

MIDDLETOWN



Prime Times

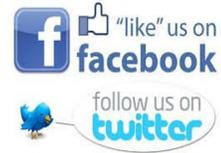
A Monthly Publication of Programming, Events, and News for Middletown Residents 60+

61 Durant Terrace

(860) 638-4540

www.middletownct.gov/seniors

JANUARY 2020



Baking w/ Mary Lee January 15th at 1:30pm SNOW DATE January 22nd at 1:30pm

Mary Lee Brody is a freelance recipe developer and editor whose clients have included Kraft Foods, McCormick Spice Company, Ladies Home Journal and Cook's Magazine. The class will be about the many recipes you can make with puff pastry. It will run 2-3 hours. \$6/\$10 NR pre-registration. Based on your feedback, the class will run out in the cafeteria so you can be seated. After a cooking demo and discussion, all registered participants will sample the goods. Space is limited.

New Year's Social January 3rd at 2:30pm



Join us as we celebrate the New Year with a party including appetizers and our delicious chocolate fountain. We will have a variety of different food items for you to dip into the fountain. \$4 and pre-registration is required. Space is limited, so sign-up early.

Mayor Visit January 16th 12pm-3pm

Mayor Ben Florsheim will be working from the senior center from approximately 12-3 on January 16th. He'll be walking around checking out the activities going on and available for any discussion, questions, or comments you might have.



Please check local news stations for notices of Middletown Public Schools. If schools are **CLOSED** for the day due to inclement weather, there are **no programs or bus trips**. If schools have a **DELAYED OPENING** due to inclement weather, there are **no morning programs or bus trips**. If schools have **EARLY DISMISSAL** due to inclement weather, there are **no afternoon programs**. Lunch is served at the discretion of CRT.

Please note: The center doors are open to those seniors in need of a place to warm up or charge their electronic devices in the cafeteria. On days of school closure, **no one should be coming to the center for pool, cards, games, or any other programs, etc.** The center is closed to programming for the safety of all members and staff. Public Works crews are focused on clearing the streets before our parking lot and walkways. Again, there are **NO** activities, no coffee, etc. during these snow/ice events. Please be courteous and heed these instructions in the event of inclement weather. Everything besides warming up and charging devices is a "program".

**Haircuts/Tech Support
Sponsored by Vinal
Technical High School
January 24th 9-11am**



Treat Yourself! Don't miss out on this amazing service provided at our center by Vinal Technical High School students! \$5— Please pre-register. Resi-

dents only.

If you need some technical assistance or help brushing up on your computer skills, this program is for you! This helpful service is provided at our center by Vinal Technical High School students! FREE—Please pre-register.



Thank You!!!

Happy New Year!!

The Middletown Senior Center Staff wants to thank all of our members for an amazing year in 2019!! Please let us know if you have any suggestions for activities in 2020 OR any favorites from 2019 that you hope to see again.

We wish you a happy and healthy 2020!



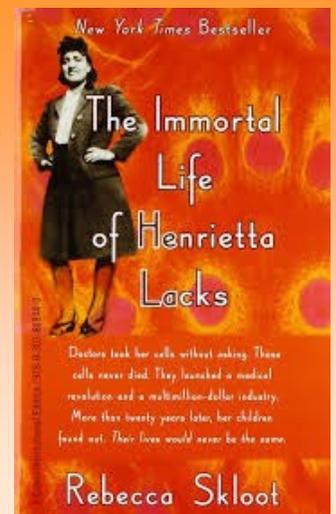
**Early Bird Dinner
January 24th at 3pm**

This month's early bird dinner is a delicious bowl of chicken noodle soup and a grilled cheese on whole wheat bread.

\$4 for the meal, drink, and dessert. Pre-registration is required.

**January Book Club
January 27th 2:30pm**

This month's book is "The Immortal Life of Henrietta Lacks" by Rebecca Skloot. A journalist named Rebecca Skloot recounts learning about an African American woman named Henrietta Lacks, who died in 1951 of cervical cancer, but whose cancerous cells became the first immortal human cell line, called HeLa. Rebecca explains that HeLa made possible some of the most important discoveries of the 21st century, but that we know little about the woman behind them. Rebecca then introduces Deborah Lacks, Henrietta's daughter, and a key figure in Rebecca's quest. \$3 for the used book.

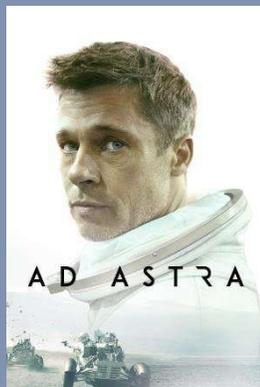


Pizza & A Movie Jan. 6th & Jan. 7th at 1:30pm

The January movie will be "Ad Astra" (PG) 2019 2hrs 2mins

An astronaut embarks on an interstellar odyssey in search of his long-lost father. He encounters an unusual secret that could jeopardize the existence of Earth, solving mysteries integral to the fabric of mankind and humanity's role in the greater scheme of the universe.

\$2/\$4 NR Pre-registration required. Price includes 2 slices of cheese pizza.



Breakfast January 17th at 9:30am

This month we are having scrambled eggs, sausage patties, and hash browns. This breakfast is sponsored by the IOFF and Camp Connecticut. FREE—Please pre-register.



Warming Shelter Donation Info

We are collecting donations for Middletown's warming shelter. A donation of microwaveable soups, instant oatmeal, laundry detergent, towels, toiletries, granola bars and assorted snacks are appreciated. A donation bin is located in our lobby. Thank you for your generosity!!!



Foot Care Clinics

Jennifer Bosco, RN is taking appointments for footcare on the 1st and 3rd Tuesdays of the month. \$35 payable to the practitioner. Please bring 2 hand towels. Call for an appointment.



January Birthday Party January 21st at 1:30pm



Sponsored by Water's Edge Center for Health and Rehabilitation. We are celebrating all January birthdays! FREE—Please pre-register.

Texas Hold'Em Card Game January 21st at 1:30pm

FREE—Just for fun! Have fun with friends playing cards on a professional table with real chips! Pre-registration is required.



Baking With Heidi January 10th at 2pm

This month we will be making butternut squash bake with cranberries and apples.

Take home what you make!

\$5/\$7 NR Pre-registration. Space is limited.





Bus Trips

Bus Trip Lottery & Schedule Procedures

The bus trip lottery is open from January 2nd through January 9th. No entries will be accepted after the 9th. All members selected in the lottery will be notified by the 13th. Payments are due by noon on the 15th. **The lottery is only for members who are Middletown Residents.** Times listed in parentheses are the departure times. The first time is the departure time from Pat Kidney field and the 2nd is the estimated departure time from the final destination.

It is your responsibility to be at the pickup location 10 minutes early so we stay on schedule. Failure to be at the pickup location by departure time is grounds for suspending you from further trips. We will be forced to leave without you and you will be responsible for finding your own transportation home.

January Bus Trips

7th —Harriet Beecher Stowe & Far East Buffet(9:45-1:30) \$10/\$13 NR
9th— IKEA and Fishtale lunch (10:45-2:45) \$3/\$4 NR
14th—Crystal Mall (9:30-1:30) \$4/\$5 NR
16th—Foxwoods Casino (9-3) \$6/\$10 NR
21st—Trader Joe’s and Eli’s Brick Oven Pizza (11-2:30) \$4/\$5 NR
23rd—Museum of CT History **Hartford** and Joey Garlics (11-3:30) \$4/\$6 NR
28th—Buckland Hills Mall (10:30-2) \$3/\$4 NR
30th—Shooters Billiards and Wood N Tap (10:45-4:30) \$5/\$10NR

All bus participants must adhere to the Senior Bus Policies and Procedures. If you need a copy, please inquire at the front desk.

February Bus Trips

4th —Fish Tale & Peabody Museum(10:30-3) \$5/\$9 NR
6th— Blue Back Square (10:45-2:30) \$3/\$4 NR
11th—Uncle Buck’s Bowling & 50’s Diner (9:30-2:30) \$8/\$12 NR
13th—CT Post Mall (10:30-2:30) \$4/\$5 NR
18th—Mohegan Sun Casino (9-3) \$6/\$10 NR
20th—Mattatuck Museum (11-3:30) \$4/\$6 NR
25th—IKEA & Fish Tale (10:45-2:45) \$3/\$4 NR
27th—Christmas Tree Shop and Rein’s Deli (10:30-2:30) \$3/\$4NR

All bus participants must adhere to the Senior Bus Policies and Procedures. If you need a copy, please inquire at the front desk.

There is a copy of the Senior Bus Policies and Procedures hanging in the cafeteria and copies are available at the front desk. There is nothing new listed here, this is simply a reminder of the current rules. All members are encouraged to familiarize yourself with the rules. Here are some of the highlights:

- Monthly Bus Lottery Open for 1 Week. You must be an active member and a Middletown Resident to participate in the lottery.
- All lottery winners notified by phone. You must pay for your trip by the advertised deadline or you will lose your spot.
- Cancellation surcharge applies to all no show/no call. Penalties have been added for multiple no show/no call instances.
- Non-resident fees will be increased and vary per trip.
- You must disclose all mobility devices you plan to bring on the trip during the registration/lottery process. This is necessary to insure we’ve reserved the right amount of space on the bus.
- Participants who miss the bus home are responsible for securing transportation home at their own expense.
- There are defined penalties for (1) Failure to follow staff directions (2) Failure to comply with the code of conduct (3) Failure to be at the bus pickup location at the advertised time (4) No Show/No Cancel Penalties
- Explanation on cancellation responsibilities and entitlement on refunds
- Minimum Enrollments, Weather Conditions, Driver Responsibilities, Seating, Waitlists, etc.
- **ALL weekday trips will leave from Pat Kidney field through 1/30/20.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p style="text-align: center;">CLOSED</p> 	<p style="text-align: center;">BUS LOTTERY OPENS</p> 9:00 Exercise with Jane 9:00-12:00 Mahjong 10:30 Bus Trip: Wadsworth Holiday Trees Exhibit & Wood-n-Tap 12:00-1:00 Blood Pressure Clinic 12:15 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crochetng 1:30 Get Tough Exercise	9:30 Zumba with Diane 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:15 Lunch 1:00 Bingo 1:00 Fun with Clay 1:30 Cribbage 2:30 New Year's Social
9:00 Exercise with Jane 10:30 Tai Chi 12:15 Lunch 1:15 Dance for PD ® 1:30 Pizza & A Movie	<p style="text-align: center;">9-3 Footcare Clinic 9:45 Bus Trip: Harriet Beecher Stowe & Far East Buffet 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 11:00 Guided Meditation with Elizabeth 12:15 Lunch 1:00 Therapeutic Fitness 1:00 Drawing Class Begins 1:30 Pizza & A Movie</p>	9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:15 Lunch 12:00 American Mahjong 1:00 Bingo 2:00 Scattergories	<p style="text-align: center;">BUS LOTTERY CLOSES</p> 9:00 Exercise with Jane 9:00-12:00 Mahjong 10:30 Coffee with Ann 10:45 Bus Trip: IKEA & Fish Tale 12:00-1:00 Blood Pressure Clinic 12:15 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crochetng 1:30 Get Tough Exercise	9:30 Zumba with Diane 11:00 Guided Meditation with Elizabeth 12:15 Lunch 1:00 Bingo 1:00 Fun with Clay 1:30 Cribbage 2:00 Baking with Heidi
<p style="text-align: center;">LOTTERY NOTIFICATION</p> 9:00 Exercise with Jane 10:30 Tai Chi 12:15 Lunch 1:15 Dance for PD ® 2:00 Pokeno	9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 9:30 Bus Trip: Crystal Mall 11:00 Guided Meditation with Elizabeth 12:15 Lunch 1:00 Drawing Class 1:00 Therapeutic Fitness 1:00 Acrylics Class 3:00 Drumming for Wellness	<p style="text-align: center;">LOTTERY PAYMENTS DUE BY NOON</p> 9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12-1 FREE Hearing Screening by Beltone New England—No appointment necessary 12:15 Lunch 12:00 American Mahjong 1:00 Bingo 1:30 Baking with Mary Lee	<p style="text-align: center;">NON-RESIDENT BUS SIGN UPS</p> 9:00 Exercise with Jane 9:00-12:00 Mahjong 9:00 Bus Trip: Foxwoods Casino 10:30 Qigong 12:00-1:00 Blood Pressure Clinic 12-3 Mayor Visit 12:15 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crochetng 1:30 Get Tough Exercise	9:30 Senior Breakfast 9:30 Zumba with Diane 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:15 Lunch 1:00 Bingo 1:00 Fun with Clay 1:30 Cribbage 2:00 Bananagrams
<p style="text-align: center;">Martin Luther King Day</p>  <p style="text-align: center;">CLOSED</p>	<p style="text-align: center;">9-3 Footcare Clinic 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 11:00 Bus Trip: Trader Joe's & Eli's Brick Oven Pizza 11:00 Guided Meditation with Elizabeth 12:15 Lunch 12:30 Sing-Along 1:00 Drawing Class 1:00 Therapeutic Fitness 1:30 Birthday Party 1:30 Texas Hold 'Em</p>	9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:15 Lunch 12:00 American Mahjong 1:00 Bingo	9:00 Exercise with Jane 9:00-12:00 Mahjong 10:30 Qigong 11:00 Bus Trip: Museum of CT History & Joey Garlics 12:00-1:00 Blood Pressure 12:15 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crochetng 1:30 Get Tough Exercise	9-11 Senior Haircuts 9-11 Technical Support 9:30 Zumba with Diane 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:15 Lunch 1:00 Bingo 1:00 Fun with Clay 1:30 Cribbage 3:00 Early Bird Dinner
9:00 Exercise with Jane 10:30 Tai Chi 12:15 Lunch 1:15 Dance for PD ® 2:30 Book Club Meeting	9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 10:30 Bus Trip: Buckland Hills Mall 11:00 Guided Meditation with Elizabeth 12:15 Lunch 1:00 Drawing Class 1:00 Therapeutic Fitness	<p style="text-align: center;">9-3 Enhanced Benefits Check-up</p> 9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:15 Lunch 12:00 American Mahjong 1:00 Bingo 2:30 Left Right Center Game	9:00 Exercise with Jane 9:00-12:00 Mahjong 10:30 Qiigong 10:45 Bus Trip: Shooters Billiards & Wood N Tap 12:00-1:00 Blood Pressure 12:15 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crochetng 1:30 Get Tough Exercise 2:00 Pokeno	9:30 Zumba with Diane 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:15 Lunch 1:00 Bingo 1:00 Fun with Clay 1:30 Cribbage

HAPPY NEW YEAR 2020



Drawing Class w/ Marcy Begins 1/7/20

All levels are welcome for this drawing class. You can fine-tune your skills or give it a try for the first time.

Tuesdays at 1pm. 6 week session \$15/\$20 NR pre-registration. Space is limited.

Fun with Clay Class Fridays at 1pm

This hands on hand-building with clay class led by Marcy is so much fun! Make your own masterpieces! 10 Sessions for \$15.00/\$20 NR pre-registration. Space is limited. Next session begins 2/9.



Drumming for Wellness January 14th at 3:00pm

In addition to being a fun activity, drumming actually provides better flexibility and blood flow to the arms, hands, and wrists. It's a great form of expression! Give it a try and be amazed at the rhythm we can create together. \$3/\$5 NR pre-registration.



VITA Free Income Tax Help

Free income tax assistance by IRS trained and certified volunteers is available at two Middletown Volunteer Income Tax Assistance (VITA) sites for households with incomes under \$55,000. You can save more than \$100 in tax preparation services alone! Appointments will be scheduled for January 28 through April 11 evenings, Wednesdays and Saturdays with two easy ways to schedule! Opportunities to meet at UW Monday-Thursday evenings, OR meet at NEAT Wednesday or Saturday during the day.

Dial 211 press option "3" and then "6" or schedule your appointment online at uwc.211ct.org/taxhelp/



**Enhanced Benefits Checkup
2020 Dates TBD
9am-2:30pm**

A Benefits Checkup is a free and confidential questionnaire that will screen you based on income for eligibility of federal, state, and local financial programs for individuals 60+ and those receiving Medicare at any age. Do you need help paying for or need information on Medicare premiums, Prescription drugs, Food, Housing, Energy Bills, Property Tax Assistance, Veterans Benefits and other services? Sponsored by Senior Resources Agency on Aging. By appointment only.

You might have noticed the schedule slow down. January and February programming is intentionally light due to anticipated weather conditions. The staff is working hard to plan an amazing Spring lineup!

**Sing-Along with Barbara
Jan. 21st 12:30-1:30pm**



Join us on this date and time for a sing-along with Barbara.

FREE—No pre-registration. necessary.

**Scattergories
Jan. 8th at 2pm**



Think fast! Team up in this fun, fast-paced game and rack your brain for items that fit the category. Can you think of articles of clothing, things you fold, or things at the beach that start with S? You score points when you come up with things that no one else does. The more creative your answers, the more points you score! FREE for Res/ \$1 NR— Please pre-register.

Bananagrams—January 17th at 2pm
FREE, pre-register. This fun tile game is similar to scrabble but a little more challenging.



Left Right Center Dice Game— January 29th at 2:30pm. No experience required. This is a fun dice game of chance with prizes.

**Qigong
Simple Moves for Better Health
Thursdays at 10:30
Begins on 1/16**

Class description: Experience the benefits of movement, meditation and mindfulness.

Qigong's low impact exercises are designed to boost energy and increase balance, flexibility, mobility, and relaxation. Beginners welcome!

This class will be taught by Lisa Gibson. Lisa is a certified Evidence-Based Qigong Instructor with the Center for Taiji Studies. She has also trained extensively in Yang and Hun Yuan styles of Tai Chi.

First 3 classes are free! Then each session will be 2 calendar months beginning 2/6. Pre-registration is required.

\$28/\$35 NR for 2 month session

Bingo & Pokeno



Bingo—
Wednesdays &
Fridays at 1pm
\$1 for 2 cards
or \$2 for 4
cards.

No pre-registration. This is a cash game.

Pkeno— We will be running 2 Pkeno games in January, February, and March per your request!

Jan. 13th & Jan. 30th at 2:00pm \$1 Please pre-register. Grocery prizes.



Recurring Programs/Services

(F) =Free (\$) = Cost Associated

American Mahjong—Wednesdays at 12pm (F)

Arcade Games—Anytime in the Game Room

Arthritis Exercise—Thursdays at 12:30pm (F)

Billiards—Anytime

Bingo—Wednesdays & Fridays at 1pm (\$) Cost: \$1 for 2 cards or \$2 for 4 cards

Bocce—Anytime (F)

Blood Pressure Clinic—Thursdays 12:00-1:00 (F)

Book Club— (\$ for used book) Cost: \$3/\$5 NR for used book

Cable TV—Anytime (F)

Card Games—Setback Thursdays at 12:30pm, Hand, Elbow Foot Game Tuesdays at 9:30am (F)

Coloring—We have adult coloring pages available for sign-out (F)

Computers—Laptops are available for use anytime (F)

Cribbage—Fridays at 1:30pm (F)

Dancing for Joy—Mondays at 1:15pm (F)

Darts—Anytime (F)

Exercise—Mondays, Wednesdays, and Thursdays at 9am (F)

Foot Care with Jennifer—by appointment (\$) Cost: \$35

Fun with Yarn—Knitting/Crocheting on Thursdays at 1pm (F)

Get Tough—Thursdays at 1:30pm (F)

Hearing Screening—3rd Wednesday of the month 12-1 (F) Sponsored by Beltone N.E.

Lending Library—The Library is now open upstairs (F)

Lunch—Daily around 12pm. Congregate meal program run by CRT with a suggested donation of \$2.50. Reservations Required.(\$)

Mahjong—Thursdays 9am-12pm (F)

Meditation—Tuesdays & Fridays at 11am led by Elizabeth (F)

Middletuners Chorus Practice—practice at Village at South Farms (F)

Ping Pong—By request when there aren't health services scheduled (F)

Qigong—Thursdays at 10:30am (\$) Cost: \$28/\$35 NR

Shuffleboard—Anytime in the game room (F)

Sing-Alongs—Third Tuesday of the month at 12:30 (F)

Tai Chi — Mondays at 10:30am (\$) \$28/\$35 NR

Therapeutic Fitness—Tuesdays at 1:00pm (F)

Yoga—Wednesdays at 10am (\$) \$40/\$50 NR

Zumba—Tuesdays & Fridays at 9:30am (F)

Senior Services Division Contact Information
Monday—Friday 8:30am to 4:30pm

Main Number: (860) 638-4540

Fax Number: (860) 343-5427

E-mail: seniors@middletownct.gov

Website: www.middletownct.gov/seniors

Coffee with Ann
January 9th at 10:30am

Do you have any suggestions for programming, procedures, entertainment, bus trips, etc ? This is a great time to come and ask questions and meet the manager.

Our Volunteer Club Meeting will be held immediately following the Coffee with Ann. Find out how you can get involved!

CRT Lunch Service

Lunch is served Monday through Friday around 12:15pm by the Community Renewal Team out of Hartford. Reservations are required in advance (860) 638-4543. Reservations are taken by noon at least 1 full business day in advance. \$2.50 suggested donation. For meals on wheels info, call Gladys from CRT at (860) 560-5848.



Transportation (860) 346-0212

Dial-a-Ride— The City of Middletown contracts with Middletown Area Transit to provide door to door transportation service for adults over the age of 60. The fare is \$3.50 one-way. Appointments for transportation must be made at least 1 day in advance 860-346-0212. An application must be on file with Middletown Area Transit.

Enhanced Dial-A-Ride—Adults over the age of 60 who would like free transportation to the Senior & Community Center can contact Middletown Area Transit to schedule a ride. Reservations must be made at least 1 day in advance 860-346-0212. **No Same Day requests.**

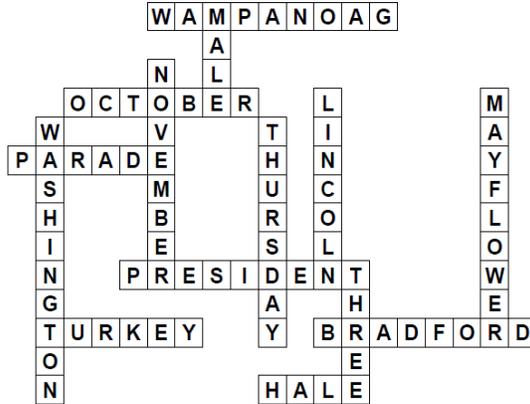
Brain Teaser Winner

Thank you to all that participated! Our November winner by random drawing is James D. Miller.

Answers:

Thanksgiving Crossword Puzzle

Solution:



The January brain teaser is located on the last page of this newsletter. Please fill out and return to the front desk. No additional copies will be printed.

Reminders & Policy Clarifications

- All activities advertised by the Senior Services Division require pre-registration (including free programs) unless specifically advertised as no pre-registration required. Almost all activities we run have associated fees and are heavily subsidized before determining the registration fee. It's important that we have counts ahead of time to make sure the room is setup appropriately with enough seating, if snacks or food is being served we have to shop ahead of time based on the count, and we need to know that there is enough interest to run the program. Occasionally, there isn't enough interest and we need to cancel. We don't have a mass communication method, but if you have pre-registered and there is enough lead time notice of the cancellation, we can call or email you. Also, occasionally an instructor/speaker has an emergency or calls out due to illness and we need to know who planned on attending so we can notify you.
- Our general rule is that we don't run programs with less than 7 pre-registered members. When we bring in instructors or guest speakers, many times they have set minimum and maximum counts.
- Many programs sell out throughout the month. Don't wait after receiving your newsletter to sign-up for something that interests you. Since our programs are advertised usually 6+ weeks in advance, it is always worth getting on the waitlist. When people are courteous enough to let us know they cannot make it to a program they registered for, we backfill the spaces using the waitlist.
- Scanning in each time you enter the Senior & Community Center is not optional. It is a condition of your membership.
- When the front desk is experiencing a high volume of traffic, please consider coming back after your activity OR keeping money on your account so you can call in your list of activities and receive an email confirmation.
- Please call to cancel if you can't make it. We are wasting precious money from our budget and not able to fill your spot with someone who wanted to attend the program if you don't let us know you won't be coming.
- We have switched to a bi-monthly model for Tai Chi, and Yoga. There is a charge for the 2 months regardless of the number of classes. Sign-ups are the month before the next session.

Middletown Prime Times
61 Durant Terrace
Middletown, CT 06457

Standard Mail
U.S Postage
PAID
Permit #38
Middletown CT
06457

endings & beginnings

In this game, we provide the first half of a two-word phrase or compound word and the second half of another. For example, given *Credit* _____ *trick*, the one word that completes both clues is *Card*, i.e., *Credit card* and *Card trick*. (If you get stuck, the first letter of the answer is provided in a hint below.)

long-term memory
working memory
executive functioning

- | | |
|------------------------|------------------------|
| 1. Pine _____ cider | 6. Salad _____ room |
| 2. Sales _____ fork | 7. Red _____ word |
| 3. Office _____ block | 8. Window _____ bag |
| 4. Pepper _____ muffin | 9. Clock _____ station |
| 5. Goose _____ shell | 10. Post _____ piece |

Answers on page 398

Senior (60+)

Brain Teaser

January 2020

Entries due by:
1/15/20

Name:

Phone:
