven't, be sure to stop in and introduce yourself. Marge is a former member of the Quincy Council on Aging Board of Directors and has enjoyed many activities here as a member. Her focus is as community outreach coordinator, a position recently created due to need in Quincy's elder constituency. Thank you for the gracious welcome extended to her. We are pleased to have her as a member of the Council on Aging staff and I am confident she will deliver unsurpassed service and support to seniors in the community.

Best wishes for an enjoyable Labor Day. Most of us consider Labor Day to be the unofficial start of Autumn, as well as a license to unwind and get some rest and relaxation. Enjoy a little R & R—you deserve it!

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  Like

KENNEDY CENTER

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

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



Clear Captions Phones for the Hearing Impaired

Friday, October 2nd

Jon Konrad from Clear Captions will host a workshop on caption phones for the hearing impaired. He will explain how they work and how to get your free Clear Caption phone with display text of conversations in large font and vast volume control. Light breakfast, coffee and juice provided. Call 617-376-1506 to register.



Let's Go to Italy in Boston!

Sunday, October 11th 9:30am-6pm

Cost is \$69 pp due at sign up
Stop by to reserve your spot!

Join us for a special tour of the North End where we will enjoy Prosciutto and cheese samplings at Salumeria, visit the Paul Revere House, have lunch of Caesar salad, 3 great pizza choices and dessert at a traditional Italian restaurant, guided tour of the Old North Church, visit to the Colonial Chocolate Shop (including a taste), and a visit to a colonial printing office to learn from a historian about the important role of printers during the American Revolution. This trip involves walking and some stairs, but the pace will be mindful of those with walking issues.



20th Annual John D. Noonan Senior Conference

September 25th 8am-2:30 pm



Kindly sponsored by Mayor Tom Koch and the Quincy COA, the senior conference includes continental breakfast, catered lunch and choice of 2 workshops to participate in. Our featured guest, Bill Brett, famed Boston photographer, will discuss his experiences capturing Boston's history from behind the lens. \$15 pp due at registration.



Oktoberfest

Friday, October 2nd at 1 pm



Join us at the Kennedy Center for a fun Oktoberfest celebration with traditional Oompah music, German fare, dessert and raffles. Registration required. Space is limited. Cost \$10 per person. Purchase your ticket at the Kennedy Center. Payment is due at registration - no exceptions.

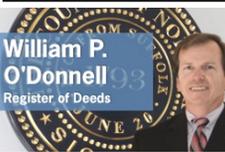


Fall Harvest Festival Sponsored by Quincy Rehabilitation

October 23rd 1 pm



Celebrate autumn with representatives from Quincy Rehabilitation and enjoy refreshments, including delicious peach cobbler and pumpkin coffee. Call 617-376-1506 to register. Space is limited. Registration req'd.



Norfolk County Registry of Deeds Quincy Office Hours

Thursday, September 24th 10am - 12Noon

The Register will be at the Coddington Building, 34 Coddington St., Quincy, to help answer questions about any Registry of Deeds matter, ie, Homestead Act, Registry recorded deeds, mortgage discharge status, etc. No appointment needed. Call the NCROD at 781-461-6104 with questions.



Halloween Spooooktacular!

Friday, October 30th at 1 pm

Entertainment by Joey B-Bop



\$7 per person (due at registration) includes lunch, dessert, coffee and fabulous entertainment by crooner Joey B-Bop, a vocalist of all genres of music specializing in oldies but goodies, Halloween costumes are not required; however, great prizes will be awarded to winners of costume contest. Visit the Kennedy Center today to reserve a spot at this popular and fun annual event! Call 617-376-1506 with any questions.



Street Magic Acapella

New Date: October 7th at 7 pm



\$20pp incl show, light refreshments, cash bar. Proceeds benefit Alzheimer's Association. Enjoy the clean, smooth sounds of the acapella doo-wop group **Street Magic** at the Squantum Yacht Club on Quincy Shore Drive. Tickets not available at door. Purchase tickets at Kennedy Center.



The Kennedy Center Book Club is a friendly, welcoming group that meets the **1st Thursday** each month at **1:30pm** for stimulating conversation in a comfortable environment. September *Ladder of Years* by Anne Tyler.

 **Norfolk County RSVP Veterans Book Club** Veterans provided books and meet and share thoughts over refreshments at the Kennedy Center. Veterans call 781-234-3445 to sign up. Books mailed to veterans.

 **Men's Discussion Group** is held the **2nd Thursday** of each month at 10am for elder men in the community to enjoy light refreshments, great company and interesting conversation. **Mayor Tom Koch** is the guest speaker for the meeting on **September 10th**. Registration not required. Call 617-376-1506 with questions.



Primary Election Day Bake Sale

September 24, 2015



Stop by with your baked goods or buy some delicious desserts after you vote. If you would like to donate a baked good, please see Kennedy Center Staff. All proceeds benefit the Quincy Council on Aging.



Protecting Your Assets

Wednesday, September 23rd from 10am-12pm

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



WELLNESS
INITIATIVE

Wellness Wednesdays Series: *A Matter of Balance*

Wednesday Evenings October 14th from 5pm-8pm

The Quincy Weymouth Wellness Initiative developed several programs to promote healthy living, including an eight week balance program, *A Matter of Balance*, beginning **October 14th** at the Kennedy Center. This program was developed for those concerned about falling or who have fallen in the past and will focus on fall risk prevention and ways to increase your strength and balance. Registration is required. Call 617-376-1506 to register.



Norfolk County Sheriff's Office Triad Programs

Friday, September 18 at 10 am

Yellow Dot and Secondary I.D. are just two of the programs offered through the NCSO Triad. **Yellow Dot** aids elder crash victims and first emergency responders. Joe Canavan from Sheriff Michael Bellotti's office will explain the program, take photos, provide decals and assist in completing envelopes. **Secondary I.D.** provides seniors with a secondary form of identification only to be used as a convenient secondary form of photo ID. Participants required to bring one of the following: a valid MA driver's license, valid US passport or MA RMV photo ID. Registration not required, but would be appreciated. Call 617-376-1506 to register or for more information.



Living with Diabetes

October 20th at 10 am

There is no cure for diabetes, but it can be managed. Join Ruth Jones, BSN, RN, BC, CP-FS to learn how to live and stay healthy with diabetes. Call 617-376-1506 to register. Space is limited. Registration is required.



Medicare Open Enrollment

If you have a Medicare Prescription Drug Plan or Medicare Advantage Plan (HMO or PPO), you should receive a notice in September outlining changes to your plan for 2016. Review, understand and save this information. During Medicare Open Enrollment October 15th to December 7th, you can change your plan. Our trained SHINE counselors Kay and Elizabeth are available for free, confidential counseling on all Medicare and related health insurance programs. Call 617-376-1506 for an appointment.



Free Movies at the Kennedy Center

Every Friday at 12:30pm



It's Frank Sinatra
Month

September 4 *The Man with the Golden Arm* Sinatra stars as Frankie Machine, a former addict struggling with sobriety.

September 11 *Suddenly* Sinatra plays an assassin in his most chilling role.

September 18 *High Society* Bing Crosby, Grace Kelly and Sinatra made this the biggest money making movie of 1956

September 25 *Not as a Stranger* Moving, powerful, Oscar nominated entertainment also starring Robert Mitchum





Computer Classes - September 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.

September 3	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.		
September 10	Internet Safety	10am-12pm
Class covers perils of virus, malware, adware and items harmful to your computer, anti-virus protection and general maintenance.		
September 17	How to Buy a Computer	10am-12pm
Come to this class and be better equipped and knowledgeable when you shop for a new computer. Class covers warranty, type, features, and much more.		
September 24	Advanced Word	10am-12pm
Word processing based on Microsoft Word. Learn what you can do with word processing, program features and how to use them.		

Until further notice, the first Thursday classes of each month will be designed exclusively for Mac instruction. 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 **Kay MacPherson** for her marvelous green thumb that keeps our plants and flowers thriving at the Kennedy Center. Thank you to **Dr. Patricia Hopkins** for her workshop on Arthritis. Thank you to **Dr. Gabrielle Freedman** for her General Wellness presentation. Thank you to the **Common Market Restaurant** for their generous donation of gift certificates to use as raffle prizes for our seniors. Thank you to **Stockholders Restaurant, Inn at Bay Pointe Restaurant** and **42 North Restaurant** for their generosity with a gift card a lucky raffle winner can use at any of the three restaurants. Thank you to **Cathay Pacific** for their very generous donation of a gift card for our raffles. Thank you to **Kelley Auctions** for hosting a day at the Kennedy Center for members to bring in personal items to be appraised. Proceeds from the Kelley Auction event benefit the Kennedy Center. Thank you to the **Kennedy Center Knitting Group** for their beautiful, creative lap blankets for disabled veterans to use for warmth and comfort. Thank you to **Time Out Pizza & Grill** for their kind donation of a gift certificate to use as a raffle prize. Thank you to **Sheriff Mike Bellotti** for donating pizza for Free Movie Friday attendees. Thank you to **Balducci's House of Pizza** for their generous donation of gift cards to use as prizes. Finally, **thank you to all** those in the community who support the Kennedy Center and to our volunteers and staff who make it a positive, productive and welcoming place for our seniors.

 **Please help us** keep the Kennedy Center clean and neat. Staff often collects debris and trash from outside on the grass and in the parking lot. Dispose of rubbish in the trash receptacles in the Center. If we work together, the Kennedy Center will look pristine and we can be proud of it. Your cooperation is appreciated.

 **Kennedy Center Newsletters** Our newsletter advertising section is for businesses to promote their products and services. 5,000 newsletters are distributed each month. If you have a business or know of one interested in advertising, please call 800-888-4574 or email knaylor@4LPi.com.



Photo on Left :
QCOA Board member JC Borneo and Evelyn Sodec cutting a rug to the sounds of Sigy Moller at the Squantum Yacht Club in June.

←



Photo on Right:
QCOA volunteer John Boyle and Bridie Coffey dancing the day away at the annual Quincy Firefighter cookout.

→

 Our photo albums 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! Call 617-376-1506 to register.



Helpful Household Hints

Remove photos from album with sticky backing First, aim hair dryer a few inches from back of album page. Blow dry on low for 30-45 seconds to soften glue. Slowly and carefully peel the photo from the page. If it is still stuck to page, gently seesaw waxed dental floss under the photograph until it is peeled off.

Stubborn stains Mustard, chocolate and lipstick can be removed by rubbing a few drops of liquid glycerin into stains first and then rub in stain remover or laundry detergent. Launder as usual in cool water. **Stinky shoes** Lay a piece of plastic wrap in shoes and put drop of clove oil on cotton ball and place on plastic wrap to remove odor. **Blood stain** Immediately soak blood stain in hydrogen peroxide and then cold water for 30 minutes before laundering. Don't have hydrogen peroxide? Mix water with unseasoned meat tenderizer and apply (breaks down protein in blood). If dry clean only, quickly take to cleaner and identify stain for professional stain removal. **Perspiration Stains** Prevention is better than curative. Let deodorant dry completely before dressing. Pre-treat underarm area of garment with laundry detergent so build up can be washed away. If old stain, treat area with white or apple cider vinegar to dissolve perspiration, Wash in hot water every 3rd time to get rid of build up. **Roaches** Mix equal parts, 1/2 boric acid /1/2 sugar, cornmeal or flour. Put in lids or small containers in areas you see roaches. They will track it back to nests and eventually die. Keep away from kids and pets. **How to rid your house of fruit flies** Put 1" apple cider vinegar in short glass. Snip corner of baggie (small piece). Funnel corner into glass not touching vinegar. Put elastic around it and place where most problems. Check after couple days. You should see lots of flies in glass. Repeat. **Spilled nailpolish** Immediately pour sugar on it to clump it so it can more easily be cleaned from non-carpeted floors. **Anxiety Attack Help** Look around. Find 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell and 1 you can taste. This is 'grounding,' which helps to regain control of your surroundings. **Bug-Free Room** Put a couple drops of lavender or peppermint essential oil on cool light bulb to repel bugs. Put more in small jar or margarine container. Poke holes in lid and cover. Put around room. **Cool down** Rest wrist on cold glass of iced water or frozen water bottle. Wipe your feet with an alcohol wipe to cool off your whole body.

Parkinson's Disease 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 **Lisa Sullivan** on September 2nd, **John Boyle** on September 16th and **Deni Sindel** on September 22nd



Suggestion box! Is there something you want to see in the newsletter or activity you think our members would be interested in? Let us know! We welcome suggestions on how we may better serve you. Fill out a comment card in the lobby, stop by or give us a call!



This is a **Beginner** Level Puzzle.

Exercise Your Brain!



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

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? Drink coffee to nap better? Yes! A Japanese study examined how to make the most of a siesta. People who took a 'coffee nap' consuming about 200mg of caffeine (1-2 cups coffee) and then immediately took a 20 minute rest, felt more alert and performed better on computer tests than those who did not have coffee. Why? Because a 20 minute nap ends just as the caffeine kicks in. * Drinking water when bloated would likely make it worse, right? No! It often helps. Water mixes with water soluble fiber and reduces the symptoms of bloating. * Oils save your hair: Add a few drops of lavender oil to tablespoon of warm castor or sweet oil. Apply to ends and wrap with plastic wrap or plastic shower cap and cover with warmed towel (toss towel in dryer before). Leave on for 30 minutes and then shampoo twice using cool water.

DID YOU KNOW...

TV Trivia In 1968, with the New York Jets leading the Oakland Raiders in the last seconds of an afternoon game, NBC decided to switch to the regularly scheduled movie, "Heidi." Fans missed the Jets amazing come back. It became known as "Heidi Bowl." * The average 70 yr old has watched over a million tv ads during his life. * The first broadcasted advertisement was 20 seconds for Bulova Watch July 1, 1941. It aired before a Phillies - Dodgers game and cost \$9 to air. * The gold chains Mr. T wore on "The A-Team" weighed 30 - 40 pounds. * Most people dream in color, but those that grew up watching black and white tv often dream in black and white. * After President John F. Kennedy's death in 1963, tv networks aired four days of commercial free coverage of his funeral, burial, and other proceedings, costing about \$100 million in lost ad revenue. About 93% of American homes watched at least some coverage. * The inventor of the tv would not let his own children watch it, adding "There is nothing on it worthwhile. I don't want it in my children's intellectual diet." - Philo T. Farnsworth. * The 'CSI effect' is, because of tv crime dramas, jurors have unrealistic expectations of forensic and investigation techniques. * Product placement is illegal on Norwegian tv. * The series *Extreme Makeover: Home Edition* has driven many families into foreclosure. * The first successful daytime drama on tv, *Search for Tomorrow*, ran from 1951 until 1986. The series was sponsored by Procter and Gamble, hence the term 'soap operas.' * Now 92, Betty White has been on tv since 1949, a decade after it was first available in the US. Her first series was 1953's *Life with Elizabeth*. * *All in the Family* was the first tv sitcom to broadcast from videotape in 1971. * Felix the Cat was the first character licensed for use on merchandise. * The Smurfs animated characters are known as Smolf in Stockholm. * The interracial cast of *Sesame Street* needed riot police protection during a 1969 trip to Mississippi. * Alan Alda won Emmys for acting, writing and directing on M*A*S*H. *



1. On 'One Day at a Time,' what were Ann Romano's daughter's name and what was the handyman's name?
2. What model car did Starsky and Hutch drive and what was its nickname?
3. On *MASH*, what was Radar's real name and the name of his dog?
4. What bionic parts did Jamie Sommers and Steve Austin have?
5. Which NFL Hall of Famer played Johnathon Garvey on Little House on the Prairie?
6. Name the mother, 5 children and their manager on the Partridge Family?
7. On "Happy Days," what was the name of Richie and Joanie Cunningham's older brother?
8. What sitcom character moved from a Boston barstool to a Seattle radio station?
9. What was the name of Shirley's stuffed animal on Laverne & Shirley?
10. What was the name of the bar on MASH?
11. On Petticoat Junction, who managed the Shady Rest Hotel?
12. What is the nickname Archie Bunker had for his wife and what was her character's name?
13. What was the name of the saloon owned by Miss Kitty Russell on Gunsmoke?
14. Who was Captain Bingham's aide on the sitcom McHale's Navy?
15. Endora is the snappy mother of whom?
16. Who is Archie Bunker's best friend on All in the Family?
17. Which TV undercover cop had a cockatoo named Fred?
18. Before she was 'Alice' on *Alice*, Linda Lavin played a detective on what show?
19. Who starred as writer and amateur detective Jessica Fletcher in what show?
20. What reformed con artist shared a detective agency with Laura Holt?
21. What is CNBC an acronym for?
22. What Indianapolis weatherman of the 1970s once forecast hail "the size of canned hams"?
23. What Marx Brother's name spelled backwards is the name of a former popular daytime talk show host?
24. Who appeared in Return of the Killer Tomatoes before he landed a role on ER?
25. What was the name of the Indians from *F Troop* and how did they get the name? 'Where the heck are we?'

TV Trivia

**Answers on
calendar on page 9**



Today we mourn the passing of a beloved friend, Common Sense, who has been with us for many years. No one knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape. He will be remembered as having cultivated such vulnerable lessons as knowing when to come in and out of the rain, why the early bird gets the worm, life isn't always fair and maybe it was my fault.

Common Sense lived by simple, sound financial policies (don't spend more than you can earn) and reliable strategies (adults, not children, are in charge). His health began to deteriorate rapidly when well-intentioned but overbearing regulations were set in place. Reports of a six year old boy charged with sexual harassment for kissing a classmate, teens suspended for using mouthwash after lunch, and a teacher fined for reprimanding an unruly student, only worsened his condition. Common Sense lost ground when parents attacked teachers for doing the job they themselves had failed to do in disciplining their unruly children. It declined further when schools were required to get parental consent to administer sun lotion or an aspirin to a student, but could not inform parents when a student became pregnant. Common Sense lost the will to live as the churches became businesses and criminals received better treatment than their victims. Common Sense took a beating when you couldn't defend yourself from a burglar in your own home and the burglar could sue you for assault.

Common Sense finally gave up the will to live after a woman failed to realize a steaming cup of coffee was hot. She spilled a little on her lap and was promptly awarded a huge settlement.

Common Sense was preceded in death by his parents, Truth and Trust, by his wife Discretion, by his daughter, Responsibility, and by his son, Reason. He is survived by five miserable stepbrothers, I Know My Rights, I Want it Now, Someone Else is to Blame, I'm a Victim and Pay Me For Doing Nothing. Not many attended his funeral because so few realized he was gone. If you still remember him, pass this on. -Reprinted from the London Times



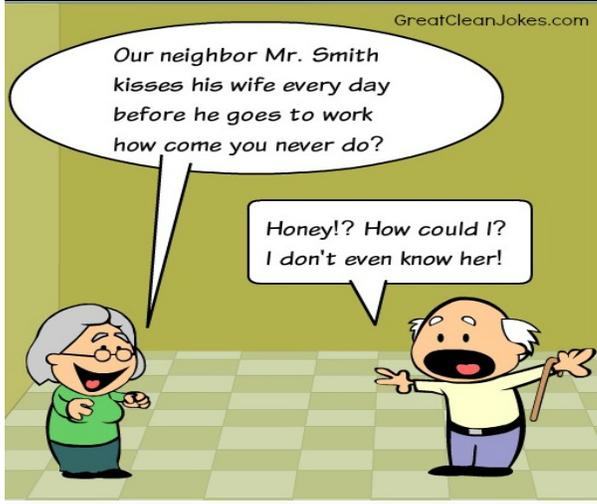
You should never refrigerate:

Tomatoes : The fridge can turn a juicy tomato into a flavorless mess. Keep on counter. Leftovers can go in fridge, but use asap. **Onions**: Moisture from fridge can make whole onions moldy and mushy. Once cut, it's ok to keep in fridge in airtight bag. **Garlic**: Cloves can start to sprout if kept in the fridge, as well as become moldy and rubbery. Instead, store in a cool, dark place that is well ventilated. **Bread**: Bread actually dries out faster when stored in the fridge. If you plan to freeze, wrap it well. **Potatoes**: Cold temps cause starch in potatoes to rapidly transform into sugar, which results in gritty, off flavored tubers. **Basil**: In the fridge, basil leaves wilt, losing their aroma and flavor. Treat it like cut flowers-store in glass of fresh water on counter. **Unripe fruit**: Fruit isn't going to ripen in cold confines of fridge. Leave it out at room temperature for it to fully ripen, then you can refrigerate. **Hot Sauce**: Even after opened, there is no need to store in fridge. Its spices and preservatives make it safe to leave in the pantry. **Oil**: Regardless of the type of oil, keeping it in the fridge will cause it to solidify into butter like consistency. Choose a cool, dark place for your oils instead. **Coffee**: Take those beans out of the fridge if you want to keep them fresh. If refrigerated, they cannot only lose flavor, but will actually absorb odors from other foods in your fridge.



Best Proteins for Weight Loss:

Chia Seeds; 2 tablespoons, 5 g; They contain all 9 essential amino acids, which means they're easily converted into muscle. Thanks to the seeds' blood sugar stabilizing ratio of satiating protein, fats and fiber, they are the perfect hunger busting addition to your diet, and can help you lose inches. ALAs, the specific type of omega-3s found in chia seeds, can decrease risk of heart disease. Add seeds to your yogurt or vegan smoothie. **Edamame**; 8 g protein per cup; Serve as a side dish or late night snack. Eat roasted soybeans solo as a snack. Slice and pan fry tempeh and use it on a sandwich. **Quinoa**; 8 g protein per cup; Pair with veggie beans to for well balanced meal; mix with morning oatmeal; use in place of other grains in cookie recipes; up the nutrient content of salad with a scoop. **Ezekiel Bread**; 8 g; 2 slices; Use same as traditional bread; it's versatile and includes 18 amino acids. **Amaranth**; 9.3 g per cup; takes on porridge like texture when cooked; great alternative breakfast option. **Eggs**; 6 g per egg; can anchor a breakfast, slide into a sandwich at lunch, beef up a dinnertime salad or even serve as a protein filled snack. Eggs contain a host of health promoting and flat belly nutrients including choline, a major fat burning nutrient that plays an important role in brain health. **Hummus** 2.2 g per 2 tablespoons; Garbanzo beans are high in lysine and tahini is a rich source of the amino acid methionine. Individually these foods are incomplete proteins, but when you combine the two together to make hummus, they create a complete protein. **Buckwheat**; 3 g 1/2 cup; Add to Japanese soba noodles to stir fries or whip up savory buckwheat pancakes. Every half cup of this gluten free seed packs 3 grams of protein and 2 grams of belly flattening fiber, as well as half the day's magnesium.



Ha! Ha! Ha!

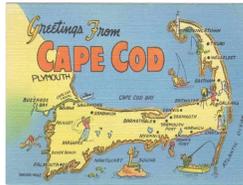


Cape Cod Word Search

CAPE COD
BIKE
BEACH
ICE CREAM
BRIDGE
SHOP
FISH



CRANBERRIES
BASS
NANTUCKET
TAFFY
TRAFFIC
SAIL
TOURIST



GOLF
VINEYARD
DRIVE IN
SEAFOOD
KENNEDY
ART
SEAGULL



ROTARY
SUMMER
BOAT
BEACH
SCALLOPS
CHOWDER
SANDWICH

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September 2015

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Sudoku Answers	<table border="1"> <tr><td>4</td><td>1</td><td>5</td><td>8</td><td>2</td><td>3</td><td>9</td><td>7</td><td>6</td></tr> <tr><td>6</td><td>9</td><td>2</td><td>5</td><td>7</td><td>4</td><td>8</td><td>1</td><td>3</td></tr> <tr><td>3</td><td>7</td><td>8</td><td>9</td><td>6</td><td>1</td><td>4</td><td>5</td><td>2</td></tr> <tr><td>2</td><td>4</td><td>7</td><td>6</td><td>1</td><td>8</td><td>3</td><td>9</td><td>5</td></tr> <tr><td>9</td><td>6</td><td>1</td><td>3</td><td>5</td><td>7</td><td>2</td><td>4</td><td>8</td></tr> <tr><td>5</td><td>8</td><td>3</td><td>4</td><td>9</td><td>2</td><td>7</td><td>6</td><td>1</td></tr> <tr><td>8</td><td>3</td><td>6</td><td>1</td><td>4</td><td>9</td><td>5</td><td>2</td><td>7</td></tr> <tr><td>1</td><td>2</td><td>9</td><td>7</td><td>8</td><td>5</td><td>6</td><td>3</td><td>4</td></tr> <tr><td>7</td><td>5</td><td>4</td><td>2</td><td>3</td><td>6</td><td>1</td><td>8</td><td>9</td></tr> </table>	4	1	5	8	2	3	9	7	6	6	9	2	5	7	4	8	1	3	3	7	8	9	6	1	4	5	2	2	4	7	6	1	8	3	9	5	9	6	1	3	5	7	2	4	8	5	8	3	4	9	2	7	6	1	8	3	6	1	4	9	5	2	7	1	2	9	7	8	5	6	3	4	7	5	4	2	3	6	1	8	9	<p>1 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Ballroom Dance 10:30 Computer 12:30 pm Yoga</p>	<p>2 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting Group 11 Volleyball 11 Blood Pressure 1:30 pm Computer 5 Wellness Series</p>	<p>3 9 am Exercise 9 Chess/lessons 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class 12:30 pm Yoga 1:30 Book Club</p> 	<p>4 9 am ZUMBA 9:30-2:30 Red Cross Blood Drive 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie</p> 	5
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6	<p>7 Kennedy Center Closed for Labor Day</p> <p>HAPPY LABOR DAY!</p>	<p>8 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Ballroom Dance 10:30 Computer 12:30 pm Yoga</p> 	<p>9 Foxwoods (pre-reg) S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting Group 11 Blood Pressure 1:30 pm Computer 5pm Wellness Series</p>	<p>10 9 am Exercise 9 Chess/lessons 10 Mah-jongg 10 Sing-a-long 10 Strength Training 10 Men's Discussion Guest Speaker Mayor Koch 10 Blood Pressure 10 Computer Class 12:30 pm Yoga 1:30 Women's Discussion</p> 	<p>11 Patriot Day 9 am ZUMBA 10 Painting w/ Acrylics 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie 7pm Olde Kids at Sons of Italy</p>	12																																																																																	
13	<p>14 9:30 Walking Club 10 Line Dancing 10:30 Arthritis 11 Scrabble 11:45 ZUMBA</p>	<p>15 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>16 S.H.I.N.E. By appt 9:30 Tai Chi 10 Knitting 11 Blood Pressure 1 Sketching with Bob 1:30 pm Computer 5pm Wellness Series</p> 	<p>17 9 am Exercise 9 Chess & lessons 10 Mah-jongg 10 Strength Training 10 Alliance Healthcare 10 Sing-a-long 10 Blood Pressure 10 Computer Class 12:30 pm Yoga</p> 	<p>18 Simple Wills by appt 9 am ZUMBA 10 NC Sheriff Triad 10-2 pm Smart911 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie</p> 	19																																																																																	
20	<p>21 Hearing Screening by appt 9:30am Walking Club 10 Line Dancing 10:30 Arthritis 11 Scrabble 11:45 ZUMBA</p>	<p>22 Yom Kippur S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Writing 10 Ballroom Dance 10:30 Computer</p> 	<p>23 First Day of Fall S.H.I.N.E. by appt 9:30 am Tai Chi 10 Protecting Assets 10 Knitting 11 Blood Pressure 1 Sketching with Bob 1:30 pm Computer 5pm Wellness Series</p>	<p>24 Primary Election Day All gym events canceled 9 am Chess & lessons 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10 Computer Class</p> 	<p>25 8 Senior Conference 9 am ZUMBA 10:30 Tai Chi 12 pm Bridge 2:30 Free Movie</p> 	26																																																																																	
27	<p>28 Turkey Dinner Train 9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA</p> 	<p>29 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Writing 10 Alzheimer's with Dr. Alan Gruber 10:00 Ballroom Dance 10:30 Computer 12:30 pm Yoga</p>	<p>30 S.H.I.N.E. by appt Turkey Dinner Train 9:30 am Tai Chi 10 Knitting 11 Blood Pressure 1 Sketching with Bob 1:30 pm Computer 5pm Wellness Series</p>	<p>Coming Soon: Veterans Day Celebration Mayor Koch's Thanksgiving Celebration Christmas Party Olde Kids on the Block New Year's Eve Party September is Prostate Cancer Awareness Month. Make your appointment to get checked!</p>	<p>A man has reached old age when he is cautioned to slow down by his Doctor instead of by the police. ... Don't worry about avoiding temptation. As you grow older, it will avoid you. ... You're getting old when "getting lucky" means you find your car in the parking lot!</p>																																																																																		
ANSWERS	<p>1. Barbara & Julie Cooper 2. Gran Torino/Striped Tomato 3. Walter, Ranger the Dog 4. Both bionic legs and right arm, Jamie had ear and Steve eye. 5. L.A. Rams, Merlin Olson 6. Shirley, Keith, Laurie, Danny, Chris, Tracey, Reuben Kincaid 7. Chuck 8. Dr. Fraser Crane, Fraser 9. Boo Boo Kitty 10. Rosie's</p>	<p>11. Uncle Joe for a few shows and then Betty Joe 12. Dingbat, Edith Bunker 13. Long Branch Saloon 14. Lt. Carpenter 15. Samantha Stevens, Bewitched 16. Barney Hefner, they were neighbors and war buddies 17. Baretta 18. Barney Miller 19. Angela Lansbury on <i>Murder She Wrote</i></p>	<p>20. Remington Steele -Pierce Brosnan 21. CNBC : Consumer News and Business Channel 22. David Letterman 23. Harpo—Oprah 24. George Clooney 25. Hekawi Indians; They were lost and said, "I think we are lost. Where the heck are we?" which translated to "We're the Heckawi."</p>	<p>What is the difference between 'I like you' and 'I love you'? This questions was answered beautifully by Buddha: "When you like a flower, you just pluck it. But when you love a flower, you water it daily."</p> 	<p>**Please note** Calendar subject to change without notice</p> <p>Reminder: The Kennedy Center will be closed on Labor Day, September 7th</p> 																																																																																		