The Senior Chatter

Volume 12, No. 12 *Menasha Senior Center, Menasha, WI* *December 2008*

Dates to remember this month:

Date	Page
Dec. 3 - Christmas Banquet	
Dec. 8 - Holiday Candy Making	7
Dec. 9 - Facial	7
Dec. 9 - Christmas Bingo	7
Dec. 11 & 18 - Medicare	5
Dec. 11 - Hospice	1

Looking forward to sharing the holiday spirit with you on Dec. 3 at our Christmas Banquet.

Holiday Bill of Rights

You have the right -

- to take care of yourself - eat right, exercise regularly and get enough rest & relaxation.
- to feel mixed-up emotions around the holidays; i.e, happy, sad, frustrated, afraid and thankful.
- to spend some time alone thinking, reflecting and relaxing.
- to say no to dinner party invitations.
- to ask for help and support from family, friends and community service agencies.
- to say no to alcohol and drugs ...and seconds on dessert.
- not to ride with a drunk driver, to take their keys away, and to call a taxi for them.
- to give presents that are within your holiday budget.
- to smile at angry sales people or rude drivers and give them *a peace* of your mind.
- to enjoy your holiday the way *you* want!

Hospice - what is it?

Thurs., December 11
1:00pm

There are many myths and misconceptions of what hospice is, who is eligible to participate and just what takes place. Don't wait until you, a family member or a friend becomes stressed and confused, learn about it now.

This presentation, by Nicole Leiter, BSW, from Affinity Visiting Nurses Hospice Service, will address these issues. This service provides end-of-life care when a patient's condition is considered life threatening and the patient is no longer seeking curative treatment. The team works with the patients and families to maintain comfort and relieve stress.

If you have questions or concerns, this is your opportunity to ask them. Don't be shy - it's important to know about this before the service is needed.

Free - all are welcome.

De-frazzle December

The stressful holidays can turn most anyone into a Scrooge, especially when your life is crammed with mental & physical clutter and the focus is on external forces rather than the true meaning of the holy days. And it's easy to talk about but harder to feel - to feel the promise of peace and renewal, the birth of love and newness in our lives, the grace that touched us with help or healing; the blessings that have entered our lives; the giving of ourselves to help others.

All the December holidays commemorate light in some way - whether you celebrate Christmas, Hanukkah, Kwanzaa, the winter solstice, or all of them. Here are a few suggestions to help transform your holiday into holy days - to let your own inner light shine, to give you inner peace and to keep the spirit

Continued on page 5

Welcome to the *Senior Chatter*

Menasha Senior Center

116 Main Street Menasha, WI 54952
920-967-3530

Hours: 8:00am-4:00pm Monday-Friday

sbull@ci.menasha.wi.us

web site: **www.menashaseniorcenter.org**

Senior Center Supervisor Sylvia Bull

Activity Coordinator Barb Taylor

MSC welcomes all adults 55 and over to participate in our many activities and utilize our services. There are no membership or residency requirements.

Our mission is to enhance the quality of life of older adults by providing educational, recreational, social and wellness programs and to meet these needs as requested by the community.

MSC Planning Committee:
Meets second Thursday of each month at Menasha Senior Center at 9:30 am.

Members:
Susan Locke
Ruth Jerome
Norma Heinz
Roy Rogers
Terry Czerwinski

City of Menasha Committee on Aging:
Meets second Thursday of each month at the Menasha Senior Center at 8:15 am.

Members:
Bob Jankowski
Joyce Klundt
Lee Murphy
Sue Nett
Roy Rogers
Sue Steffen
Jean Wollerman
Mary Lueke

(Services are provided without mandatory dues, Senior Center Regulation, Title III Older American Act, Chapter VII, Section 5.45).

Services at MSC

Menasha Meal Site: Meals through Winnebago Co. Nutrition Program are served Monday through Friday at 11:20am at the Menasha Senior Center. Must call 725-6323 by 12:00pm the day before for meal reservations. Must be 60 years or older to participate. Suggested donation of **$2.75**.

Meal Site Manager: Ardeana "Dee" Osinski

Winnebago Co. Benefit Specialist, Candace Corbett: Candace visits MSC the first two (2) Thursdays each month from 10:00 -11:30am. Call the MSC office at 967-3530 for more information.

60 Plus Health Program: (City of Menasha Health Dept.) Call 967-3520 for personal counseling and screening tests.
-Health screenings offered monthly at MSC
-Blood Pressure checks every Tuesday at MSC

Valley VNA Senior Services Footcare: Clinics are held twice a month from1-4pm. Must call the VNA at 727-5555 to make your appointment.

Dial-a-Ride: Discount taxi service for Neenah & Menasha residents 60 yrs. and older. Tickets available at MSC.

Menasha School District Lifetime Passes:
For residents 60 yrs. and older who live in the Menasha school district - admission to many school sponsored events.

Information and Referral: MSC will assist in identifying a local agency or organization that may help you. Also available at the office:
County Resource Directories
SeniorCareRx Applications
File of Life
Community Resource brochures, info.

Mini-Library: Resources, books, videos

Computers: Internet access; available 8a-4p (except Wed.s 12-4:00pm); One-on-one instructions available Monday mornings by appt.

Senior Chatter is a monthly publication of the Menasha Senior Center providing a variety of information on senior issues, events in the community and at MSC - all for $4.00 a year!

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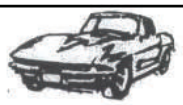

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Visit our web site at **valleyvna.org** to learn more about your options for the future.

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and
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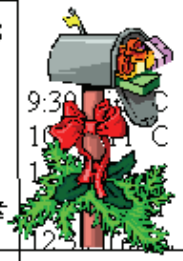
Dorothy Muggenthaler-Neenah

Menasha Senior Center December 2008

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 Line Dancing 9:00 Computer class 11:30 Meals 12:30 Scrabble 1:00 Men's cards	2 10-11:00 *Musicals* 10:30 **Agility Exercise** 11:00 Meals 1:15-3:00 **Blood Pressure ck**	3 9:30 Line Dancing 10:15-11 Chair exercise 11:00 ***You Can Do It*** 11:30 Meals **12:30 Christmas Banquet** 1:00 VNA Footcare	4 8:30 Oil Painting 10:00 **Benefit Specialist** 11:30 Meals 12:30 Cribbage 1:00 BINGO-**Sterling House** 1:00 Bridge	5 9:30-10:30 **Dance Exercise** 11:30 Meals 12:00 Quilting 12:30 Canasta
8 9:00 Computer class 9:30 Line Dancing 10:30am **Nutro** Bingo 12:30 Card making 12:30 **Candy making class** 12:30 Scrabble 1:00 Men's cards	9 10-11:00 *Musicals* 10:30 **Agility Exercise** 12:30 **Facial** Pampering 11:00 Meals 1:15-3:00 **Blood Pressure ck** 1:00 **Christmas Bingo**	10 9:30 Line Dancing 10:15-11 Chair exercise 11:00 ***You Can Do It*** 11:30 Meals 12:30 Texas Hold'em 12:30 Shuffleboard 2:00 TRIAD	11 8:30 Oil Painting 8:15 CA meeting 10:00 **MedicareAdvantage** 11:30 Meals 12:30 Cribbage 1:00 Bridge 1:00 **Hospice Present.**	12 9:30-10:30 **Dance Exercise** 11:30 Meals 12:00 Quilting 12:30 Canasta
15 9:00 Computer class 9:30 Line Dancing 11:30 Meals 1:00 Men's cards 1:00 **Xmas Tree Assemb.**	16 10-11:00 *Musicals* 10:30 **Agility Exercise** 11:30 Meals 1:15-3:00 **Blood Pressure ck** 1:00 **MSC** Bingo	17 9:30 Line Dancing 10:15-11 Chair exercise 11:00 ***You Can Do It*** 11:30 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	18 10:00 **Medicare Advantage** 11:30 Meals 12:30 Cribbage 1:00 Bridge 1:00 VNA Footcare	19 9:30-10:30 **Dance Exercise** 11:30 Meals 12:00 Quilting 12:30 Canasta
22 9:00 Computer class 9:30 Line Dancing 11:30 Meals 12:30 Scrabble 1:00 Men's cards	23 9:00 Newsletter Assemb 10:00 *Musicals* 11:30 Meals 1:00 **MSC** Bingo ~~1:15-3:00 **Blood Pressure ck**~~	 **CLOSED** **Merry Christmas** **Happy Holidays**	25	26 11:30 Meals 12:00 Quilting 12:30 Canasta "It is Christmas in the heart that puts Christmas in the air. W.T. Ellis
29 9:00 Computer class 9:30 Line Dancing 11:30 Meals 1:00 Men's cards	30 10:00 *Musicals* 11:30 Meals 10:30-12n **Blood Pressure** 1:00 **MSC** Bingo	31 9:30 Line Dancing 10:15-11 Chair exercise 11:00 ***You Can Do It*** 11:30 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	**CLOSED** 	Jan. 2, '09 11:30 Meals 12:00 Quilting 12:30 Canasta

Note from Staff. . .

Dear Friends,

What is Christmas? It is tenderness for the past, courage for the present, hope for the future. It is a fervent wish that every cup may overflow with blessings rich and eternal, and that every path may lead to peace."

Agnes M. Pahro

This is our Christmas wish for you and for the new year to come. We welcome you to stop by the senior center and soak up some of our holiday spirit as you participate in our activities.

P.S. It's a wonderful time of the year with food, friends, family, gifts and good cheer. The greatest gift you have, of course, is YOU. Sharing your energy, time and talents with others - grandchildren, friends, those in need in the community - is a rare and precious gift. Thank you to all of you who supported the Menasha Senior Center this year. Your good deed, large or small or in between, was a wonderful gift. Each one of you is unique in what you bring to us - your smile, kind word or labor of hands - and you all contribute in some way. Thank you and may you all have a blessed and safe holiday season.

Sylvia Bull *Barb Taylor*

What's happening !?

Domino's - anyone interested? This is now very popular at some senior centers . If you are interested, give us a call.

Shuffleboard - we have a steady group of "shufflers" but they would like to introduce more people to the game. If you're interested, call or stop in (Wednesday afternoons).

Medicare Advantage Plans

Thurs., Dec. 11 10:00am
Thurs., Dec. 18 10:00am

Winnebago Co. Benefit Specialist, Candace Corbett, will explain these plans to you and help you understand the who,what,where,when,whys!! Tell your friends.

Puzzle to sharpen your brain

This is an unusual paragraph. I'm curious as to just how quickly you can find out what is so unusual about it. It looks so ordinary and plain that you would think nothing was wrong with it. In fact, nothing is wrong with it! It is highly unusual though. Study it and think about it, but you still may not find anything odd. But if you work at it a bit, you might find out.

Answer on page 12

Christmas gift suggestions:

To your enemy, forgiveness.
To an opponent, tolerance.
To a friend, your heart.
To a customer, service.
To all, charity.
To every child, a good example.
To yourself, respect

Oren Arnold

Continued from page 1

of the holidays alive and strong.

Create a charity box - either you or everyone in the family drops loose change in the box at the end of each day. During the holidays, decide what cause you'll donate the money to next December.

Have a spiritual party - Invite people over and ask them to bring food to share. Give each person a turn to speak without interruption about the lessons they have learned in the past year. Then take a few minutes to write down old habits that each of you is ready to let go of and then destroy the collected papers.

Give out love or care coupons - create them by hand and give them out to friends and family. They can be good for telling stories, trip to the zoo, home-cooked or baked foods, walks in the park, chores … the possibilities are endless. And remember to follow through with them.

Take a one or two day retreat before the holidays - this is your time alone to reflect, walk in nature, do some spiritual ready or writing, be silent. A more centered and peaceful you is the best gift you can give your family, friends, and yourself.

Source: Internet

Health Corner

By Valerie Davis RN, 60 Plus Program

Holiday Depression and Stress

Coping strategies:

- Keep expectations for the holiday season manageable. Try to set realistic goals for yourself. Pace yourself. Organize your time. Make a list and prioritize the important activities.
- Be realistic about what you can and cannot do. Don't put the entire focus on just one day (i.e., Christmas Day).
- Remember that it's a season of holiday sentiment, and activities can be spread out to lessen stress and increase enjoyment.
- Remember the holiday season does not banish reasons for feeling sad or lonely; there is room for these feelings to be present, even if the person chooses not to express them.
- Leave "yesteryear" in the past and look toward the future. Life brings changes. Each season is different and can be enjoyed in its own way. Don't set yourself up in comparing today with the "good ol' days."
- Do something for someone else. Try volunteering some of your time to help others.
- Enjoy activities that are free, such as taking a drive to look at holiday decorations, going window shopping or making a snowperson with children.
- Be aware that excessive drinking will only increase your feelings of depression.
- Try something new. Celebrate the holidays in a new way.
- Spend time with supportive and caring people. Reach out and make new friends, or contact someone you haven't heard from in a while.
- Save time for yourself! Recharge your batteries! Let others share in the responsibility of planning activities.

HAPPY HOLIDAYS!

60 Plus Health Program

Blood Pressure Screenings

Schedule for **December 2008**

Menasha Senior Center

Tues. Dec. 2	1:15-3:00 pm
Tues. Dec. 9	1:15-3:00 pm
Tues. Dec. 16	1:15-3:00 pm
Tues. Dec. 23	**NO** Blood pressure check
Tues. Dec. 30	10:30-12:00n

Elizabeth Court Apts.	Thurs., Dec. 11	1:30pm
Lakeside Commons	Thurs., Dec. 11	2:15pm
St. John's Keenagers	Thurs., Dec. 31	1:30pm

The last blood pressure clinic of the month at MSC will also be a **Health Consultation**. If you have any health related questions, feel free to stop in - I will do my best to answer them for you. Val Davis, RN, PHN, 60+ Program

FALLS letter to the editor

Many organizations received an email from Becky Roosevelt Turpin, MA, Injury Prevention Coordinator, Wis. Dept. of Health Services, in Madison. It said: "Because of recent news of two high profile families directly impacted by a serious fall, I felt it was necessary to remind older adults and their families and friends about ways they can avoid enduring the consequences of a fall. Please help educate your community."

"Falls are the leading cause of injury deaths among adults age 65 and older. Locally, falls are the leading cause of injury-related deaths, emergency department visits, and hospitalizations among older adults which makes Wisconsin rank as one of the worst state for fall related deaths and hospitalization in the nation."

"Falls among older adults can be prevented. Several steps to take to reduce the risk of falling:

- ✓ Exercise regularly to increase strength and improve balance.
- ✓ Ask a physician to review medications to reduce the risk of harmful side effect.
- ✓ Have a vision check at least once a year.
- ✓ Improve lighting in the home.
- ✓ Reduce hazards in the home that can lead to falls."

Activities at MSC

Regularly scheduled activities:

◆**Bingo:** 1st Thursdays 1-2:40pm; 2nd, 3rd, 4th Tuesdays 1-2:40pm

◆**Intermediate and Advanced Line Dancing:** Monday and Wednesday morning 9:30-10:30am. $1.00 per class. Instructor: Carol Dolan. Beginner lessons available. Call.

◆**Card Games:** ***Men's Sheepshead*** (not for beginners) - Mondays at 1:00pm, (Sept.—May); ***Hand & Foot/Canasta*** - Fridays at 12:30pm; ***Bridge*** (not for beginners) - Thursdays at 1:00pm; ***Texas Hold'em*** Wednesdays 12:30.; *Cribbage* - Thursday, 12:30pm;

◆**Quilting Group:** Meet Fridays 12:00-2:00pm.

◆**Weight loss group**: Wed. mornings 11:00am

◆**Shuffleboard**: Wednesdays 12:30-3:30pm

◆**Computer Classes**: One-on-one individualized instructions. Monday mornings. Call 967-3530.

◆**Greeting card class:** Every 2nd Monday 12:30-3:00pm. $2.00. Supplies available.

◆**Computer Lab:** Computers are available for use during center's week day working hours (*except* Wed. afternoons).

◆**Chair Exercise Class:** (strength, flexibility, balance) every Wednesday morning 10:15-11am; free.

◆**Scrabble**: 1st and 3rd Mondays at 12:30pm

BIRTHDAY GIFT

Have a birthday in **December?** Stop in the office with your ID during the month and pick up

Christmas Bingo

Tuesday, December 9
1:00 - 2:45pm

Come for ***fun***, snacks, prizes and bingo.

Free - 2 card maximum.

Upcoming events

Feelgood facial for ~~fou~~ you

Tues., December 9
12:30pm

Ladies - free pampering! For those of you who don't do this everyday, sign up for a free facial (cleansing, moisturizing, with minimal makeup, if you wish).

Ginger Keberlein, a Mary Kay, consultant, is offering this fun, holiday session (no pressure to or purchase necessary).

RSVP your wish to attend by calling MSC at 967-3530.

Holiday candy making

MSC is happy to host a holiday candy making class through the FVTC-Neenah Center:

Learn how to make
mouth-watering,
old-fashioned
holiday candies

including hard candy (five flavors and colors), oysters, peanut butter balls, divinity, mints and caramels. You will prepare and sample all of the creations!

Be sure to bring a baking sheet and several containers to take home samples.

Monday, December 8
12:30 – 4:30pm

Fee: $21.02 for those 62 and older;
$22.25 for those under 62

Instructor: Jan Brockmann (Class No. 20687)

To register:

please call Fox Valley Technical College, Neenah Regional Center at (920) 720-6800. Students may also register on-line www.fvtc.edu, in person, or by mail.

TRIAD Tip

Officer Jeff Jorgenson,
Crime Reduction Coordinator

Menasha Police Department 920-967-3569

Protecting yourself from Identity Theft

Identity theft continues to negatively impact many of our citizens. Chances are you or someone you know may have experienced some form of identity theft. According to the Federal Trade Commission (FTC), as many as 9 million Americans have their identities stolen each year. Statistics released by the FTC for complaints per 100,000 population, revealed that Wisconsin ranked 41st in the nation with 2,450 victims in 2007.

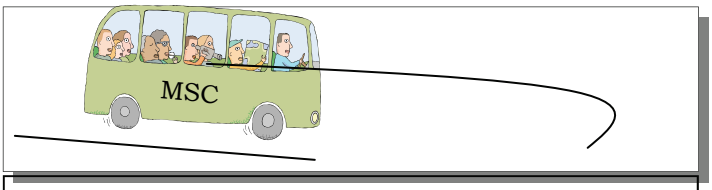
Some Wisconsin residents recently experienced a very sophisticated phone scam, one previously not seen before in our state. It began with a phone call and an automated message indicating that your debit card has been deactivated because of questionable charges. Then, the recording asked folks to 'Please enter your 15-digit card number,' tricking people into giving up important credit card and financial information.

In this case, the scam was further complicated through the use of hijacking a legitimate business's phone number that was portrayed on caller I.D.

No one is immune from becoming the victim of identity theft. With stolen identities, identity thieves commit credit card fraud, telephone or utility fraud, employment fraud, Internet fraud, bank fraud and evade traffic citations or arrest. If you take the following steps you can lessen your chances of becoming an identity theft victim:

>Manage your personal information wisely; make sure you know why your personal information is required and how it will be used. >Shred discarded personal records and documents. >Don't give out personal information on the telephone, mail or Internet unless you are sure whom you are speaking with. >Pay attention to billing cycles. >Guard your mail from theft. >Do not carry your Social Security card, extra credit cards, birth certificate or passport, except when necessary.

2008 TRIPS with MSC



2009 trips (works in progress):

New Zoo, Suamico
Villa Loretta
Miller Park and Harley Davison Museum
Local Valley tour
Green Lake Festival of Music
Wisconsin Dells dinner & show - in April
Brewers vs ??? - in August
Show at the PAC

Call 967-3530

>Order copies of your credit report yearly. >Keep personal information in a safe place.

If you become the unfortunate victim of identity theft you need to take the following steps immediately to best insure protection:

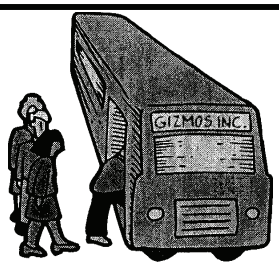
~ Contact your local law enforcement agency and report the crime.

~ Contact the fraud department from each of the three credit bureaus:
Experian, 888-397-3742, www.experian.com
Equifax, 800-525-6285, www.equifax.com
Trans Union, 800-680-7289, www.transunion.com
Document and keep records of all correspondence.

~ Contact creditors for any fraudulent accounts opened or tampered.

~ Contact the Federal Trade Commission (1-877-ID-THEFT).

As with most crimes, *awareness* is an effective weapon against many forms of identity theft. Protect your personal identifying information with the same security as you do with your personal property. Be aware of how personal identifying information is stolen and what you can do to protect yours. Armed with the knowledge of how to protect yourself, you can make an identity thief's job much more difficult.



Making The Ride Happen

Bus Buddy Program

A "bus buddy" is

A person to ride the bus with you a few times so you can become more comfortable using the bus. They will help you read the map and find the best route to where you want to go.

A "bus buddy" is

For any older adult who needs assistance with learning to ride the bus

Did you know?

That if you are 65 years and older you can ride the Valley Transit bus for half the fare?

TRY the Bus Buddy program and get to your favorite hair salon, meet the group for bridge, or see your grandchild's school play.

Call 920-225-1719 or 1-888-200-0576

- After you try the "Bus Buddy", you will receive a FREE 10-ride ticket to ride the Valley Transit bus.

Boost your visuospatial skills

Visuospatial skills are used everyday in many ways, ranging from going from one room to another in your house to solving a jigsaw puzzle and navigating in a new city. One specific visuospatial skill has to do with moving spatial information around in your head. It is called mental rotation.

For example. Can you picture in your head an arrow pointing to the right? Now, turn this arrow so it points to the left. You just performed a mental rotation! People use this ability when they read maps, use tools, play chess, arrange furniture, drive in traffic, etc. Mental rotation relies mostly on the parietal areas of your brain .

Here is a brain exercise to stimulate your mental rotation skills: **Example:**

For each number, decide whether it is a normal or reversed number (see example).
NOTE: NO FLIPS allowed!

Answers on page 12

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Word search

Mark your calendars now for MSC's next party in February

Valentine's Party

Friday, February 13
1:00 - 3:00pm

We know two things:

1. Spaghetti is on the menu
2. No ladders or black cats to worry about
3. We'll wear red

Gift Certificate

Menasha Senior Center
116 Main Street, Menasha, WI 54952
920-967-3530

Recipient

In the amount of $

Sample

- ☐ Trip
- ☐ Newsletter
- ☐ Party
- ☐ Class

Authorized by

Date

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Your kids don't know what to get you for the holidays?? Help them out a little - tell them "a gift certificate from Menasha Senior Center".

They can be of any denomination and used for trips, newsletter subscription, classes or parties at MSC.

These gift certificates are available at the MSC office.

TIP

An Erie, PA, policeman had a perfect spot to watch for speeders, but wasn't getting many. Then he discovered the problem. A twelve-year old boy was standing up the road with a hand-painted sign, which read "RADAR TRAP AHEAD'. The officer then found a young accomplice down the road with a sign readying 'TIPS' . . . and a bucket full of money. (And you say you used to sell lemonade?!)

Come for a sample & review

Sample the exercises and **Review** the dance routine.

Do you wonder just what you'd be doing in our Dance Exercise class? You'd like to join the 2009 class but aren't quite sure? Check it out - stop in at the last two '08 classes on Dec. 12 and 19 at 9:30am. Come to observe and enjoy.

I'm sure the group would love your applause when they finish their dance routine. They enjoy the sessions and have lots of fun. Share this with them.

2009 6-week Dance Exercise Class. Starting January 9. $18 payable at the first class. Stretch your body and your spirit.

Lunch date

The teacher of the earth science class was lecturing on map reading. After explaining about latitude, longitude, degrees and minutes, the teacher asked, "Suppose I asked you to meet me for lunch at 23 degrees, 4 minutes north latitude and 45 degrees, 15 minutes east longitude?"

After a confused silence, a voice volunteered, "I guess you'd be eating alone."

Editor's note: found this in a Portage, WI, newspaper- cute. By the way, just where would they meet for lunch?? Call MSC office and let us know.

Everyone knows Rudolph comes in handy if it's a foggy Christmas Eve, but what would he be flying over if it was a voggy Christmas Eve?

A volcano. The hazy weather condition caused by volcanic gases is called "vog".

Thank you! ❤

We would like to say thank you to all volunteers and friends of MSC who contribute service, money and gifts to the Menasha Senior Center. We considered creating a 'thank you' list in this newsletter, but realized that we surely would, inadvertently, neglect to list someone's name and donation. So to avoid offending anyone we will, instead, give a hearty personal thank you at the time of the contribution.

You can make a difference . . .

You can leave a legacy by remembering the Menasha Senior Center in your will. Your generosity will enable the center to continue to provide programming, classes and services to older adults of the Menasha area. If you are considering this option, please call Sylvia Bull to discuss various ways that you can assist the Center in fulfilling its mission.

My life broken down into segments!

By Sylvia Bull

⇨ *Unusual paragraph* answer: the letter e, which is the most common letter used in the English language, does not appear even once in the paragraph.

⇨ *What is* answer: Charcoal-as it is used for barbeques.

⇨ *Mental rotation* answers:
Row 1 normal, reversed, normal
Row 2: normal, normal, reversed
Row 3: normal, reversed, reversed

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Happy Holidays

The Senior Chatter

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