

October 2015

[www.forestparkonline.com](http://www.forestparkonline.com)

# Forest Park Newsletter

Forest Park, N. Ft. Myers, FL

Editor: Pam Maynard email: [fpsocialnews@gmail.com](mailto:fpsocialnews@gmail.com)



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# WELCOME BACK

## SOCIAL CLUB OFFICERS

Delores Holmes, President  
Gail Ford, 1st Vice President  
Mary Beth Schleter, 2nd Vice President  
Joyce Hines, Secretary  
Pat Schuren, Treasurer



**LAWN MOWING HOURS**  
**7 AM to 11 PM June 1 through**  
**August 31st and 8 AM to 11 PM**  
**September 1st through May 1st.**

## SOCIAL CLUB NEWS

*By: Delores Holmes President*

**WELCOME** to our new homeowners in Forest Park  
**WELCOME BACK** everyone who comes from northern states during the month of October.

Social Cub is in charge of activities in the park. We have a great many activities for you to enjoy. Most of the activities will start in November. When you get your newsletter, look for the article that the leader of that activity will have in the newspaper. Also look for the monthly calendar with all the activities listed, the day of the week and time that they play. **IDEA** I post my calendar on my refrigerator and highlight those activities that I want to attend. All, I have to do is remember to look at the calendar everyday (HO HO Senior Memory) We hope you will participate in some of our activities. Participating in an activity is good for your health and socially interacting with other people in our park. Social Club Officers would like to Thank Gary and Nellie Cochran and all the volunteers that helped sell tickets, cook, serve and everyone else who contributed to the hot dog/ Karoke night during the summer months. We appreciate you, volunteers, making a summer night most enjoyable for everyone. Thank You to 4th of July co-chairpersons Laura May Voreh and Wava Straw and to everyone else who helped with the event. I heard it was a huge success. Thank You to all the workers who maintained our park during the summer months. We appreciate you keeping the park running smoothly and looking great.

**A NOTE to our VETERANS in our park.** Social Club prepares a lunch for every veteran and his/her spouse or significant other on Veteran's Day.

This year it is Thursday, November 11. **ALL**, You have to sign up on a sheet, which is in the back of the clubhouse, with your names. That is so we know how

much food we need to prepare. More information about Forest Park's Veterans Day Activities will be in the November newsletter.

Social Club Officers

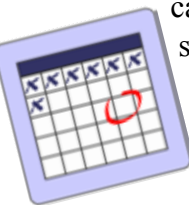
## NEWSLETTER ARTICLES

*By: Pam Maynard*

All articles should be sent to Pam Maynard at: [fpsocialnews@gmail.com](mailto:fpsocialnews@gmail.com) by the 13th of each month for the following month's newsletter. I would appreciate you writing your information in the email in place of an attachment, if possible. Any questions or concerns please email me at the above address or call me at 740-398-4576. Please remember the newsletter continues to run every month all summer long. During the summer months, when the newsletters arrive in the office at the end of each month, watch the marquee for the newsletters to be picked up in the Clubhouse and Activity Building. They will not be delivered to your home during the summer months, so don't forget to stop and pick up your copy. If you have any special events or places you are visiting this summer or if something exciting happens wherever your travels take you, please share your story and pictures with your Forest Park friends by sending them to [fpsocialnews@gmail.com](mailto:fpsocialnews@gmail.com). Enjoy your summer, travel safely, we will be looking forward to seeing you in the fall.

## FOREST PARK CALENDAR

Gail Ford is the person who handles the updates to the calendar. View the calendar anytime and see the most current information at the following website: [www.forestparkonline.com](http://www.forestparkonline.com) This also allows you to view it in various formats i.e., weekly, monthly, etc.



Please contact Gail for calendar changes at: [gailford39@gmail.com](mailto:gailford39@gmail.com) or call her 239-731-2028.

## FAREWELL

**Thomas Konwinski**

Thomas J. "Captain Tom"

Thomas J. Konwinski, "Captain Tom", 79, of North Ft. Myers Beach, FL passed away peacefully at Ebeid Hospice on Friday, August 21, 2015. He was preceded in death by his wife of 30 years, Carol; his parents, Thomas and Virginia Konwinski, and his granddaughter, Olivia Ward. Tom is survived by his brother, Timothy (Jeanette) Konwinski; children, Scott (Tracy) Konwinski,

Cheryl Rager, Tracy (Greg) Starkloff, Todd Hartman and Mindy (Tim) Ward, as well as his special friend, Shirley Marunkowski. Tom has seven grandchildren, Zachary Konwinski, Christopher Rager, Michael Starkloff, Mallori Stroman, Joshua Hendrix, Ethan Ward, and Allyson Ward, and several nieces and nephews.

Tom retired in 1994 from the Toledo Edison, working at both the Acme and Bay Shore power plants for many years. Upon retirement, Tom became a licensed captain and enjoyed being captain of the Sandpiper in downtown Toledo. Tom was previously a Postman as well as a member of the Ohio National Guard. Tom was a longtime member of North Cape Yacht Club where he sailed his "Tomboy" for many years. The family is thankful to the many friends who helped Tom over the past few years as he lived the life he wanted to live in Port Clinton and N. Ft Myers Beach, FL. Rest peacefully Captain Tom.

A celebration of Tom's life will be held at North Cape Yacht Club on September 15, from 2-7 p.m.

## OCTOBER BIRTHDAYS

|                   |    |
|-------------------|----|
| Sandy Gestro      | 04 |
| Wanda Lewis       | 05 |
| Leonard Neckers   | 05 |
| Delores Holmes    | 07 |
| Marilyn Somsel    | 07 |
| Becky Conrad      | 12 |
| Madaline Preston  | 13 |
| Kathy Carson      | 17 |
| Camille Shawcross | 18 |
| George Boley      | 26 |



## Yay!!! The Forest Park Photo Directories Have Arrived!

The long awaited photo directories are available for those residents who had their photographs taken by Lifetouch. Our photo directory team did a SUPER job in putting together this wonderful treasure for Forest Park!

The directories will be available for pick up in the park office every Friday between 9:00 AM to 12:00 PM. You will be asked to sign for your book so that we ensure everyone receives their copy. For those residents who are away, the directories will be held until you return to the park.



## HEALTH & WELFARE

*By: Mary Gibson*

Visiting Nurses will not be offering the flu shots here in Forest Park anymore, either consult your primary doctor or go the local drugstore.

## WI FI UPDATE

*BY: Doug Ford*

Forest Park residence, at the April membership meeting, approved the wifi upgrade to fiber optics. The FPPOA board has signed a contract with ethx for the installation of the fiber and support for the conversion from our present system. The fiber installation will take up to 90 days, after all the permits are approved. We are looking for a turn on for Nov 1st.

The present system with about 100 users is going just fine with the assistance from Jim Schleter. Have a good summer!



## WASP SPRAY

*By: Becky Conrad*

I have had a can of wasp spray in my golf cart since we had some wild dogs in the park about 7 years ago. Now that we have Coyotes in the Park I have it out in the cup holder for easy access. Please put a can in your basket of your bicycle and in all golf carts. It sprays 20 feet and is better than Pepper Spray. I used it on stray dogs that approached me in the past and I will use it again. I have it just inside at all doors in my home. I am not paranoid I am just prepared. Be Safe.



## RESOURCE BOOK

In the clubhouse there is a Resource Book which has been put together by members of Forest Park.

These are referrals or warning of how outside vendors have performed in the Park. Before you hire

Someone, please check the book to see if someone in the Park has used that particular company or Person. If you would like to add a name or business you may do so.

*What you get by achieving your goals is not as important as what you become by achieving your goals.*  
Zig Ziglar



## F.P.P.O.A. BOARD NEWS

*By: Bob Lang Secretary*

### 2015-2016 BOD & GM DATES

|               |  |
|---------------|--|
| Oct. 15, 2015 | Board Meeting  |
| Oct. 22, 2015 | Membership Meeting   |
| Nov. 12, 2015 | Board Meeting  |
| Nov. 19, 2015 | Membership Meeting   |
| Dec. 10, 2015 | Board Meeting  |
| Dec. 17, 2015 | Membership Meeting   |
| Dec. 30, 2015 | Cut off date for candidates' names to be printed on ballot |
| Jan. 14, 2016 | General Election   |
| Jan. 21, 2016 | Board Meeting  |
| Jan. 28, 2016 | Membership Meeting   |
| Feb. 18, 2016 | Board Meeting  |
| Feb. 25, 2016 | Membership Meeting   |
| Mar. 17, 2016 | Board Meeting  |
| Mar. 24, 2016 | Membership Meeting   |
| Apr. 21, 2016 | Board Meeting  |
| Apr. 28, 2016 | Membership Meeting   |



### WELCOME BACK

*By: Lou Smith President*

Helen and I are back in Forest Park; we returned on a steamy, rainy Saturday in September.

A reminder that in October we start Board and Membership meetings. This election year, many positions are available on the board. New ideas and new faces are needed. Take time to think about running for the Board of Directors in the upcoming election. I want to thank Jan, Betty, Sheila and Mike, year around board members who worked very hard this summer to keep the park running smoothly. Thanks, also to our loyal group of employees who did a great job also. Looking forward to seeing you at the first Board and Membership meetings.

## FOREST PARK VISITORS WRISTBANDS



Visitors unaccompanied by Forest Park residents must wear wristbands when using park recreational facilities (pool, mini-golf, etc.). The wristbands are now available in the park office (2 per family and additional bands may be requested). The bands stretch but if they are not large enough you may pin them to clothing, attach them to a key chain or just bring them along.

Please remember that all owners are responsible for their visitors who must comply with all Forest Park Rules & Regulations. Thank you for your anticipated cooperation to assist in maintaining the security of our park.

### Reminder - Please Be Conscientious & Conserve Energy

Please remember to turn up the air conditioner thermostats to 78 when you leave the Clubhouse & Activities buildings (just like you would do at your home). The air conditioners have been left running overnight on several occasions. This places an undue strain on them especially during summer months, and increases our electrical bill. Please be considerate

### Trash Reminder...



Please remember to have your trash bagged and securely tied (not to exceed 30 pounds). Also kindly be sure that horticulture limbs are bundled, tied and do not exceed 4 feet in length and 6 inches in diameter. Your cooperation is appreciated.

### New mail carrier & mail forwarding

We are so pleased that we have a new regular postal carrier in Forest Park! His name is Jeff. Please make him feel welcome when you see him around. To ensure timely mail delivery, please remember to submit your **MAIL FORWARDING** request online or at your local post office or online for a minimal fee at <https://www.usps.com/manage/forward.htm> at least 2 weeks prior to the date you wish to begin receiving mail.



## Use Caution in Hiring Contractors!

When you need to hire a contractor for work on your home (roofing, home repairs, lawn maintenance, etc.), ask the contractor to provide copies of their business license and insurance. This protects you in the event that the contractor is injured on your property. Also ask the contractor to provide references. Get cost estimates and warranties in writing, and do not make final payment until the work is complete. There is a Resource Book in the back of the Clubhouse which contains listings for many different types of contractors. You may also check Angie's List, the Better Business Bureau and other online rating sources. A simple Google search on the business name may provide additional information. Please ask any outside contractor to stop by the office to register and provide copies of their license and insurance. Better safe than sorry! For more information on Florida consumer complaints, visit:

<http://www.stateofflorida.com/Portal/DesktopDefault.aspx?tabid=57>

## EXERCISE PROGRAM

### RECOMMENDED FOR "KIDS" OF ANY AGE!

Please join us beginning in November on Tuesday & Saturday mornings at 9:00 am in the clubhouse for a fun, easy exercise program. Bring a small hand weight or even a can of soup to use to build muscle. Also bring a small pillow.



### EASY WATER EXERCISE

Most of the water exercises are the same as the Tuesday & Saturday exercises, except they are done in the pool. This means less stress on the joints plus we get those healthy rays of sunshine at the same time. We have a great time exercising and catching up on the latest in Forest Park. Classes run from 10:30 to 11:30am. Monday-Friday at the pool and start in the fall through spring. Exercises are also subject to weather cooperating



## BLUE BARREL RECYCLE

The blue barrel is used for all other types of re-cycling such as paper, metal, plastic, etc. This is a separate Program from our regular trash that is picked up on Tuesdays and Fridays. The re-cycle truck comes on Wednesdays.

## FOREST PARK BOOK CLUB

*By: Joan King*



The book group meets on the fourth Friday of the month in the Activities Building. Anyone is invited to attend whether you have read the book or not. We are a friendly group and welcome all. Hope to see you in the fall. Watch the newsletter for the start up information.

## GREEN TREE STICKER

There is a little green tree sticker available in the office that goes on the LEFT SIDE OF YOUR BACK WINDOW of your car. All residents with automobiles should have this highly visible authorization to be in the Park. This will help the safety patrol on their nightly rounds. If you are temporary resident and don't want any stickers on your window, then scotch tape it there while you are here.





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## ALUMINUM CAN RE-CYCLE

By: Social Club

Please remember to put your washed out, dry aluminum cans. In a bag and place **UNDER YOUR MAILBOX** early Tuesday morning for pick up. Please make sure your cans are rinsed clean and **DRY**. Please place away from trash bags. **DO NOT** place plastic, glass or metal cans in the bag. Those go in the blue recycle bins. Money collected for can recycle helps pay some of the costs of Social Club activities. It benefits all residents of Forest Park. Please place your aluminum cans out near your mailbox either Monday night, or very early on Tuesday morning. To make the job easier, we are asking that you take the tabs off your cans. It takes as long to take the tabs off the cans as it does to run the crushing machine. You take the tabs off and bag them, when you have a full bag, bring the tabs to the Clubhouse. There is a Big Ronald McDonald cardboard house on the kitchen cabinet where you put your tabs in it. Betty Campbell collects the tabs then takes them to the Ronald McDonald House where they sell aluminum tabs. You are making money for Forest Park's Social Club and if you take the tabs off for the Ronald McDonald house you are doing double duty. We Thank You for your help.

**Remember to use flashing lights or flash lights when you are riding or walking at night.**



## ART CLASSES

My name is Betty Leis and I am a member of the Art League of Ft Myers and Pine Island Art Assoc. I have been painting for over 40 years and teaching for 35 of those years of which 30 have been in Forest Park. If you have never painted before and have no supplies, I will furnish everything you need to paint ONE painting to get you started. If you find you want to continue with the class you can then purchase your own supplies. I will furnish you a supply list to use and to help you. I will work with you one on one and also as a group by doing a paint along. THIS MEANS: I paint (demo), You watch, I help you and then I will demo again then your will paint again.

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We do this until the painting is finished. This will make it easier for you to get started. I will also give you a list with color mixtures for specific things, such as shades of green for grasses and trees, blues for skies, water and etc. If you are an accomplished artist you may paint whatever you want and I will be there for help if needed. Mediums I can help with are: Oils, Watercolor and Acrylics. My classes are held on Monday 9 to 12, starting Monday January 11, 2016. The fee is \$10.00 per class for new or beginners the first year. After the first year ALL students pay in advance for the whole 3 month session which runs January through March. If you miss a class we make that up in the month of April. The class is limited to 15 students and I am taking names at this time getting ready for next seasons session. If you need further information or want to join the class please contact: BETTY LEIS at 239-997-1880 OR [Boomlei531@gmail.com](mailto:Boomlei531@gmail.com)

## BID EUCHRE

*By: Madeline Preston*

We have Bid Euchre every Wednesday & Saturday at 6:30 pm in the Clubhouse unless there is another activity going on in there. We then play in the Activity Building. We have several new players and would like to have many more join in on the fun

## BINGO

*By: Anne Domingos*

Please joins us on Tuesdays at 6:45 for 7:00 pm Bingo in the Clubhouse each week. Cards are \$.50 with a minimum purchase of four cards. Night Owl cards are 25 cents. All three Bingo's go all year round. Check your calendar in the newsletter each month. There is a new addition to our BINGO games. You put a quarter into a "money ball pot." The first number called is the "special number" so that if you bingo on that number, you will win the money that has been collected in the money ball pot plus the money that is allotted for the game that you won. If the money ball pot was not won, the amount is saved from week to week until someone is the winner. Come and Enjoy Playing Bingo!



## BUNCO

*By: Larry Tsicountouridis*

Bunco is held on the first Saturday of each month in the Clubhouse at 7 p.m. beginning in the fall. Watch the fall newsletter for startup date.

## COMPUTER CLUB

*By: Sherrill Wright*



Recycle: Don't throw away your used ink cartridges!

I can take them to Office Max and get a credit for them, which is then donated back to the Computer Club. There is a collection container on the Activity room counter. If we have fulfilled our quota, they are donated to a local school for them to do the same.

The Computer Club will meet beginning in the fall.

The Computer Club is a group of friendly people who meet every Thursday, 2-4 pm to help each other with computer issues. If you have a problem related to computers, or a skill you think might benefit others, YOU ARE WHO WE NEED IN OUR CLUB! Please Come and join the group. Membership costs \$10/Household per winter season. We take a break and have coffee and cookies around 3 pm to socialize. Most members use Windows, but some use Macs or Linus and most software programs are compatible with each system. Each week we usually have a person show something they are experienced in, or we focus on a particular problem. In many cases, the club can help fix the problem. If not we can usually define the situation to assist, if professional help is needed. If you have a particular interest or a new piece of equipment like an iPad or similar table or iphone that you would like to show and demonstrate, please join us. This also includes your friends and family who might be visiting. Also, if you have a particular need, or problem that you would like help with, please come along and join us, but let us know in advance so we can schedule it for that weeks meeting. Several member/resident have asked to learn more about Facebook. Sheila Fitzgerald has volunteered to some sessions for us.

We also need people who are familiar with Tablets and cell phones who would volunteer to do some instructing or help others during our sessions. We have connectors for iPads that will allow them to be connected to our projector. Contact Sherrill or John Wright @ 239-349-3827 or [fpcclub@yahoo.com](mailto:fpcclub@yahoo.com)

**SPECIAL NOTICE:** Last summer, several printers were left in the Activity Building. Since we cannot fix printers, we cannot take any donations of them. Also, if you have any computers you would like to get rid of, please check with Doug Ford before leaving them in the Activity Building.

**\*\*Thank you for your help and co-operation\*\***

*When you come to a fork in the road, take it.*  
**Yogi Berra**

## **CRAFT CLUB**

*By: June Kearschner*

The Craft Club will hold it's first meeting November 4th. in the Club House. The meeting's will be every Tuesday at 9 am. Everyone is welcome. The first meeting we will discuss ours plans for the coming season. Bring your ideas and any project you are presently working on. Will see you on November 4th...

## **FOREST PARK CHORALEERS**

*By: Joyce Hines*

We are already looking ahead to next year's Spring Fling, ***Sing and Celebrate the 20 th Century!*** We will be singing songs from the 1900's through the 1980's. It promises to be a fun show from beginning to end. Our director, Marilyn Parkinson, already has the music in hand! We will also be singing at the park's 50 Anniversary Dinner. As always, we are looking for new members to join The Choraleers. We rehearse every Tuesday from 1:00 p.m. to 3:00 p.m. Our rehearsals for the 2016 season will begin in January. The exact date will be noted in the December Newsletter. If you are interested in joining us, please notify Joyce Hines @ 724-689-5175 or email: [hines.joyce@gmail.com](mailto:hines.joyce@gmail.com)

## **HAND AND FOOT CARD GAME**

*By Carol Lahman*

Join us on Sunday nights at 6:00 pm in the Clubhouse for the "Hand and Foot" card game. It can be played at a table of 6, 4, or 3. All are welcomed! This card Game goes all through the summer months.

*Imagination is more important than knowledge.*  
*Albert Einstein*

## **KNIT AND CROCHET CLUB**

*By: Nancy Lawrence*

The Knit and Crochet Club meets every Wednesday afternoon from 2-4 pm in the Activity Building. Everyone is welcome to come and join us for a fun time. Bring any projects you are working on or share a project you have already done. You can also bring a new project to show or teach us how to do. I have a group project to show you and see if you want to do it. So come and join our little



group and have a fun time. Any questions call Nancy Lawrence at 23-543-7629

## **DID YOU KNOW FOREST PARK HAS A GREAT LIBRARY?**

*By: Patty McCoy FP Librarian*

There's a little oasis of knowledge and information right here in the Forest Park activities building. No need to hop into your car and drive. We have current hardcover and paperback books, reference materials, videos, talking books large print, magazines and even puzzles. You can look up health related issues, financial questions, recipes and advice on retirement. Your favorite authors are in abundance- James Patterson, Clive Cussler, Janet Evanovich, Danielle Steele, John Grisham, Nora Roberts and a juicy collection of romances. At the FP Library, you don't need a library card- just step inside, choose your media and take it home- for as long as you like, return it when you're done. Your library runs on donations. We always need CURRENT popular books, magazines and videos. Consider donating books published in 2010 or newer to our library. We do not accept older books due to space limitations and because we wish to be current and fresh in our offerings so please, take older books to the North Fort Myers Friends of the Library. We also need library style metal bookends and book display easels. Why read? "The benefits of all this mental activity include keeping your memory sharp, your learning capacity nimble, and your mind basically hardier as you age... just processing the words boosts the brain"

## **Neighborhood Watch note**

*By Lou Smith*

Our first meeting will be in November. If I change it to Oct, I will post it on the marquee.

## **PINE TREE KNOTS QUILT CLUB**

*By: Gail Ford*

Many of the women in our quilt club have left for the summer. The "**Left Overs**" will continue to meet each Wed. at 9 AM. On April 2nd we had our spring luncheon at the Golden Corral. The committee outdid themselves with our many lovely gifts. We are working on our "**Around the World**" lap quilts. Our Summer Project is a contest. We are to applique a Flamingo to a background then decorate/dress it any way we desire. Should be fun.



## NORTHEAST CLUB

*By: Richard Gagner*

Where did that summer go? The winter season is fast approaching and it won't be long before we get together catch up on the events of the past few months since so many of us went our separate ways. Just a friendly reminder to everyone, if my memory serves me right we voted to raise our dues to \$5.00. Still a very good bargain for all that our club accomplishes.

Besides the Holiday Dinner, we will meeting with themes like Wild, Wild West, a Mexican Fiesta and a Luau. If you are not a returning member or are new to Forest park, think about joining. You can be from the North, East, South, West or just about anywhere as long as you enjoy a good time with great people. See you all soon.



## FOREST PARK SHUFFLEBOARD

*Submitted by: Bill Madill, Captain*

Forest Park Shuffleboard League First Meeting, Monday, November 9th, 9:00 am in the Activity Building.

Forest Park has dropped out of the Bayshore League and is now starting an in-park league, which was voted on at our last meeting of 2015. Our new league will play Monday, Wednesday, Friday and Saturday, with Wednesday being a compulsory day for the league players. Monday will be an instructional day for new players and Friday will be an open play day. Saturday is optional play and will start at 10:00 am and should be done around 12:30 pm. Anyone from the park is welcome to come and play on Monday, Friday and Saturday, but Wednesday will be for registered league players only. We will still be having FUN DAY, King & Queen Day, The Valentine's Day breakfast and Monday night fun shuffle. There will be a \$10.00 registration fee for league players, which will be on a first-come first-serve basis as only 32 spots are available for league players. Any questions and problems will be addressed at our first meeting. Hopefully we can put fun into our games!

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## **Jokes and Quotes...**

### **STRESS**

A young lady confidently walked around the room while leading and explaining stress management to an audience with a raised glass of water. Everyone knew she was going to ask the ultimate question, 'half empty or half full?'... She fooled them all.... "How heavy is this glass of water?" she inquired with a smile. Answers called out ranged from 8 oz. To 20 oz. She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes." She continued, "and that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on ."As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced. So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night... Pick them up tomorrow; have a large glass of wine tonight.

1 \* Accept the fact that some days you're the pigeon, and some days you're the statue!

2 \* Always keep your words soft and sweet, just in case you have to eat them.

3 \* Always read stuff that will make you look good if you die in the middle of it.

4 \* Drive carefully... It's not only cars that can be recalled by their Maker.

5 \* If you can't be kind, at least have the decency to be vague.

6 \* If you lend someone \$20 and never see that person again, it was probably worth it.

7 \* It may be that your sole purpose in life is simply to serve as a warning to others.

8 \* Never buy a car you can't push.

9 \* Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.

10 \* Nobody cares if you can't dance well. Just get up and dance.

11 \* Since it's the early worm that gets eaten by the bird, sleep late.

12 \* The 2nd mouse gets the cheese; after the first got caught in the trap.

13 \* When everything's coming your way, you're in the wrong lane.

14 \* Birthdays are good for you. The more you have, the longer you live.

16 \* Some mistakes are too much fun to make only once.

17 \* We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.

18 \* A truly happy person is one who can enjoy the scenery on a detour.

19 \* Have an awesome day and know that someone has thought about you today.

### **AND MOST IMPORTANTLY**

20 \*Save the earth..... It's the only planet with chocolate!\* I THINK !!!!

Today someone asked me if I liked you. I laughed, and I said, "Ha! That's funny!! I absolutely do!! They're funny, caring, crazy as heck, sweet, nice, they're reading this email right now & I care about them!!" Send this to people you care about!

Be the kind of person that when your feet hit the floor each morning the devil says~~ "Oh Crap, They're up!"

### **GETTING OLD SHOUD REQUIRE TRAINING. . . .**

I bought a new stick deodorant today. The instructions said: "Remove cap and push up bottom. "It hurts to walk, but whenever I fart, the room smells lovely.

### **FACEBOOK FOR SENIORS**

For those of my generation who cannot comprehend why Facebook exists:

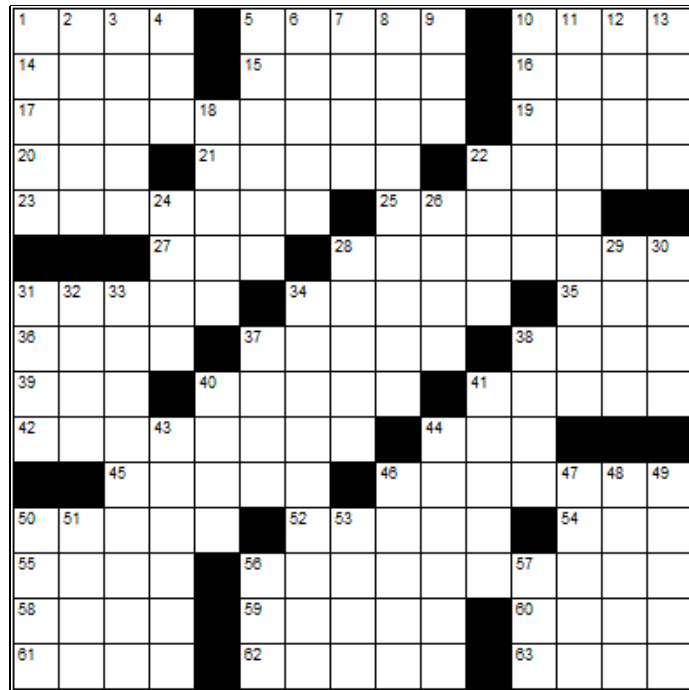
I am trying to make friends outside of Facebook while applying the same principles. Therefore, every day I walk down the street and tell passersby what I have eaten, how I feel at the moment, what I have done the night before, what I will do later, and with whom.

I give them pictures of my family, my dog, and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what anybody and everybody does every day! I also listen to their conversations, give them the "thumbs up" and tell them I like them.

It works just like Facebook! I already have four people following me: two police officers, a private investigator, and a psychiatrist.

## ACROSS

1. Stop for a horse
5. Exploded stars
10. Flutter
14. Not his
15. Small African antelope
16. Hindu princess
17. Disgraceful
19. At the peak of
20. Ribonucleic acid
21. Graven images
22. Display
23. Ointment ingredient
25. Of a pelvic bone
27. Record (abbrev.)
28. A daily evening church service
31. Wanderer
34. Make improvements
35. Japanese apricot
36. Bucolic
37. Skating jumps
38. Permits
39. "\_\_\_ the season to be jolly"
40. Female internal reproductive organ
41. Not last
42. Completely
44. Spy agency
45. Unreactive
46. Military quarters
50. Manacles
52. Habituate
54. Alkaline liquid
55. Murres
56. Teen
58. Adolescent
59. Blockages
60. Relating to urine
61. Where the sun rises
62. Children
63. Carve in stone



## DOWN

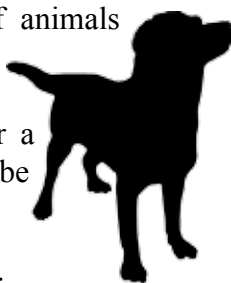
1. Vortex
2. Reddish brown
3. Keyboard instrument
4. American Sign Language
5. Scandinavian
6. Heavenly hunter
7. Six-stringed instrument
8. In an opprobrious manner
9. Female sib
10. Donnybrook
11. Recent arrival
12. Shortly
13. A hollow cylindrical shape
18. Lubricated
22. A region of SE Pakistan
24. By mouth
26. Focusing glass
28. Manicurist's board
29. Catches
30. Essence
31. Anagram of "Tine"
32. Norse god
33. Baffles
34. In an uplifted manner
37. Affirm
38. Teller of untruths
40. Mining finds
41. Infernos
43. Child
44. Gentle stroke
46. Protrusion
47. Alarm
48. Faultfinder
49. A two-masted sailing vessel
50. Adorable
51. Component of urine
53. Cozy corner
56. Play a role
57. Prompt

# October Crossword





**Adopt A Dog Month.** Millions of animals are waiting for someone to give them a safe, loving home. Be a hero and consider adopting a rescue animal or a dog from your local shelter. You'll be saving a life and adding joy to yours.



**Eye Injury Prevention Month.** Protecting your eyes from injury is one of the most basic things you can do to keep your vision healthy throughout your life. The American Academy of Ophthalmology reminds everyone to wear protective eyewear when performing home repairs or maintenance, and while playing sports.

**National Bullying Prevention Month.** A campaign to unite communities nationwide in educating and raising awareness of bullying prevention. National Bullying Prevention Month is recognized across the United States, with organizations like Facebook, Disney, CNN, Yahoo Kids, and other partners supporting the effort through media outreach and dissemination.

**National Cyber Security Awareness Month.** National Cyber Security Awareness Month is designed to engage and educate public and private sector partners with events and initiatives aimed at raising awareness about cyber security and increasing the resiliency of the nation in the event of a cyber incident.

## Week to Week



**Emergency Nurses Week, Oct. 11-17.** Sponsored by the Emergency Nurses Association, which represents the approximately 180,000 emergency nurses in the U.S. who save lives and render aid on a 24/7 basis.

**Earth Science Week, Oct. 11-17.** An international event to help the public gain a better understanding and appreciation for the Earth sciences and to encourage stewardship of the Earth.

**Nuclear Science Week, Oct. 19-23.** A national celebration to focus local, regional, and national attention on all aspects of nuclear science. The 2015 theme: "Get to Know Nuclear."

**Respiratory Care Week, Oct. 25-31.** An annual event that recognizes the respiratory care profession and promotes awareness of lung health issues and practices.

**International Music Day, Oct. 1.** Initiated in 1975 by Yehudi Menuhin to encourage and foster musical diversity worldwide.

**World Teachers' Day, Oct. 5.** Celebrating the dedication and commitment of the world's teachers, and spotlighting the shortage of teachers needed to achieve the goal of universal primary education by 2030.

**National Fossil Day, Oct. 14.** A celebration organized by the National Park Service to promote public awareness and stewardship of fossils.

**Day of the Girl, Oct. 11.** Established by the United Nations to "help galvanize worldwide enthusiasm for goals to better girls' lives, providing an opportunity for them to show leadership and reach their full potential."

Halloween, Oct. 31. Trick or treat!





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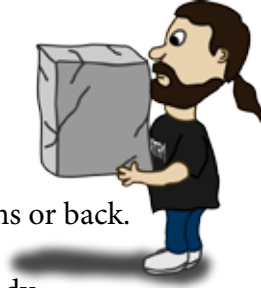
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## Follow correct procedures whenever you lift a load

Lifting heavy items incorrectly can injure your back and other parts of your body. Whenever you have a heavy object to move, follow these basic rules for staying safe:

- Bend at the knees.
- Keep your head up.
- Keep your back straight.
- Lift with your legs, not your arms or back.
- Keep the object close to your body.
- Don't twist your back as you walk.
- Maintain stable footing.
- Ask for help if the load is too heavy for you to move on your own.



## Love, honor, and make your payment

One important factor that can unbalance a marriage or romantic relationship is debt. A survey conducted by Harris Poll for NerdWallet determined that 35 percent of adults have brought at least some credit card debt into their romantic relationships—more than student loans, car payments, medical loans, and mortgage debt.

More men than women bring it, with 42 percent of adult men coming into relationships with credit card debt, as opposed to 29 percent of women. Whoever's behind it, though, such debt can have costs beyond interest payments: 25 percent of couples with at least one partner dealing with credit card debt reported that it had a negative impact on their relationship.



## Take one step to lose weight

Want to lose weight? Step onto a scale every day. That may seem like obvious advice, but it's supported by the results of a study reported on the Live Science website.

In the study, researchers challenged 162 people to reduce their weight by 10 percent over the course of the year. They weren't given any specific advice, but about half the participants were given scales and told to check and record their weight every morning.



Although few of the participants in either group achieved their goal of losing 10 percent of their body weight, 29 percent of those given scales succeeded in losing at least 5 percent, but only 11 percent in the scale-free group lost as much. In addition, participants given scales managed to maintain their weight loss for a second year.

The researchers have theorized that checking weight once a day may help people pay more attention to what they eat (and how much), and reinforce positive weight-loss behaviors like skipping dessert.

## Be alert to the signs of Alzheimer's disease

More than 5 million people live with Alzheimer's disease in the U.S. It's an affliction that can't be diagnosed with a blood test or a brain scan, so doctors and patients depend on behavioral clues to determine whether someone is suffering from it. An early diagnosis can help with treatment and care, so pay attention to these warning signs from the Alzheimer's Association:

- Changes in memory that disrupt daily activities
- Difficulty solving problems or making plans
- Problems performing familiar tasks at work or at home
- Confusion over places and times
- Problems processing visual images and spatial relationships
- Growing difficulties with writing and speaking
- Losing items/getting lost outside

If you or a loved one begins exhibiting a number of these symptoms, consult with your doctor. Although Alzheimer's has no cure, many treatments can delay its onset and provide a meaningful quality of life for years.





# October Sudoku

Difficulty level: medium.

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

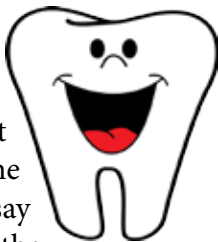


|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 2 | 1 | 6 | 9 | 3 | 5 | 8 | 4 | 7 |
| 5 | 7 | 9 | 6 | 4 | 8 | 1 | 3 | 2 |
| 8 | 3 | 4 | 1 | 2 | 7 | 6 | 9 | 5 |
| 3 | 5 | 2 | 4 | 8 | 9 | 7 | 6 | 1 |
| 4 | 8 | 7 | 5 | 1 | 6 | 9 | 2 | 3 |
| 6 | 9 | 1 | 2 | 7 | 3 | 5 | 8 | 4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

## Avoiding the dentist? It may cost you

Proper dental care is important to your overall health. Unfortunately, many of us tend to avoid visiting the dentist—often because of the cost.

A survey commissioned by Aspen Dental found that almost two out of five Americans have delayed needed dental work, or had it only partially performed, because of their financial situation. It's a figure that has jumped by almost 8 percent over the last two years, even though 80 percent say they're aware that staying away from the dentist will be more expensive in the long run.



We can judge our progress by the courage of our questions and the depth of our answers, our willingness to embrace what is true rather than what feels good.  
—Carl Sagan

## Health Watch

Control your appetite after the workout

Does a good workout leave you feeling hungry for a snack—or a meal? Don't sabotage your exercise efforts. Remember these tips for dealing with the munchies:

- Drink some water. Thirst sometimes masquerades as hunger. Take a drink of water or some other non-caloric beverage to rehydrate and fill your stomach.

- Plan ahead. Prepare a healthy snack before your workout. Some fat-free yogurt or a tuna sandwich on whole-grain bread will fill you up without undoing the benefits of exercise.

- Eat before. Have a modest meal 30-60 minutes before exercising. This can stave off pangs of hunger afterward.

- Slow down. Take a more moderate approach to working out. You can get good results at a lower intensity, and you won't feel like you're starving afterward.

## Solar panel promises hope for clean fuel

A new type of solar panel could allow us to split water into hydrogen and oxygen atoms and create a clean hydrogen fuel, according to the NBC News website.

The panel, developed by scientists in Switzerland, looks like the common solar panels found on rooftops. Sunlight passes through a layer of water, and the non-toxic chemical tungsten diselenide works as a catalyst to break the water into its separate hydrogen and oxygen atoms. The scientists hope to commercialize the process to create a cheap source of hydrogen fuel, but a practical version won't be available for at least 10 years.

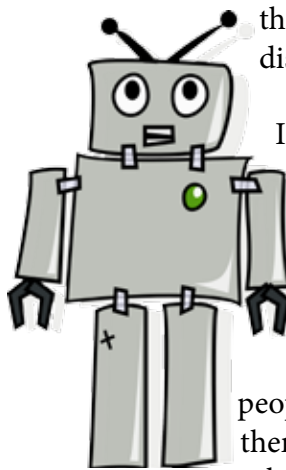


## Thought-controlled robots offer freedom and mobility

Humans can now control robots remotely with their thoughts, thanks to a team of scientists who have developed technology to help people with disabilities regain some independence in their lives.

The robots are equipped with wheels and a video camera. The scientists tested them with a group of 19 subjects, nine with disabilities and 10 without. Each subject wore a helmet studded with electrodes that analyzed with brain signals for several weeks. Then they were told to direct the movements of a robot in Switzerland via the Internet. After less than 10 days of training, all of the nine participants with disabilities were able to control

the robot easily, as did those with no disability.



In addition, the robot is able to avoid obstacles on its own without direction from its human controller, allowing people to take a break when they become tired. Such robots could become part of the daily life of people with mobility issues, giving them the opportunity to interact with others outside their homes.

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## Grins & Giggles

### Badge of authority

A DEA agent pulled into a Texas ranch and knocked on the door. "I need to inspect your land for illegally grown drugs," he told the rancher.

"Well, you can look wherever you want," the rancher replied. "But you have to stay out of the north field."

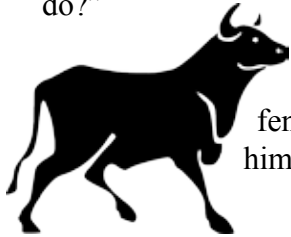
The agent reached into his pocket and pulled out his badge. "Listen, this badge gives me authority to go wherever I want on your land, so don't tell me where I can and can't go! Understand?"

"Certainly." The rancher backed away.

He watched as the agent searched his property, until finally they reached the north field. The agent climbed over a fence and started to walk.

Suddenly a huge bull spotted him and began to charge. The agent ran, but the bull was catching up.

"Help!" he shouted to the rancher. "What do I do?"



The rancher leaned over the fence. "Show him your badge! Show him your badge!"

### Let there be light

Two factory workers were talking. The woman said, "I can make the boss give me the day off."

The man replied, "How can you do that?"

The woman winked at him. "Just wait and see."

When the boss came by a few minutes later, he found the woman hanging upside down from the ceiling. "What are you doing up there?" he demanded.

"I'm a light bulb!" she said.



The boss looked concerned. "You know, I think you've been working too hard. Why don't you take the day off?"

She jumped down and headed for the door. The man started to follow.

"Hey, wait a minute!" the boss shouted. "Where are you going?"

The man pointed at his co-worker. "I can't work in the dark."

### Calling in sick

Salary negotiations between a union and a big organization weren't going well. The main issue was that management believed workers were abusing the sick leave policy.

During one tense meeting, a manager hurled that morning's newspaper onto the conference table.

"Look at this! This employee called in sick yesterday!"

The union negotiator looked and saw a picture of the employee holding up a trophy for winning second prize in a golf tournament.



"What do you say to that?" the manager demanded.

"Wow," the union official said. "If he hadn't been sick, he might have won!"



# September 27 - October 24, 2015 - FOREST PARK

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday   |
|---|---|---|--|--|---|--|
| <b>27</b><br>6:00pm Hand and<br>Foot-card game<br>6:30pm Pinochle | <b>28</b><br>9:00am Dominoes<br>10:00am<br>Shuffleboard<br>2:30pm Bocce<br>6:30pm Skip-Bo<br>7:00pm Shuffle<br>Fun Nite                   | <b>29</b><br>10:00am<br>Women's shuffle<br>6:45pm Bingo | <b>30</b><br>6:30pm Bid<br>Euchre<br>6:30pm Canadian<br>Euchre | <b>1</b><br>9:00am Quilt Club<br>10:00am<br>Women's<br>Fellowship<br>1:00pm Change<br>Bingo<br>2:30pm Bocce                                  | <b>2</b><br>10:00am<br>Shuffleboard<br>6:30pm Friday<br>Bridge  | <b>3</b><br>10:00am Shuffle<br>1:00pm Bingo<br>6:30pm Bid<br>Euchre  |
| <b>4</b><br>6:00pm Hand and<br>Foot-card game<br>6:30pm Pinochle  | <b>5</b><br>9:00am Dominoes<br>10:00am<br>Shuffleboard<br>2:30pm Bocce<br>6:30pm Skip-Bo<br>7:00pm Shuffle<br>Fun Nite                    | <b>6</b><br>10:00am<br>Women's shuffle<br>6:45pm Bingo  | <b>7</b><br>6:30pm Bid<br>Euchre<br>6:30pm Canadian<br>Euchre  | <b>8</b><br>9:00am Quilt Club<br>10:00am<br>Women's<br>Fellowship<br>1:00pm Change<br>Bingo<br>2:30pm Bocce                                  | <b>9</b><br>10:00am<br>Shuffleboard<br>6:30pm Friday<br>Bridge  | <b>10</b><br>10:00am Shuffle<br>1:00pm Bingo<br>6:30pm Bid<br>Euchre |
| <b>11</b><br>6:00pm Hand and<br>Foot-card game<br>6:30pm Pinochle | <b>12</b><br>9:00am Dominoes<br>10:00am<br>Shuffleboard<br>2:30pm Bocce<br>6:30pm Skip-Bo<br>7:00pm Shuffle<br>Fun Nite                   | <b>13</b><br>10:00am<br>Women's shuffle<br>6:45pm Bingo | <b>14</b><br>6:30pm Bid<br>Euchre<br>6:30pm Canadian<br>Euchre | <b>15</b><br>9:00am Quilt Club<br>9:00am Board of<br>Directors<br>10:00am<br>Women's<br>Fellowship<br>1:00pm Change<br>Bingo<br>2:30pm Bocce | <b>16</b><br>10:00am<br>Shuffleboard<br>6:30pm Friday<br>Bridge | <b>17</b><br>10:00am Shuffle<br>1:00pm Bingo<br>6:30pm Bid<br>Euchre |
| <b>18</b><br>6:00pm Hand and<br>Foot-card game<br>6:30pm Pinochle | <b>19</b><br>9:00am Dominoes<br>10:00am<br>Shuffleboard<br>2:30pm Bocce<br>6:00pm Karaoke<br>6:30pm Skip-Bo<br>7:00pm Shuffle<br>Fun Nite | <b>20</b><br>10:00am<br>Women's shuffle<br>6:45pm Bingo | <b>21</b><br>6:30pm Bid<br>Euchre<br>6:30pm Canadian<br>Euchre | <b>22</b><br>9:00am Quilt Club<br>10:00am<br>Women's<br>Fellowship<br>1:00pm Change<br>Bingo<br>2:30pm Bocce<br>7:00pm FPPOA<br>Meeting      | <b>23</b><br>10:00am<br>Shuffleboard<br>6:30pm Friday<br>Bridge | <b>24</b><br>10:00am Shuffle<br>1:00pm Bingo<br>6:30pm Bid<br>Euchre |

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