

WSC August Bulletin

The theme for this Bulletin is "To the Lighthouse in August". During August, we celebrate Lighthouse Day (Aug. 7) and Lighthouse Weekend (Aug. 21-22). It's also the perfect season for visiting lighthouses.



Upcoming Events:

*****Breakfast Starting August 17th: Every Tuesday Thereafter 7:30 A.M.-Noon**

8/6: Craft Corner- Making Peanut Butter Banana Dog Treats

8/10: Craft Corner- Step-by-Step Painting **PART 1:** Lighthouse (Pictured Below) **RSVP BY 8/9**

8/11: Craft Corner Step-by-Step Painting **PART 2**

8/18: National Fajita Day Luncheon **RSVP by 8/16**

8/18: BINGO

8/24: Craft Corner- Making Peanut Butter Banana Dog Treats

8/25: National Banana Split Day **RSVP by 8/20**

8/31: Cookout **RSVP by 8/24**



(More details about these events on the calendar)

Westbrook Senior Center Contact Information

Hours of Operation: M-TH 8AM-4PM FRI: 8AM-12PM

Phone: 860-399-2029

Email: cburks@westbrookct.us & ashaw@westbrookct.us

Website: www.westbrookct.us

The mission of the Westbrook Senior Center is to improve the quality of life for Senior Citizens of Westbrook and our neighboring shoreline towns. The Senior Center welcomes citizens 60 years of age or older to participate in our many daily activities directed by staff and volunteers. The goal of these programs is to promote the physical and mental well-being of our Senior community.

Note From the Director:



All,

With the Delta variant making its way through Connecticut, I ask that everyone continue to be vigilant about handwashing upon entering the Senior Center. Purell Stations are at every entrance in the Town Hall and please wash your hands at any sink in the Senior Center before and after meals **and** programs. If you are feeling unwell, have a **FEVER, COUGH or SHORTNESS OF BREATH- PLEASE STAY HOME!**

On a much lighter note, it is my pleasure to announce that Mareda O'Connor joined our team on July 26, 2021. Mareda was hired as our Part-Time Kitchen Coordinator and will work on slowly developing our meal programs.

Mareda has previously worked as a Head Chef and Dietary Manager and brings years of experience to our Center. As you are able, please take a moment to introduce yourself to Mareda and join me in welcoming the newest member of our team.

With Mareda on board, we will start serving breakfast every Tuesday **starting August 17**. Hours for breakfast will be **7:30am-Noon** and the cost will be **\$5.00 per person**. Our menu will include your favorite items pre-Pandemic and new items that Mareda is excited to offer! Breakfast will be drop-in like it was before our closure.

Program Announcements:

Kim Langley's Meditation-Mindfulness-Movement class will be held every Monday starting August 23 at 11:00 am

Registration for **Tai Ji Quan Movement for Better Balance (TJQMBB)** will start in August. Next session starts October

Thank you,
Courtney

August 2021 Activity Calendar

<p>2</p> <p>1:00 Hand and Foot</p>	<p>3</p> <p>11:00 Strength and Balance Class</p> <p>1:00 Rummikub</p> <p>1:30 Better Balance</p>	<p>4</p> <p>10:00 Yoga</p>	<p>5</p> <p>11:00 Strength and Balance Class</p> <p>1:00 Rummikub</p>	<p>6</p> <p>10:00 Lo-Impact Aerobics</p> <p>10:30: Craft Corner- Making Peanut Butter Banana Dog Treats -Drop In- \$1.00</p>
<p>9</p> <p>11:00 Mindful Movement Meditation Class</p> <p>1:00 Hand and Foot</p>	<p>10</p> <p>11:00 Strength and Balance Class</p> <p>1:00 Craft Corner- Step-by-Step Painting PART 1: Lighthouse RSVP BY 8/9- Cost \$2.00</p> <p>1:00 Rummikub</p> <p>1:30 Better Balance</p>	<p>11</p> <p>10:00 Yoga</p> <p>1:00 Craft Corner- Step-by-Step Painting PART 2</p>	<p>12</p> <p>11:00 Strength and Balance Class</p> <p>1:00 Rummikub</p>	<p>13</p> <p>10:00 Lo-Impact Aerobics</p> <p>CANCELLED</p>
<p>16</p> <p>1:00 Hand and Foot</p>	<p>17</p> <p>11:00 Strength and Balance Class</p> <p>1:00 Rummikub</p> <p>1:30 Better Balance</p>	<p>18</p> <p>10:00 Yoga</p> <p>12:00 National Fajita Day Luncheon \$5.00 RSVP BY 8/16</p> <p>1:00 BINGO</p>	<p>19</p> <p>11:00 Strength and Balance Class</p> <p>1:00 Rummikub</p>	<p>20</p> <p>10:00 Lo-Impact Aerobics</p>
<p>23</p> <p>11:00 Mindful Movement Meditation Class</p> <p>1:00 Hand and Foot</p>	<p>24</p> <p>11:00 Strength and Balance Class</p> <p>12:30: Craft Corner- Making Peanut Butter Banana Dog Treats- \$1.00</p> <p>1:00 Rummikub</p> <p>1:30 Better Balance</p>	<p>25</p> <p>10:00 Yoga</p> <p>1:00- National Banana Split Day- Cost \$1.00 RSVP by 8/20</p>	<p>26</p> <p>11:00 Strength and Balance Class</p> <p>1:00 Rummikub</p>	<p>27</p> <p>10:00 Lo-Impact Aerobics</p>
<p>30</p> <p>11:00 Mindful Movement Meditation Class</p> <p>1:00 Hand and Foot</p>	<p>31</p> <p>11:00 Strength and Balance Class</p> <p>12:00 COOKOUT- RSVP BY 8/24- Cost \$5.00</p> <p>1:00 Rummikub</p> <p>1:30 Better Balance</p>			

Here are Some of the National Days for Your Enjoyment:

August 1- International Mahjong Day, Raspberry Cream Pie Day, Girlfriends Day, Friendship Day, Sisters Day

August 2- Coloring Book Day, Ice Cream Sandwich Day

August 3- Watermelon Day, Night Out Day

August 4- Chocolate Chip Cookie Day, Coast Guard Day

August 5- Oyster Day, IPA Day

August 6- Root Beer Float Day, Beer Day, Water Balloon Day

August 7- Lighthouse Day, Purple Heart Day, Disc Golf Day, Mustard Day, Raspberries N' Cream Day

August 8- Global Sleep Under the Stars Day, Happiness Happens Day, Sneak Some Zucchini Into Your Neighbor's Porch Day,

August 9- Rice Pudding Day, Book Lovers Day

August 10- CT Day, Lazy Day, S'mores Day

August 11- Presidential Joke Day

August 12- Vinyl Record Day, Middle Child Day

August 13- Prosecco Day, International Left Handers Day

August 14- Bowling Day, Garage Sale Day

August 15- Relaxation Day, World Honey Bee Day, Lemon Meringue Pie Day

August 16- Tell a Joke Day, Roller Coaster Day

August 17- Thrift Shop Day, Black Cat Appreciation Day

August 18- Fajita Day, Ice Cream Pie Day

August 19- Potato Day, Soft Ice Cream Day

August 20- Radio Day

August 21- Senior Citizens Day

August 22- Tooth Fairy Day, Pecan Torte Day

August 23- Sponge Cake Day, Cuban Sandwich Day

August 24- Peach Pie Day, Waffle Day

August 25- Banana Split Day, Secondhand Wardrobe Day

August 26- Dog Day, Cherry Popsicle Day

August 27- Just Because Day

August 28- Cherry Turnovers Day, Red Wine Day

August 29- Chop Suey Day

August 30- Beach Day, Toasted Marshmallow Day

August 31- Trail Mix Day, Matchmaker Day

August Recipe: Easy Red Lobster Cheese Garlic Biscuits *Makes 12 servings*

Ingredients:

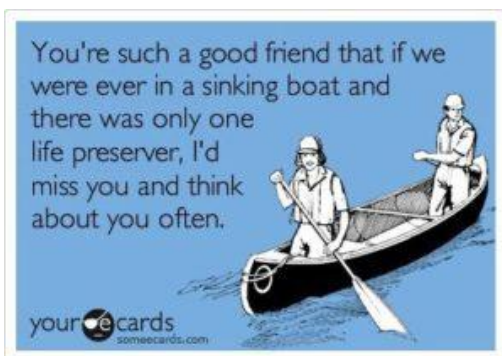
- 2 cups flour
- 2 teaspoons baking powder
- 1 1/2 teaspoons garlic powder, divided
- 1 teaspoon salt
- 6 tablespoons cold butter, cubed
- 1 1/2 cups shredded cheddar cheese
- 1 cup milk
- 3 tablespoons melted butter
- 1/2 teaspoon dried parsley



Directions

1. Preheat oven to 425°F.
2. Combine flour, baking powder, 1 teaspoon garlic powder, and salt in a large bowl.
3. Add butter and cut into the flour mixture with a pastry blender or a fork until little crumbs form.
4. Stir in cheese. Stir in milk until a dough ball forms. The dough will be sticky.
5. Drop by large spoonfuls onto a baking sheet.
6. Bake 16-18 minutes until just golden.
7. Combine melted butter, 1/2 teaspoon garlic powder, and parsley in a small bowl. Brush evenly over each warm biscuit. Serve warm.

Themed Humor:



Navigation

Match the clues to the words associated with navigation.

- | | |
|--|---------------|
| 1. Compass point that is straight up _____ | A. telescope |
| 2. North-south coordinate _____ | B. GPS |
| 3. Global positioning system _____ | C. mariner |
| 4. Something in the way _____ | D. north |
| 5. The equator is one _____ | E. visibility |
| 6. Sunrise direction _____ | F. radar |
| 7. Building with beacon _____ | G. latitude |
| 8. In need of a map _____ | H. horizon |
| 9. Magnetic direction finder _____ | I. obstacle |
| 10. Toward Antarctica _____ | J. compass |
| 11. Sailor _____ | K. degree |
| 12. Doppler device _____ | L. south |
| 13. Optical instrument _____ | M. lookout |
| 14. Sunset direction _____ | N. east |
| 15. The distance one can see _____ | O. lost |
| 16. Person keeping watch _____ | P. west |
| 17. Where ocean meets sky _____ | Q. lighthouse |
| 18. Longitude unit _____ | R. longitude |

Lovely Lighthouse

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



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

BEACON
CATWALK
FOG
FUEL
GALLERY
HARBOR

HORN
KEEPER
LIGHT
NAVIGATION
PARAPET
REVOLVING

SANDBAR
SHIPS
SIGNAL
TOWER
VISIBILITY
WEATHER

Brain teaser Solutions:

Navigation

(solution)

- | | |
|--------------------------------------|---------------|
| 1. Compass point that is straight up | D. north |
| 2. North-south coordinate | R. longitude |
| 3. Global positioning system | B. GPS |
| 4. Something in the way | I. obstacle |
| 5. The equator is one | G. latitude |
| 6. Sunrise direction | N. east |
| 7. Building with beacon | Q. lighthouse |
| 8. In need of a map | O. lost |
| 9. Magnetic direction finder | J. compass |
| 10. Toward Antarctica | L. south |
| 11. Sailor | C. mariner |
| 12. Doppler device | F. radar |
| 13. Optical instrument | A. telescope |
| 14. Sunset direction | P. west |
| 15. The distance one can see | E. visibility |
| 16. Person keeping watch | M. lookout |
| 17. Where ocean meets sky | H. horizon |
| 18. Longitude unit | K. degree |

Lovely Lighthouse

(solution)

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