

Killington Active Seniors March 2018 Newsletter

**There are good ships and there are wood ships
and ships that sail the sea.
But the best ships are friendships
and may they always be.**

an old Irish saying

Happy St. Patrick's Day! March can be such a long, cold, windy and snowy month that it is a wonderful thing that St. Patrick gives us a reason to celebrate. Pull out the green, cook the corned beef and have a green beer.

A new book/magazine called *Your Brain, A User's Guide.....100 Things You Never Knew* has been published by National Geographic. I have read it and will share a few of the things that I found most interesting. It's not difficult to read and you will learn something about one of the most important organs in our bodies.

- Memories are more likely to stick if they combine information and emotion
- Aging eyes have trouble distinguishing among shades of blue and green
- People taking prescription sleeping pills gain only 11 minutes of sleep
- Dreams of being chased occur in 80 % of the population
- A study found that playing with dogs increased levels of joy-inducing hormones
- Older people are more satisfied with their lives than younger people
- Experiences make people happier than things
- The risk of developing dementia decreases in your 80's
- A common trait in people over 100 is the ability to manage stress
- Optimistic older people live longer than pessimists

Last month's riddle was We hurt without moving. We poison without touching. We bear the truth and the lies. We are not to be judged by our size. What are we? The answer is words. This month's riddle is What never asks questions but is often answered?

The OSHER Lectures for March are under the theme PICTURE THIS. Remember they are held on Friday's at the Godnick Center in Rutland, starting at 1:30 pm. If you are not a member the cost is \$5 and they end promptly at 3:00 pm.

March 2 nd	Claude Monet: Impressionism Master
March 9 th	Rembrandt, Portraiture and Identity in 17 th Century Holland
March 16 th	The Fleming Museum of Art
March 23 rd	Andrew Wyeth's World

The Sip & Spell event at the Summit given by the Sherburne Memorial Library was as much fun to watch as it was to be a participant. I am proud to announce that one of our KAS members, Pat Keim was on stage until the very end. The word she missed was "YERK". None of us even knew what it meant. According to Merriam Webster, the word yerk is a transitive verb meaning to beat vigorously or to attack or excite vigorously. The first known use of yerk was in 1520. It feels good to learn something new.

Jane Ramos, our librarian, has another great event planned for us. It is one of those "save the date" events since it is not happening until May. Magician, Darren Young, will be at the library on Friday, May 11th at 2:00 pm. His program is comedy, magic and mind-reading for adults. It will last about 45 minutes and there will be refreshments served. Save the Date!

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The book club follows our luncheon on the last Tuesday of every month starting at 1:30 pm at the library. This month that will be Tuesday, March 27th. Our book selection is **The Sweet Potato Queens' Book of Love** by Jill Conner Browne.

Movies are shown every Monday starting at 1:30 pm.

March 6th	Same Kind of Different as Me
March 12 th	Three Billboards Outside Ebbing, Missouri
March 19 th	The Man Who Invented Christmas
March 26 th	The Shape of Water

The School District Meeting will be Monday, March 5th, at 4:30 pm. at the Killington Elementary School. This will be followed by a pasta dinner given by Sherburne UCC. The cost is \$5 and our senior group has been asked to bring a dessert preferably a finger food. Following dinner, a Public Information Hearing will begin at 7:00 pm. Voting for Select Board Candidates and various Articles will be on Tuesday, March 6th, 7:00 am until 7:00 pm. at the Town Offices. I urge you to vote and to especially consider supporting Article 7 that proposes the town should establish a reserve fund that will put aside \$75,000 toward the replacement of the town pool and related facilities.

The Southwestern Vermont Council on Aging is working with Come Alive Outside and Marble Valley Grows. One of their programs is called Farm to School and they need volunteers to work with the children on a monthly basis in the schools. I have attached a paper describing the program and how you can help.

Our weekly luncheons are held at the Lookout every Tuesday at 12:00 pm and the donation is \$5. All are welcome with no reservation necessary. We are so grateful for Joy and her gracious smile every week. I have discovered that her birthday is May 24th. We will, of course, bake a birthday cake for her but I would also like to give her something special. I have Phil and her daughter Hanna thinking of ideas and I would ask that you all put on your thinking caps and help me think of something that Joy would really love. Any and all ideas are welcome and I would appreciate your help.

I started this newsletter with a reference to friendship and would like to end with a few more words that I discovered while reading this week. Friendship negates differences. It bonds people together like nothing else. When you make a new friend, you open the door to all kinds of growth because of the additional possibilities that person brings to your life. Friendship is one of our greatest gifts. Let's reach out and be thankful for all of our current friends and all the new ones we will make.

Please contact me with any comments or suggestions. I can be reached at 802-422-2921 or grussell40@yahoo.com

All the best,
Gerrie Russell