



The Quail Runner

For and By the Residents
of The Villages at Quail Run



January - February 2023

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

UPCOMING EVENTS

PANCAKE BREAKFAST

Date: Saturday, February 11th

Where: The Community Center

Time: 9:15 - 11:00 AM

Cost: \$8.00 per person

A sign-up sheet is posted at the Community Center, deadline for sign-up is Monday, February 6th. Contact person is **Marlie Stott**, 978-567-5912.



POLAR BEAR DINNER



Date: Saturday, March 11th

Where: The Community Center

Time: 6:00 PM

Cost: \$35.00 per person includes tax and tip

PRE-PAID BY FEBRUARY 24th

All meals will include: rolls and butter, garden salad, mixed vegetables, rice pilaf, meal of choice, dessert, coffee and water. **BYOB.**

Cut at the line below, enter name(s), check your meal choice and submit your \$35.00 check per person.

Contact person is **Bonnie DeRusha**, 508-481-6315.

Please make out your \$35.00 check per person to **Barbara Baker**. Drop the check off with **Bonnie DeRusha**, 8A Strawberry Lane, prior to February 24th.

No reservations will be held without a check received.

Name: _____

Stuffed Haddock Chicken Breast Supreme Sirloin Tips

Name: _____

Stuffed Haddock Chicken Breast Supreme Sirloin Tips

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The Quail Runner Staff

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Newsletter Published the last week of January,
 March, May, July, September and November.

Newsletter Article Deadlines: articles must be sub-
 mitted to the QR editor by the 23rd of the month listed
 above to be included in the newsletter.

**You can view all the back issues of the *Quail
 Runner Newsletter* on:**
www.QuailRunHudson.com

Vacation Delivery

Give your Circle Reporter or the Editor a long
 envelope with two first class stamps, and print
 your name and vacation address on the envelope.
 Or you can view all published issues online at:
www.QuailRunHudson.com

Editor's Desk
 Kareen Shaw



Many thanks to all
 residents who were so
 kind in dropping off
 gifts in December for the "Toys for
 Tots" annual collection, and to all
 who donated checks and so much food for the Hudson
 Food Pantry during the holiday season.

You should be receiving an email with the two Quail
 Run Directories, (Quail Run Residents by Address List
 and the Quail Run Telephone Directory), by the end of
 January.

Thank you to all residents who are leaving their outside
 carriage garage and porch lights on at night for the
 people clearing our streets and walkways during the
 recent snow events..

If you shop or use the services of **any** of our newsletter
 advertisers, please let them know you saw their ad in our
Quail Runner Newsletter, thank you!

Real Estate at Quail Run



- Sold: 2C Strawberry Lane, A Style,
 \$420,000

- Sale pending: 6G Autumn Drive, A Style, asking
 \$440,000

Our Board of Governors

Mike McCormack mocrown@verizon.net 978-562-
 1266

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 562-5227

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Diane Bemis dianegbemis@yahoo.com 978-310-7676

Alison Towle alisonjtowle@gmail.com 978-568-0806

This information appears on page 2 in the *Quail Run
 Directory*.

*BOG Monthly Meetings are open to all Quail Run
 unit owners. Please check for dates and times on the
 Quail Run website.*

HEALTHY LIVING

by Peggy Rittenhouse

Boosting Bone Health



According to an article in the January 2023 *Harvard Women's Health Watch* half of all women over 50 will fracture their hip, wrist, or spine during their lifetime. (National Institute of Health)

After menopause, women tend to lose bone density quickly and are far more likely than men to develop bone-weakening osteoporosis. This dramatically increases the odds of losing your independence and dying earlier. So, what can be done about it?

There is new evidence that dried prunes are very helpful in bone strength as well as in digestion. A study published in *The American Journal of Clinical Nutrition* found that eating five or six prunes a day helped women past menopause preserve bone mineral density in their hips, which could translate to fewer bone breaks. But prunes aren't alone on the list of surprising foods that boost bone benefits.

The mineral calcium, a major component of bones works best when paired with Vitamin D which helps the body absorb calcium better but too much of that combination has a higher risk of developing kidney stones. We already know that a top source for calcium includes dairy products such as milk, yogurt, cheese and dark leafy greens. But you might not be aware of these other foods that pack a calcium punch - dried figs, canned salmon and plant milk that is fortified with calcium and tofu, a soy-based mainstay of Asian cuisine.

Also almonds and almond butter and white canned beans are a good source. This includes navy, cannellini, great northern and lima beans. Beans are a smart source of protein as well.



It is recommended that women have bone density testing, known as a DEXA scan, which measures the density of calcium and other minerals in bones.

So, how about including some of the above foods on your next shopping list?



PLAY BRIDGE ON MONDAYS
Community Center
1:00 - 3:00 PM
Contact person:
Theresa Bosio, 978-568-1416

Tradesman Recommendation

Area-Rug cleaning: Adams & Swett will pick-up, clean and drop-off your area rug. They've been in business since before the Civil War. Please have the exact dimensions in feet-and-inches ready when you call them. (Note: They have merged with Albrite Carpet in Lawrence, MA, their number is 617-268-8000).

They have very informative videos about how they clean and dry each rug, on their website, www.AdamsAndSwett.com.

The charge to clean our 8x12 ft synthetic rug was under \$150 total (a wool rug would have been about \$230), including pickup and delivery. They also do repairs for an additional charge.

We were very pleased with their services.

- Submitted by **Dave Bernhardt**

For Sale

Hoover Steam Vac carpet and upholstery cleaner and all attachments, in excellent condition and rarely used. Cleaning solutions included. \$50.00 Call **Debby or Mike McCormack, 978-562-1266**.

Free Item

Philips "Sonicare" electric toothbrush. Includes charger stand and six new replacement brush heads. Contact **Dave Bernhardt, 978-568-1671**.

February 14th is a special day!



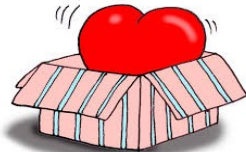
Intel

The Intel Security Phone Number is 978-553-7733

Quail Run Birthdays

February

- Pat Trask-1
- Edward Houser-1
- Ron Ruest-2
- Alison J. Towle-2
- Susan Ciampi-3
- Mary Ellen Moynihan-3
- Evelyn Spears-5
- Kenneth Ward-5
- Lori Robak-8
- Barbara Baker-9
- Frances Houser-10
- Bob Reid-11
- Joanne Frank-16
- Jackie Malloy-16
- Barbara Morgan-17
- Susanne Gird-19
- Michael Baker-22
- Paulette Melanson-22
- Carole Perla-23
- Kathi Wilhelm-24
- Elaine Recklet -27



To include a birthday, contact your Circle Reporter or the Editor

March

- Bob Frame-1
- Philip Durand-2
- Sherry Schneller-3
- Peter Recklet-4
- Mike Willoughby-5
- Beverly Duncan-6
- Barbara Chisholm-6
- Sue Rosen-9
- Clare Moschella-14
- Joseph Lalli-14
- Joyce Coulson-15
- Pat Dykeman-22
- Martha Plaza-26
- William Lyons-26
- Kevin Fitzgerald-29



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Concord MA 01742

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Diane Johnson

ROMEO's

Retired Old Men Eating Out

Peter Recklet is checking out the options for the next lunch. He will send an email with the details.

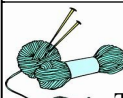
Please contact Peter at 978-562-2721 or precklet@live.com if you plan to attend. The group is open to all men at Quail Run.



New Resident Information

Zainab Mahmud, 2C Strawberry Lane, zsmahmod@gmail.com, 857-277-3451. Zainab moved to Quail Run to live closer to family.

Please contact **Marlie Stott**, 978-567-5912 or **Carol Suslowicz**, 978-212-5141 if someone new moves to Quail Run.



Stitch & Knit

The Stitch & Knit Group meets at the Community Center the 4th Tuesday of the month from 2:00 - 4:00 PM. Contact **Marie Kapsalis** at 978-568-0713.

Curtain Call

Meetings are usually held on the first Tuesday of the month, when members of the group meet and select local theater performances to attend. Please contact me if you would like to be added to the Quail Run Curtain Call Mailing list. **Lorraine Cochran**, lorrainecochran@comcast.net, 978-568-0165.



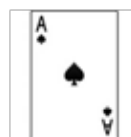
Eye Glass Donations

The Stow Lions Club collects old eye glasses. If you would like to donate, please contact me at 978-568-8586. Thank you!



- Submitted by **Arnie Johnson**

POKER PLAYERS WANTED



Every Monday from 4:00 - 6:00 PM, at the Community Center. Contact **Lenny Suslowicz** at 978-212-5141.

Hudson Senior Center Update

AARP Tax-Aide

The Hudson Senior Center announced in their January newsletter that they will once again partner with AARP to offer free income tax assistance and filing for low or moderate income taxpayers.



Tax-Aide volunteers are trained and IRS certified to prepare most personal income tax returns. Volunteers will offer in-person service at the Hudson Senior Center on Tuesday mornings from February 7th - April 11th by appointment only. The Center began taking appointments on Wednesday, January 18th.

Please call the Senior Center at 978-568-9638 to check availability and the process.

Real ID Deadline Extended

The U.S. Department of Homeland Security has extended the REAL ID enforcement date from May 3, 2023 to **May 7, 2025**.

Beginning May 7, 2025, every air traveler 18 years of age and older will need a REAL ID compliant driver's license or identification card, or a valid U.S. passport for domestic air travel.

The REAL ID is also required to enter certain federal facilities.

To obtain your REAL ID Driver's License or ID Card go to *Mass.Gov/RMV*. Scroll down the page to the large box titled REAL ID and click on the *Apply for Your REAL ID* link. There you can read about the documents needed and start the on-line process. The cost for the REAL ID is the same as a regular license but you will need to provide original copies of required documents and make an appointment to complete the process at an RMV service center or a AAA office if you are a member.

- Articles submitted by **Sue Lalli**



HERITAGE CHORALE CONCERT
The Language of Love

Steven Lipsitt, Music Director
Join us in celebrating our 85th Season
Sunday, February 26, 2023 at 4:00 PM
Temple Shir Tikva, 141 Boston Post Road, Wayland

The Great American Songbook: Songs of Love
Johannes Brahms: Liebeslieder Waltzes, op. 52

Ticket Prices

* General Admission tickets purchased in advance are \$25.00, tickets purchased at the door are \$30.00
* Student Admission tickets (17 years old and younger) are \$15.00

<https://heritagechorale.org>

PERFORMANCES AT ST. STEPHEN

St. Stephen presents
The Rebecca Pagano Quartet
Jazzy Sunday Concert

Join us on Sunday, February 12th
St. Stephen Lutheran Church
537 Bolton Street, Marlborough, MA

Refreshments served 2:45 PM
Concert at 3:00 PM

A casual, relaxing afternoon performance
of standard jazz charts
featuring

Rebecca Pagano, tenor sax/flute
Alexei Tsiganov, piano
John Hotchkiss, bass
Charles Weller, drums

Please bring a donation
for the February Social Ministry collection of
kitchen gadgets and small appliances for the
Fresh Start Furniture Bank

For more information on the Heritage Chorale or St. Stephen concert, contact **Elaine Recklet** at 978-562-2721 or erecklet@comcast.net.

January Board of Governors (BOG) News



We have had our first plowable snow this winter. We have also had a lot of rain. Let's hope we don't get many major snows during the rest of winter. Every day spring is one day closer; however, if you enjoy skiing, now is the season.

In follow-up to the survey results regarding limiting the number of units that may be occupied by non-unit owners to six, an amendment to the Master Deed of the Villages at Quail Run Condominium has been sent to all unit mortgage holders. The mortgage holders have 60 days to respond. Once approval is received from the mortgage holders, unit owners will receive a letter asking if they support the change to the Master Deed and By-Laws. For this change to take affect a 67% approval of all unit owners is required.



The Community Center carpet and upholstery cleaning by Stanley Steemer was performed on January 26th. The Community Center will be closed to all folks for four days while everything completely dries. Please do not use the Center for activities until

Monday, January 30th. Thanks in advance for your cooperation in this matter.

The week of January 16th several locks on the 5 Strawberry mailboxes had an issue. A key broke in one lock, one lock wouldn't work at all, and at least two locks became difficult to open. Based on my understanding that the locks belong to the United States Postal Service (USPS), I contacted the Hudson Post Office. What I found is lock maintenance by the Post Office has changed. First, the USPS does own the locks; however, the Association owns the kiosk. For lock maintenance unit owners need to contact the Post Office and obtain a form to fill out. It was recommended that it's best to go to the Post Office to fill out the form. If the lock needs to be replaced, there is a \$35.00 fee.

The Board approved the renewal of the 2023 Master Insurance policy.

The Board approved the 2023 Norel Fire Service agreement.

The Board renewed the Concord HVAC contract for \$350 to maintain the Community Center's air conditioning and heating units.

Miller Paving was on site at VQR to seal the edges of all the new driveways repaved last summer.

We are working with Peter Weber of Clean Pro and their insurance company for repair of the Community Center. In case you are unaware, the building was damaged by one of the Clean Pro employees.

Think spring!

Spring starts March 20th

Daffodil Day is March 22nd



Free COVID-19 Tests

Unfortunately, COVID-19 is still with us, so in December the federal government announced that Free At-Home COVID tests can once again be ordered on-line and delivered by the U.S. Postal Service.

Go to: covidtests.gov to place your order for four free tests per household or call 800-232-0233.

- Submitted by **Sue Lalli**

The group meets every Friday from 10:00 -12:00, at the Community Center.

Cribbage



Contact person is **Dave Sanderson**, 978-212-5655.

Donations for Fresh Start Furniture Bank

Fresh Start Furniture Bank is a volunteer run charity in Hudson which collects donations of furniture and home goods and distributes them, for free, to people in need.

Last spring, I wrote an article for the March *Quail Runner* about Fresh Start's desperate need for items and once again they are calling for help.

This time they posted on Facebook that: *We are critically low in Blankets and Comforters. On an average WE GIVE 25-30 BLANKETS PER WEEK! Ideally, we'd like to give a blanket and a comforter to each person. Our kitchen countertop appliances i.e., toasters, coffee makers, microwaves, blenders are also very low.*

So if you received a new small appliance as a gift for the holidays and don't need your old one and/or your linen closet is stuffed with extra blankets or towels Fresh Start would love to have your overflow!

Fresh Start is located at 16 Brent Drive (in the industrial park off Lower Main Street). They are open for donations on Saturday from 8:30-10:30 for furniture and housewares and on Tuesday and Thursday from 9:00 - 12:00 for housewares only.

You can also purchase items on Fresh Start's Target or Amazon wish lists. Please check their website at freshstartfurniturebank.org for details.
- Submitted by **Sue Lalli**



Amanda Boudreau
Owner/Operator

40 Washington St.
Hudson, MA 01749

978-562-3800
Aboudreau@kithandkinhudson.com

A Reminder for February

Symphony Pro Musica!



A friendly reminder to not miss out on the upcoming concert! I will try to let people know who needs a ride or a companion. The Winter concerts are Saturday, February 5 at 7:30 PM at Hudson High School and Sunday, February 6 at 3:30 PM at St. Mark's in Southborough. I will offer discount group tickets to Quail Run residents and their guests.

The program is outstanding with Clause Debussy *Prelude To The Afternoon Of A Faun*, Brodin's *Symphony No. 2* and Ludwig Van Beethoven Violin Concerto, Maria Loudenich, soloist.

Call **Phyllis Novick**, phyllisnovik8@gmail.com, or 978-621-3993, for \$15.00 tickets.

In Memory

Lynne Ishak's husband, Magdi, of Strawberry Lane, passed away in Florida on December 28, 2022. A Memorial Service announcement will be forthcoming.

Joe Cabral, of Autumn Drive, passed away at home on December 14, 2022, with his family by his side.

New Community Center Activity!



There is a new game activity offered at the Community Center!

Please come and play **Pitch** with your neighbors! The first, second and third Tuesday of each month, 1:00 to 3:00 PM.

Contact person: **Eileen Devlin** 978-310-7384



QUAIL RUN BOWLERS

If you are interested in bowling, we bowl at the Acton Bowling Lanes every Wednesday morning.

Please call **Carole Mahoney**, 508-746-8635 or **Donna Milot**, 978-618-9631 for more information.



P: 978.562.5309
P: 877.7CHAVES
F: 978.562.1026

15 Bonazzoli Avenue
Hudson, MA 01749
www.chaveshvac.com

The Hudson Public Library



Do You Need a Good Book?

If you think that it's the perfect time of the year to snuggle up in your favorite chair with a good book to pass the time, I'd like to offer some advice to find that good book.

Do you hate it when you go to check the shelf at the library for a book by your favorite author and find it's not there? Maybe someone else is enjoying it or worse, the Hudson Public Library doesn't have the book you want. Well, there is a solution; you can place an on-line Hold on that book from the Hudson Library or any of the other CW MARS libraries and pick it up in Hudson.

This is because the Hudson Library is a member of the CW MARS system which stands for Central and Western Massachusetts Resource Sharing. CW MARS is a library consortium of over 150 libraries. Hudson is at the eastern edge of the region so most libraries are west of us; however, the following neighboring town libraries are part of the CW MARS system: Berlin, Bolton, Boylston, Clinton, Marlboro, Northboro and Southboro. If you would like to visit one of these libraries you can do that with your Hudson library card.

To place an on-line Hold, go to the Hudson Library webpage at hudsonpubliclibrary.com and hover on the *Library Catalog* link on the top banner and then click on *Search CW MARS*. Next type in the title or author of the book in the "Search" box, then in the "Format" box click if you want a Regular or Large Print or E-book version. Click on the "Search" box and you will see a list of libraries that have the book and the current status of the book. Click on "Place Hold". If you have never created an on-line account you will need to enter your library card number and the last four numbers of your phone number as the password. You then need to select your pick-up location (i.e., Hudson Library) and whether you want to be notified via email or phone when it is available.

Happy Reading!

- Submitted by **Sue Lalli**

QUAIL RUN LIBRARY

The Community Center Library is open. Please use the baskets when returning the books to the library. Contact person: **Alison Towle**, 978-568-0806.

JULIETS NEWS



February 21, Tuesday at 12:00, Welly's, 153 Main Street in Marlboro, separate checks.

Contacts: **Rosemary Fitzgerald**, 978-562-3230 and **Alice Gagne**, 508-653-0381.

March 16, Thursday, at 12:30, Neighborhood Tavern, 318 Main Street, Northboro, separate checks. Contact person: **Marlie Stott**, 978-567-5912.

Sign-up sheets are available in the Community Center.

My Exercise Plans.... For 2023

I can burn about 2000 calories every time I put on a fitted sheet by myself.

When my potato chip bag falls on the floor and I pick it up, that's a squat, right?? Good, I plan to keep this on my "to do list" everyday!

At my age, rolling out of bed in the morning is the easy part, getting up off the floor is another whole story! I consider this *extreme exercise* - it gives me a full body workout!

- Submitted by **George Shaw**

AIRTEK

THE TOTAL CLEANING COMPANY



Neil Maloney, ASD, WRT, IOT, VSMR
282 Central Street
Hudson, MA 01749

Tel: (978) 567-1072
(800) 287-4200
Fax: (978) 567-1090
nmaloney@airtekma.com



Social Committee

Plan Ahead Schedule



Community Coffee, Saturday, February 4, 9:30 - 11:00 AM, \$2.00 per person

Pancake Breakfast, Saturday, February 11, 9:15 - 9:30 AM, Meet and Greet, at 9:30 AM breakfast will be served. Cost is \$8.00 per person

Community Coffee, Saturday, March 4, 9:30 - 11:00 AM, \$2.00 per person

Polar Bear Dinner, Saturday, March 11, 6:00 PM \$35.00 per person, *reservations are required.*

February 20th



Everyone can Relate.....

** Did you ever hold onto junk and finally threw it out only one week before you needed it?*

** One thing that no one ever talks about is how much time we debate with ourselves on keeping that cardboard box. It is, you know, a really good box!*

** My kids and grandkids really think I am crazy sometimes, but I only laugh at them because they don't know it's hereditary!*

- Submitted by **Sally Mauro**



**Rick Mitchell
 Window Cleaning Service
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rmitchell82@comcast.net

Players meet at the Community Center, Wednesday and Friday at 1:30 PM.

Contact person: **Pat Trask**, 978-212-5201.



What are Apple “AirTags”?

In 2021, Apple introduced a new product, the AirTag. It’s an electronic disk the size of two stacked half-dollar coins. It has Bluetooth wireless communications, and is powered by a user-replaceable battery, which lasts about a year. They cost about \$25. Several other companies have introduced similar products since then. So, what is it for?

The AirTag is intended to be used to track the location of objects, such as your purse or luggage when you’re traveling, in case they are lost or stolen. Whenever the AirTag can make an anonymous Bluetooth connection to a nearby smartphone, it will send that smartphone’s location to a server (it doesn’t send the phone user’s identity, rather just the location and the AirTag’s ID number). The smartphone it connected through doesn’t need to authorize this link, as it happens invisibly using an encrypted protocol, and it doesn’t rely on someone saying “yes” to allow the message to be sent. The owner of the AirTag can check their AirTag application on their phone to see where the AirTag is. All in “real-time”, unless the AirTag isn’t in the proximity of a smartphone, in which case you won’t know where it is, you will only know the last place it was detected. This may happen when the AirTag is in the hold of an airplane, or in an unattended area in the airport.

Another feature of the AirTag is that you can command it to emit a chirp sound. This helps you find it when it’s close-by. It’s just loud enough to hear when it’s inside a suitcase.

AirTags haven’t been without controversy, because some ill-intended folks have used them to stalk people by sneaking them into their cars or belongings, etc.

We bought a box of four late last year, and finally deployed them just before Christmas, as my wife was flying to West Virginia to help her mother. One was in her carry-on bag, one in her checked suitcase. I was here in Hudson, and placed my two into my laptop case and suitcase during two overnight genealogy trips to Connecticut. I noticed during my trips that Apple’s security feature -- meant to warn you that someone might be stalking you -- would detect that the AirTags in my laptop and suitcase were constantly near me, and sent me repeated warnings to make sure I knew I was being tracked.

The fun came on my wife’s return flight on American Airlines, from Charlotte to Boston. She made it to Boston with her carryon, but her checked luggage never left Charlotte! She immediately contacted AA at Logan’s baggage claim, and they confirmed that their system showed that her luggage didn’t make it onto the flight and wasn’t “lost”, and committed to delivering it to QR. We monitored the bag while it still sat in Charlotte the next day, then it moved to a terminal at Logan, then to a luggage-delivery service outside Logan where it sat for two more days. Finally it appeared on our doorstep the following morning.

We’re convinced they were well worth getting.

- Submitted by **Dave Bernhardt**

Trash and Recycle Pick-up

E.L. Harvey & Sons, our trash and recycle company, observes six holidays a year:

- New Year’s Day Labor Day
- Memorial Day Thanksgiving
- Fourth of July Christmas

Trash pickup day is currently scheduled for Tuesday. If one of the holidays listed above falls on a Monday, trash pickup will be delayed by one day. If a delay occurs on the scheduled pickup day, you will be notified by email from The Dartmouth Group.



All items for pick up must be contained within the trash or the recycle bins. For any large items that will not fit in the bins, please contact E.L. Harvey & Sons at 508-836-3000 to make arrangements for a special pickup. This pickup will be at an additional cost to you.

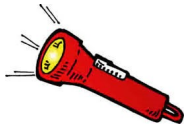
Condo Care

“Hints and Tips for Home Safety”

Replace your furnace filters (two times/year), dirty filters will effect the performance of your furnace.

Using your fireplace a lot? A professional maintenance/cleaning of your fireplace should be performed to keep it in great shape. If the electricity goes off, you can still run your fireplace and get some warmth into your living room area.

Change your thermostat batteries (two times/year)



Check your “emergency house supply” of replacement batteries for flashlights and smoke alarms.

Your dryer vent screen should be wiped clean of lint after every load of drying your clothes.

I suggest you hire a professional company to clean your dryer hose that goes from the dryer to the outside vent of your condo, and also clean your home heating vents periodically (every three - five years) due to possible build-up of lint and dust that collects in the vents, that may cause a fire hazard.

Grab bars in bathrooms (shower and tub areas), and one on the wall in your garage near the stairs by the entry door into your home are great items to have. For your safety, they should be installed by a licensed and insured professional and permanently attached.



Consider bringing a phone into the bathroom, especially if you are home alone.



For the bathrooms you do not use on a regular basis, flush the toilet, and run the water in the shower, sink, tub or jacuzzi at least once per month to keep all faucets and valves functioning properly and not seizing up on you.

(Condo Care continued)

Remove any cloth throw rugs from floors, replace them with rugs that have a rubber or slide proof backing.

Inside your home, use “dusk to dawn night lights”. These night lights come on automatically at dusk and you have the ability to rotate the unit’s light source in any direction, and these units have a soft white LED bulb (.3 watts). These small units plug into the wall sockets in any of the rooms that you may have to use during the middle of the night (bathrooms, bedrooms, hallways, kitchen, etc.)



The Trex flooring on the decks, front porches and steps tend to get wet with blowing snow and they will become very slick and icy. Please keep pet friendly ice melt handy to spread down on these areas and also on your walkways to prevent you from slipping or falling.

- Submitted by **George Shaw**

Valentine’s Day Quiz

1. What flowers gives the most kisses on Valentine’s Day?
2. Who always has a date on Valentine’s Day?
3. What did the farmer give to his wife on Valentine’s Day?
4. What do you call someone with a cold on Valentine’s Day?
5. What kind of flowers should you NOT give on Valentines day?
6. What kind of Valentine candy is never on time?
7. What do you call two birds that fall in love on Valentine’s Day?
8. What did the calculator say to the pencil on Valentine’s Day?



Answers on page 12



The Book Club Group meets the last Wednesday of each month. For the time and location of the next meeting, contact **Phyllis Novick** at phlisnovick8@gmail.com, or at 978-621-3993.

February: The Second Mrs. Astor by Shana Abe

March: Lessons in Chemistry by Bonnie Garmus

April: All the Children are Home by Patty Francis

May: Lillian Boxfish Takes a Walk by Kathleen Rooney

June: Horse by Geraldine Brooks

- Submitted by **Phyllis Novick**

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*Answers to the Valentine Quiz
 from page 11*

1. Tulips
2. A Calendar
3. Hogs and Kisses
4. Lovesick
5. Cauliflowers
6. Choc-LATE!
7. Tweethearts
8. You can always count on me!



Sunday, March 12th



AUDIOLOGY AFFILIATES

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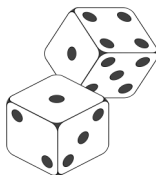


*How is a good friend
 like a four leaf clover?
 They are hard to find.*

Nickels Game Night

Every Tuesday at the Community Center, 7:00 - 9:00 PM.

Contact person:
Marlie Stott, 978-567-5912



March 17th

