

WSC January Bulletin

Happy New Year All! The theme for this Bulletin is "Ring in the New Year".

Upcoming Events & New Programs:

Healthy Aging Support Group: January 5th and January 19th (Due to high demand the group will now meet bi-weekly)

Test Your New Year's Luck BINGO: January 12th at 1:00.

Celebrating Hot Tea Month: January 14th- An assortment of Tea and Scones. Serving from 10-11:30. We will have an optional craft project in which we will repurpose old tea cups into bird feeders. RSVP by 1/11- Cost \$2.00

Celebrating Trivia Month: American Trivia and Grinders- January 19th at 12:00 RSVP by 1/17- Cost \$5.00

Craft Corner: Citrus Sugar Scrub Making on January 26th RSVP by 1/21- cost \$1.00

Celebrating Blueberry Pancake Day: Blueberry pancake breakfast served with sausage and/or bacon from 9-11AM on Friday January 28th- Cost \$5.00 RSVP by January 25

NEW PROGRAMS

Starting January 7th: Straight-Up Strength Training! This new 45 minute class works on cardio, strength training and endurance using weights, balls and resistance bands. Instructor: Kate Perez \$5.00 drop-in fee Friday's at 10:00am

Starting January 13th: Watercolor Class- Instructed by Linda Norton
Supply List available at Reception Desk. Class will be held Thursday's at 1:30
FREE

"Knit! Don't Quit" Bring your unfinished projects, new projects OR have your knitting/crocheting problems solved in this weekly group-
Monday's 1:00pm

January Menu

All,

At this time the dining room is closed for indoor seating. Meals for the time being will be carry out. All lunches are served at 12PM unless otherwise noted. Cost: \$5.00

Tuesday January 4th: Quiche Lorriane or Vegetable Quiche served with oven roasted potatoes and sliced pineapple **RSVP by 1/3/22**

Tuesday January 11th: Chicken Vegetable Stir Fry served with Lo Mein Noodles and haystack cookies for dessert **RSVP 1/7/22**

Tuesday January 18th: Baked Potato Bar with assorted topping with garden salad and rice Krispie treat for dessert **RSVP 1/14/22**

Tuesday January 25th: Grilled Cheese served with Homemade Tomato Soup and pumpkin cobbler for dessert **RSVP 1/21/22**

Friday January 28th: Bluberry Pancake Breakfast with side of bacon and/or sausage. From 9-11AM. **RSVP BY 1/25/22**

(Menu & Dates Subject to Change)

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

January Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>11:00 Mindful Movement Meditation Class</p> <p>1:00 Knit...Don't Quit</p>	<p>4</p> <p>11:00 Strength and Balance Class</p> <p>12-4 Billiards</p> <p>1:00 Tai Ji Quan</p> <p>1:45 Better Balance</p>	<p>5</p> <p>10:00 Yoga</p> <p>11:00 Healthy Aging Support Group</p>	<p>6</p> <p>11:00 Strength and Balance Class</p> <p>12-4 Billiards</p> <p>1:00 Rummikub</p> <p>1:00 Tai Ji Quan</p>	<p>7</p> <p>10:00 Straight-Up Strength</p>
<p>10</p> <p>11:00 Mindful Movement Meditation Class</p> <p>1:00 Knit...Don't Quit</p>	<p>11</p> <p>11:00 Strength and Balance Class</p> <p>12-4 Billiards</p> <p>1:00 Tai Ji Quan</p> <p>1:45 Better Balance</p>	<p>12</p> <p>10:00 Yoga</p> <p>1:00 Test Your New Year's Luck BINGO</p>	<p>13</p> <p>11:00 Strength and Balance Class</p> <p>12-4 Billiards</p> <p>1:00 Rummikub</p> <p>1:00 Tai Ji Quan</p> <p>1:30 Watercolor Class</p>	<p>14</p> <p>10:00 Straight-Up Strength</p> <p>10-11:30 Celebrating Hot Tea Month (details on first page) RSVP by 1/11</p>
<p>17</p> <p style="text-align: center;">CLOSED</p> <p>Martin Luther King Jr. Day</p>	<p>18</p> <p>11:00 Strength and Balance Class</p> <p>12-4 Billiards</p> <p>1:00 Tai Ji Quan</p> <p>1:45 Better Balance</p>	<p>19</p> <p>10:00 Yoga</p> <p>11:00 Healthy Aging Support Group</p> <p>12:00 Trivia and Grinders RSVP by 1/17- Cost \$5.00</p>	<p>20</p> <p>11:00 Strength and Balance Class</p> <p>12-4 Billiards</p> <p>1:00 Rummikub</p> <p>1:00 Tai Ji Quan</p> <p>1:30 Watercolor Class</p>	<p>21</p> <p>10:00 Straight-Up Strength</p>
<p>24</p> <p>11:00 Mindful Movement Meditation Class</p> <p>1:00 Knit...Don't Quit</p>	<p>25</p> <p>11:00 Strength and Balance Class</p> <p>12-4 Billiards</p> <p>1:00 Tai Ji Quan</p> <p>1:45 Better Balance</p>	<p>26</p> <p>10:00 Yoga</p> <p>1:00 Craft Corner: Citrus Sugar Scrub RSVP BY 1/21- cost \$1.00</p>	<p>27</p> <p>11:00 Strength and Balance Class</p> <p>12-4 Billiards</p> <p>1:00 Rummikub</p> <p>1:00 Tai Ji Quan</p> <p>1:30 Watercolor Class</p>	<p>28</p> <p>10:00 Straight-Up Strength</p> <p>9-11 Blueberry Pancake Day- RSVP BY 1/25- cost \$5.00</p>
<p>31</p> <p>11:00 Mindful Movement Meditation Class</p> <p>1:00 Knit...Don't Quit</p>				

Here Are Some of the National Days for Your Enjoyment:

January 1: New Year's Day, Bloody Mary Day, Hangover Day, Play Outside Day

January 2: Buffet Day, Cream Puff Day, Science Fiction Day

January 3: Chocolate Covered Cherry Day, Drinking Straw Day, Fruitcake Toss Day, Thank God It's Monday Day

January 4: Trivia Day, Spaghetti Day, Missouri Day

January 5: Bird Day, Keto Day, Whipped Cream Day, Screen Writers Day

January 6: Bean Day, Cuddle Up Day, Shortbread Day, Technology Day

January 7: Bobblehead Day, Tempura Day, Cookbook Day

January 8: English Toffee Day, Winter Skin Relief Day, Vision Board Day, Bubble Bath Day

January 9: Apricot Day, Balloon Ascension Day, Static Electricity Day, Sunday Supper Day

January 10: Bittersweet Chocolate Day, Cut Your Energy Costs Day, Save the Eagles Day, Clean off Your Desk Day

January 11: Milk Day, Shop for Travel Day, Arkansas Day

January 12: Curried Chicken Day, Kiss a Ginger Day, Marzipan Day, Pharmacist Day

January 13: Peach Melba Day, Rubber Ducky Day, Sticker Day

January 14: Dress Up Your Pet Day, Hot Pastrami Sandwich Day, Ratification Day

January 15: Bagel Day, Hat Day, Strawberry Ice Cream Day, Use Your Gift Card Day

January 16: Fig Newton Day, Nothing Day, Religious Freedom Day

January 17: Bootlegger's Day, Hot Buttered Rum Day, Martin Luther King Jr. Day

January 18: Michigan Day, Peking Duck Day, Thesaurus Day, Winnie The Pooh Day

January 19: Popcorn Day, Word Quark Day

January 20: Buttercrunch Day, Cheese Lover's Day, Disc Jockey Day, Get to Know Your Customers Day

January 21: Granola Bar Day, Hugging Day, Squirrel Appreciation Day

January 22: Blonde Brownie Day, Celebration of Life Day

January 23: Handwriting Day, Pie Day

January 24: Beer Can Appreciation Day, Compliment Day, Peanut Butter Day

January 25: Florida Day, Irish Coffee Day, Opposite Day, Plan for Vacation Day

January 26: Green Juice Day, Peanut Brittle Day, Spouses Day, Library Shelfie Day

January 27: Chocolate Cake Day

January 28: Blueberry Pancake Day, Have Fun at Work Day, Kazoo Day, Big Wig Day

January 29: Corn Chip Day, Puzzle Day, Seed Swap Day

January 30: Croissant Day

January 31: Backward Day, Hot Chocolate Day, Bubble Wrap Day, Inspire Your Heart with Art Day

Themed Recipe: Crescent Roll Kielbasa Bites

New Year, New Appetizer! This appetizer is a twist on the traditional “pigs in a blanket”

Ingredients:

- 1 (12-ounce) package smoked kielbasa sausage link
- 1 (8-count) package crescent roll dough
- 2 teaspoons everything bagel seasoning bagel seasoning
- Ketchup or mustard for dipping

Directions

1. Preheat oven to 350°F.
2. Roll dough flat onto a clean surface. Divide the dough into equal halves (four individual triangles each). Press the seams together.
3. Divide sausage into two equal halves. Place each half on the bottom side of each dough piece. Roll the sausages and dough to create two logs. Sprinkle each evenly with bagel seasoning, coating all sides.
4. Slice each log into 11 equal slices and place on a baking sheet.
5. Bake 9–12 minutes. Allow to cool 5 minutes before serving.

Serve with ketchup or mustard for dipping.

Bulletin Brainteaser: What Am I?

Do you know what I am? Here are some clues:

1. I was born in 1693 in France.
2. My roots are firmly set in a certain part of the world.
3. I am known for having very high standards.
4. My brand is synonymous with elegance and class.
5. You can often find me at the marina.
6. I have always been adored by royalty.
7. Danger seems to follow me wherever I go.
8. I am a big fan of weddings.
9. Sugar is an essential part of my diet.
10. I have often been held back by a cage.
11. Cool temperatures invigorate me.
12. I love celebrations.
13. New Year’s is my favorite holiday.
14. I am a huge sports fan.
15. Earthquakes have had an impact on me.
16. I always try to keep it together when under pressure.
17. People often credit me with elevating an occasion.
18. Monks have been among my greatest supporters.

19. I am a big proponent of doing things twice.
 20. Bringing joy to people is important to me.
 21. I go by many names, but there is only one true variety.
 22. Bubbles are what set me apart.
 23. All that separates you from me is a cork.
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Bulletin Brain teaser: Word Search

New Year's Day

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



- | | | |
|-------------|-------------|-------------|
| BEGINNING | FUN | PARTY |
| CALENDAR | JANUARY | REFLECTION |
| CELEBRATION | MIDNIGHT | RESOLUTIONS |
| CONFETTI | NEW | ROSES |
| FIRST | NOISEMAKERS | TIME |
| FOOTBALL | PARADE | TRADITION |

Brain teaser Solution:

Have you guessed what I am? Pop the cork! I am champagne.

Themed History: History of Champagne

Champagne is a sparkling white wine that meets certain standards known as the *Appellation d'Origine Contrôlée*, or AOC for short. Among them is the geographical requirement that the wine be produced in the Champagne region of France, located about 100 miles northeast of Paris. AOC standards stipulate that champagne must be made from only approved grape varieties: chardonnay, pinot noir, pinot meunier, pinot blanc, pinot gris, arbane, and petit meslier. There are a number of additional AOC requirements related to pruning methods, harvest yield, and maturation periods.

It was quite by accident that champagne was invented. In 1693, near the town of Epernay, Benedictine monks at the Abbey of Hautvillers tried without success to remove the effervescence from their wine. The region's early frosts and inconsistent temperatures caused a second fermentation process in bottle-aged wine that not only created bubbles but also prompted bottles to explode under the pressure. Although the drink earned a reputation as the "devil's wine," it quickly became popular among members of the upper class in France and beyond.

Father of Champagne

Many people credit the invention of champagne to Dom Pérignon, who served as the *procureur*, or general manager, of the vineyards at the Benedictine Abbey of Saint-Pierre de Hautvillers. Among his many responsibilities was overseeing the abbey's wine production, transport, and sale. Born Pierre Pérignon in 1638, the future winemaker learned the basics of agriculture from his father, who grew some vines at the family home as a side activity. At the age of 19, Pierre entered the Abbey of Saint-Vanne à Verdun and became a monk. Ordained a priest in 1667, he was transferred to Hautvillers the following year.

Ironically, Pérignon was not a fan of sparkling wine. Believing it was an inferior product to its still counterpart, he tried every method he could think of to prevent the secondary fermentation from occurring. At Hautvillers, he worked diligently to perfect the abbey's wine, opting to use red grapes instead of white to reduce the chance that they would re-ferment. To produce a truly white wine, Pérignon developed a process for gently pressing the grapes so that their darker skins would not stain the resulting juice. He established new practices to restrict the size of the vines, leading to smaller yields of higher quality wines. By all accounts, he was a very efficient administrator. Not only did the Abbey prosper, but its vineyards grew from 10 to 24 hectares (a hectare equals 100 acres) by the time of Pérignon's death in 1715.

Champagne Celebrations

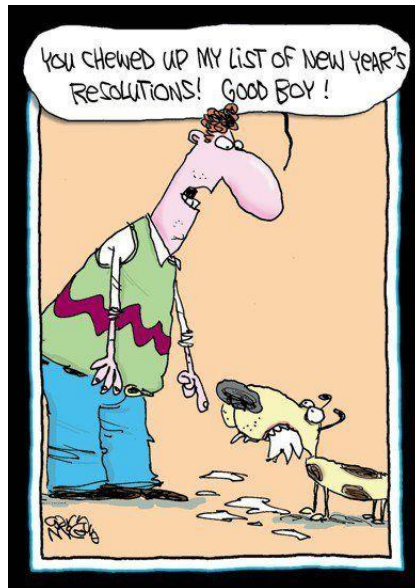
Champagne is the official beverage of celebrations, whether you are tying the knot, ringing in the new year, or christening a new yacht. With its light effervescence, champagne elevates an ordinary event into something extraordinary. The very first champagne toast is said to date back to the fifth century when the French king Clovis I marked his first Holy Communion as king with wine from the Champagne region. As its price dropped, champagne became more accessible to the ruling class by the mid-1800s. However, it still remained out of reach to the masses and was reserved for only special occasions.

Champagne is an essential ingredient in sports celebrations as well. As early as the 1930s, the top performers in the French Formula 1 Grand Prix were awarded bottles of bubbly in the winners' circle. Chilled champagne was typically waiting in the wings for the victors of baseball, tennis, and football games to drink throughout the 1940s and 1950s. It was not until the 1960s that intentionally spraying a bottle into a crowd of teammates and supporters became a way of celebrating a top performance in sport. Today, it is rarely drunk but instead shaken and sprayed with great enthusiasm as a symbol of athletic success.

Much like the wedding toast bestows good luck and happiness on a newly married couple, champagne is used to commemorate the maiden voyage of a ship. Reminiscent of the religious rituals of a baby's christening, smashing a champagne bottle against the hull of a sea-faring vessel and releasing its contents is a way to ensure a safe and prosperous voyage. This same sentiment is conveyed through the New Year's Eve toast at the stroke of midnight, a practice that has been around for more than a century.

Themed Humor:

May all your troubles last as long as your New Year's resolutions.



Brainteaser Solution:

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