

# Lymes' Senior Center



26 Town Woods Road - Old Lyme, CT 06371  
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October 2020

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# Famous October Birthdays

Extra points if you know how these people are famous

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

Bill Gates      Charlie Daniels      Christopher Lloyd

Eleanor Roosevelt      Henry Winkler      Jimmy Carter

John Lennon      Johnny Carson      Julia Roberts

Julie Andrews      Matt Damon      Michael Landon

Mickey Mantle      Pat Sajak      Rita Hayworth      Sting

Susan Sarandon      Teddy Roosevelt



Dear Members,

Please join us on **Friday, On October 30th** between 1:00-2:00pm we will be having a drive thru TRICK OR TREAT PARADE for our members. We will be asking everyone to drive through with a mask on. Although you do not have to dress up for this event, if you do dress up, you will be entered to win a \$25.00 gift card to Big Y. **Registration before Friday, October 23<sup>rd</sup> is required for this event.** Call (860)434-1605 ext. 240 to register.

I love the season of Fall! Beautiful leaves, fresh and crisp air, apples and pumpkins are in season. Hoping your spirits are high during this season as well! One thing that I have spoken about with other members is the importance of finding a purpose and/ or hobby during this pandemic. With many of us spending the majority of our time at home, it is important for us to protect our mental health by staying engaged in life in meaningful and fun ways. Think about picking up one of these many hobbies listed in the article below OR maybe pick up one from an interest you may have had as a youngster.

## **Hobbies That Will Improve Your Quality of Life**

*Excerpts taken from 16 Hobbies that Will Improve Your Quality of Life by MARELISA ON DARINGTOLIVEFULLY.COM*

Having a hobby is not just a way to pass the time; it can also improve the quality of your life.

A hobby is something that you do for fun or pleasure. You do it during your free time, and you don't get paid to do it. Since hobbies are leisure activities, a lot of people discard hobbies as a "luxury" they can't afford. Who has the time, right?

However, it turns out that a hobby is more than just a way to have fun. Picking up a hobby has myriads of benefits, such as the following:

- A hobby can give you a sense of self-efficacy.
- A hobby can be a creativity outlet.
- Having hobbies will keep your brain engaged.
- A hobby gives you something to look forward to.
- A hobby can give you something to be passionate about.

Fun and good for you; that's a winning combination. Below you'll discover habits that will improve your quality of life:

- 1. Say Your Oms.** Everyone should take up meditation.
- 2. Grow Something.** Gardening is a surprisingly beneficial hobby.
- 3. Reacquaint Yourself with Your Kitchen.** Studies show that those who cook their meals at home are healthier and live longer than those who regularly eat out.
- 4. Pick Up a Book.** Reading is a lot more than just a pleasant pastime. Reading sharpens comprehension, teaches your mind to focus, and improves your vocabulary
- 5. Tickle the Ivories.** Playing an instrument, such as the piano, can increase cognitive development.
- 6. Dust Off the Chess Board.** You probably already know that chess is a great hobby to take up if you want to improve your brain's cognitive functions.
- 7. Take Up the Mambo.** Not only is dancing fun, but it also has many benefits.
- 8. Find Nemo.** A growing body of scientific research shows that having pets can make us healthier.
- 9. Take Online Classes.** Knowledge is power.
- 10. Learn a New Language.** Benefits of learning a new language: it makes you more perceptive and it helps you to ward off dementia.
- 11. Pick Up Those Knitting Needles.** Experts say that crafting can help those who suffer from anxiety, depression or chronic pain.
- 12. Put Pen to Paper.** Keeping a journal can help you to organize your thoughts, plan how you're going to achieve your goals, help you to solve problems, and serve as a stress-relief mechanism.
- 13. Engage Your Inner Clown.** Try juggling. Juggling improves your focus and eye-hand coordination.



# Fun at the Fiesta Pick-up Parade



Are you 60 and over, socially isolated, and would you benefit from technology that gives you access to online programs, services, email services etc? As part of the Cares Act funding, Stay Connected is offering free appropriate technology to those that qualify. Those that qualify for this program will also receive training on how to use these devices. Please call the Senior Center @ (860) 434-1605 ext. 240 to request a screening.

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# Humor and Jokes

An elderly couple was just settled down for bed when the old man realized he left the lights on in the greenhouse in the back yard. Then they heard voices. Three men had broken into the greenhouse. Scared, they called the police. The dispatcher replied, he would send an officer as soon as one became available as they were all out on calls. The old man waited for a few minutes and called Dispatch again. He told Dispatch, "Don't worry about sending an officer, I shot the robbers and now the dogs are eating their bodies!" In no time at all, police were all over the place and captured the robbers red-handed! One of the cops asked the old man, "I thought you said you shot the robber and your dogs were eating them." The old man replied, "I thought you said, there weren't any officers available."

A man stormed into the kitchen and walked directly up to his wife. Pointing a finger in her face, he said, "From now on, I want you to know that I am the man of this house, and my word is law! I want you to prepare me a gourmet meal tonight, and when I'm finished eating my meal, I expect a sumptuous dessert afterward. Then, after dinner, you are going to draw me my bath so I can relax. And when I'm finished with my bath, guess who's going to dress me and comb my hair?" His wife replied, "My guess would be the funeral director."

A seaman meets a pirate in a bar, and take turns boasting of their adventures on the high seas. The seaman notes that the pirate has a peg-leg, hook, and an eyepatch. The seaman asks "So, how did you end up with the peg-leg?" The pirate replies "We were in a storm at sea, and I was swept overboard into a school of sharks. Just as my men were pulling me out a shark bit my leg off." "Wow!" said the seaman. "What about your hook?" "Well...", replied the pirate, "While my men and I were plundering in the middle east, I was caught stealing from a merchant and the punishment for theft in the middle east is the loss of the hand that steals" "Incredible!" remarked the seaman. "How did you get the eyepatch?" "A sea gull dropping fell into my eye.", replied the pirate. "You lost your eye to a sea gull dropping?" the sailor asked incredulously. "Well...", said the pirate, "...it was my first day with the hook."

The other day, my wife asked me to pass her lipstick but I accidentally passed her a glue stick. She still isn't talking to me.

Every ten years, the monks in the monastery are allowed to break their vow of silence to speak two words. Ten years go by and it's one monk's first chance. He thinks for a second before saying, "Food bad."

Ten years later, he says, "Bed hard."

It's the big day, a decade later. He gives the head monk a long stare and says, "I quit."

"I'm not surprised," the head monk says. "You've been complaining ever since you got here."

A guy spots a sign outside a house that reads "Talking Dog for Sale." Intrigued, he walks in.

"So what have you done with your life?" he asks the dog.

"I've led a very full life," says the dog. "I lived in the Alps rescuing avalanche victims. Then I served my country in Iraq. And now I spend my days reading to the residents of a retirement home."

The guy is flabbergasted. He asks the dog's owner, "Why on earth would you want to get rid of an incredible dog like that?"

The owner says, "Because he's a liar! He never did any of that!"

"I dreamed last night that I had invented a new type of breakfast food and was sampling it when—"

"Yes, yes; go on."

"I woke up and found a corner of the mattress gone!"

## Today in History Quiz- Test Your Knowledge

- 1. October 1, 1908** - Henry Ford's \_\_\_\_\_, a "universal car" designed for the masses, went on sale for the first time.
- 2. October 3, 1863** - President \_\_\_\_\_ issued a proclamation designating the last Thursday in November as Thanksgiving Day.
- 3. October 8, 1871** - The Great Fire of \_\_\_\_\_ erupted. According to legend, it started when Mrs. O'Leary's cow kicked over a lantern in her barn on DeKoven Street. Over 300 persons were killed and 90,000 were left homeless as the fire leveled 3.5 square miles, destroying 17,450 buildings. Financial losses totaled over \$200 million.
- 4. October 9, 1940** - \_\_\_\_\_ was born in Liverpool, England. He was a member of *The Beatles*, an influential rock group which captivated audiences first in England and Germany, and later in America and throughout the world. He was murdered in New York City on December 8, 1980.
- 5. October 11, 1939** - \_\_\_\_\_ warned President Franklin D. Roosevelt that his theories could lead to Nazi Germany's development of an atomic bomb. This man suggested the U.S. develop its own bomb. This resulted in the top secret "Manhattan Project."
- 6. October 13, 1775** - \_\_\_\_\_ was born after the Second Continental Congress authorized the acquisition of a fleet of ships.
- 7. October 16, 1793** - \_\_\_\_\_ was beheaded during the Reign of Terror following the French Revolution. She was the wife of King Louis XVI and had become the symbol of the people's hatred for the old regime due to her extravagance and frivolity. According to legend, she responded, "Let them eat cake," when told poor people had no bread.
- 8. October 20, 1973** - The \_\_\_\_\_ occurred during the Watergate scandal as President Richard M. Nixon fired Special Prosecutor Archibald Cox and Deputy Attorney General William Ruckelshaus. Attorney General Elliot Richardson resigned. A firestorm of political protest erupted over the firings leading to widespread demands for Nixon's impeachment.
- 9. October 24, 1945** - The \_\_\_\_\_ was founded.
- 10. October 30, 1938** - The \_\_\_\_\_ radio broadcast panicked millions of Americans. Actor Orson Welles and the Mercury Players dramatized the story by H.G. Wells depicting a Martian invasion of New Jersey. Their script utilized simulated radio news bulletins which many listeners thought were real.
- 11. October 31, 1941** - \_\_\_\_\_ was completed after 14 years of work. The memorial contains 60-foot-tall sculptures of the heads of Presidents George Washington, Thomas Jefferson, Abraham Lincoln and Theodore Roosevelt - representing America's founding, political philosophy, preservation, and expansion and conservation.

1. Model T, 2. Abraham Lincoln, 3. Chicago, 4. John Lennon, 5. Albert Einstein, 6. The United States Navy, 7. Queen Marie Antoinette, 8. Saturday Night Massacre, 9. United Nations, 10. War of the Worlds, 11. Mount Rushmore National Memorial



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