



# DUBLIN SENIOR CENTER ACTIVITY PACKET

ISSUE 15: **AUGUST 27**  
Fruits and Vegetables



A new edition of this packet is available every Thursday, featuring fun activities, online adventures, and more!

# HAVE FUN IN OUR NEW AMERICAN BACKYARD



## Live Online Classes Via Zoom

Take a virtual class from the comfort of your own home. Same great experience transferred online. Visit [www.DublinRecGuide.com](http://www.DublinRecGuide.com) for more information.

Type “online” in the search box for a list of virtual classes you can join via Zoom.

### Online Balance, Agility, & Strength

*Instructor: Robin Weiss*

Fri	9/4-9/25	4:15-5:00 PM	#7564	Res \$20 / Non-Res \$24	Register by 9/4
Sun	9/13-9/27	10:15-11:00 AM	#8717	Res \$15 / Non-Res \$18	Register by 9/13

### Online Gentle Yoga

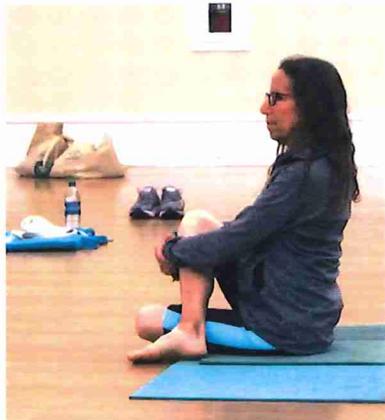
*Instructor: Robin Weiss*

Thu	9/3-9/24	4:15-5:00 PM	#7580	Res \$20 / Non-Res \$24	Register by 9/3
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### Online Nutrition Toolkit

*Instructor: Nancy Bennett*

Mon	9/14-10/12	1:00-2:00 PM	#7588	Res \$25 / Non-Res \$30	Register by 9/14
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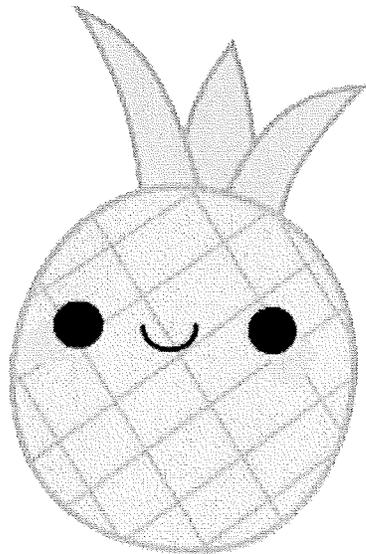
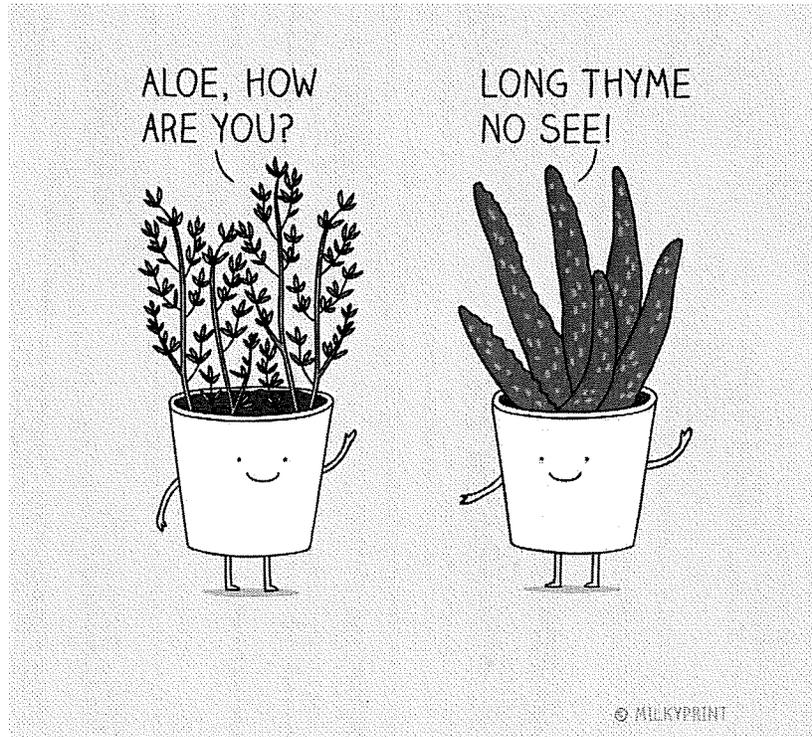


Dublin Senior Center | 7600 Amador Valley Blvd. Dublin, CA 94568 | [seniorctr@dublin.ca.gov](mailto:seniorctr@dublin.ca.gov) | (925) 556-4511

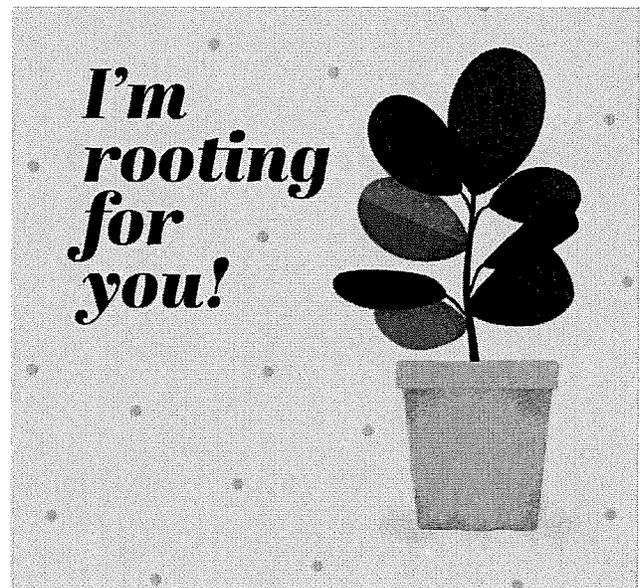


The City of Dublin encourages persons with disabilities to participate in our recreation programs. We will make reasonable efforts to accommodate persons with disabilities in accordance with the Americans with Disabilities Act. If you require special accommodations, please contact (925) 833-6645, at least five days in advance of the program or activity. Visit us online at [DublinRecGuide.com](http://DublinRecGuide.com).

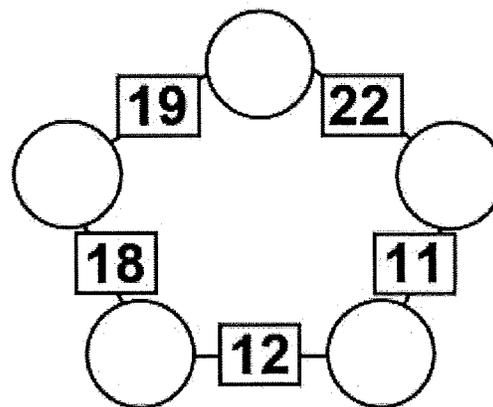
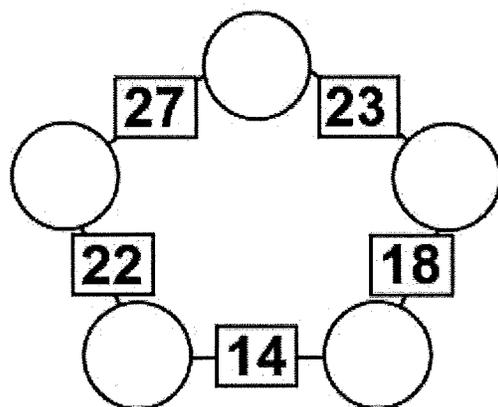
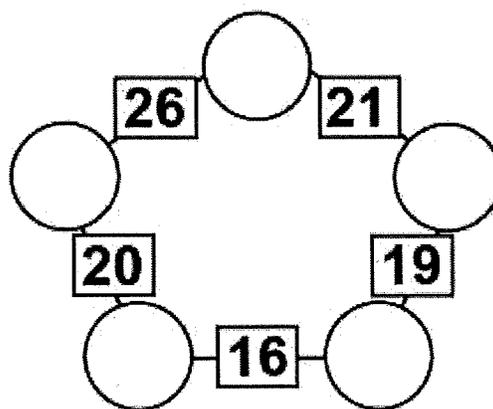
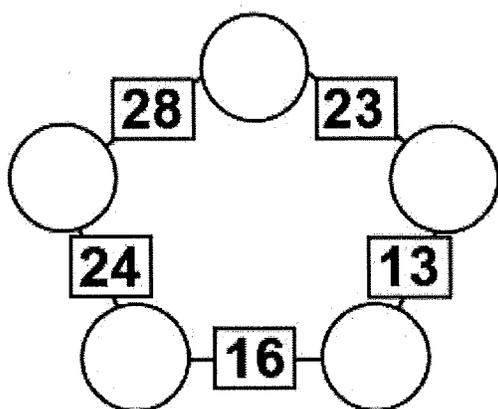
# Anecdotes, Humor, & Jokes to Make You Laugh



BE A PINEAPPLE;  
STAND TALL,  
WEAR A CROWN  
AND BE SWEET  
ON THE INSIDE



# Pentagon Arithmagons

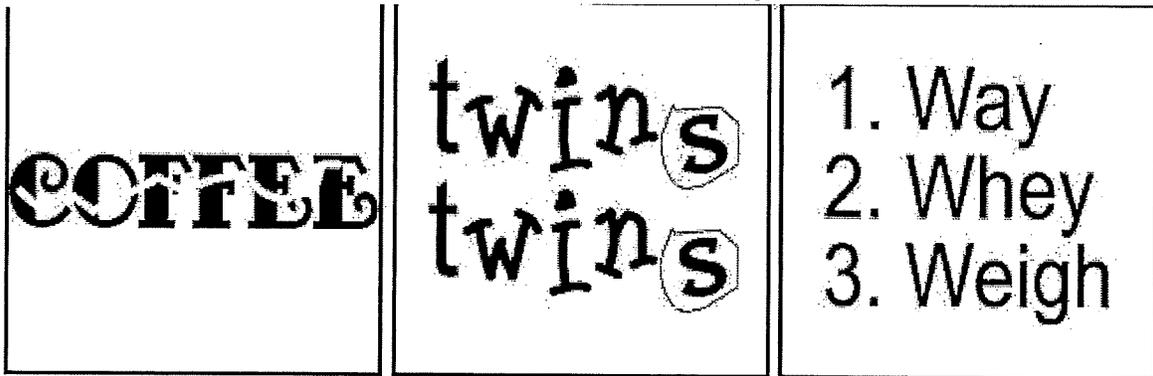


See if you can solve these four Pentagon arithmagons.

The aim of an arithmagon is to work out which numbers go in the empty circles. The numbers in the square boxes are made by adding together the numbers in the circles either side.

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bamboozable5



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# Brain Teasers Worksheet #7

## "The Day My Room Spoke Up"

By Eleanor B. Stock

Unscramble the scrambled words (in capital letters) to complete the poem.

"We're upside down," the books all cried.

"Our coats are gaping, gaping EDIW. \_\_\_\_\_"

"And here upon the windowsill

"We feel so very, very LIL. \_\_\_\_\_"

"If you could stand us in a row,

"We'd make a very splendid WSOH." \_\_\_\_\_"

The little shoes cried in alarm,

"We're very sure we'll come to MARH. \_\_\_\_\_"

"We feel unsafe, and, what is more,

"We're knocked about upon the ROFLO. \_\_\_\_\_"

"We'll be as cross as upset elves,

"Until you put us on the LHSVSEE." \_\_\_\_\_"

"On bed and chairs we don't belong,"

The dresses sobbed in mournful NOGS. \_\_\_\_\_"

"We're getting old, and getting soiled,

"We're getting torn, and getting PSODLIE. \_\_\_\_\_"

"Oh, hang us in a closet nook,

"Each one upon a proper KOHO!" \_\_\_\_\_"

"Now Mother Nature is so neat,

"We almost feel ashamed to RTEGE \_\_\_\_\_"

"The sunshine, come to visit us

"And catch us in this awful SUMS. \_\_\_\_\_"

"Oh, bitter, bitter, is our cup,

"When sunlight comes to show us PU!" \_\_\_\_\_"

They sobbed with such amazing power.

"Cheer up," I called. "I'll come this ORHU. \_\_\_\_\_"

"I'll stand you in a dustless row,

"And put you where you yearn to OG. \_\_\_\_\_"

"And now when sunshine comes to call,

"How spotless it will find us LAL!" \_\_\_\_\_"

**Connected Squares:** This puzzle is similar to a crossword puzzle, except that each of the four square areas reads the same horizontally and vertically.

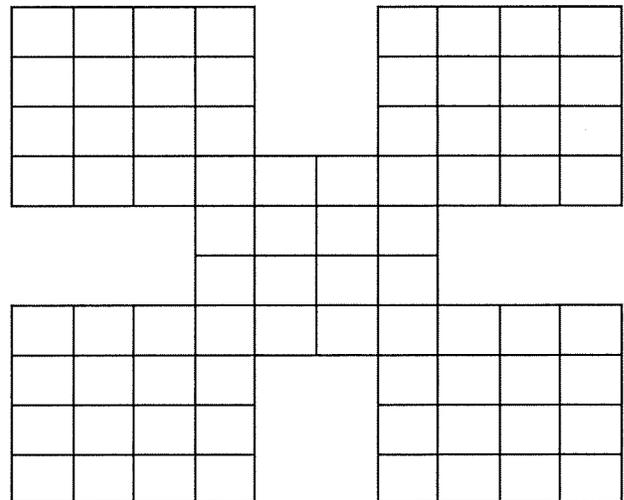
**UPPER LEFT:** 1. Dirt. 2. 1800s Prussian statesman. 3. International Tax and Investment Organization. 4. Used for weaving.

**UPPER RIGHT:** 1. A flower. 2. A gem. 3. King David's predecessor. 4. A girl's name.

**CENTER:** 1. A man or boy. 2. Periods of time. 3. A girl's name. 4. Brother of the biblical Jacob.

**LOWER LEFT:** 1. A valley. 2. Anonymous (abbreviation). 3. A burden. 4. Terminates.

**LOWER RIGHT:** 1. A mountain range. 2. To move upward. 3. Questions. 4. Not so much as.



Dion doesn't trust people with graph paper. He says that they're always plotting something.





# Cryptograms

Here are some tips to help solve the following simple substitution ciphers.

**Pencil in a possibility.** Fill in all examples of that letter in the puzzle, then see if you have created a dead end and need to go back. For example, say you have decided that the letter Z is an I, but then you discover that one of the encrypted words reads XZZ. You know that there is no word in the English language that ends with two I's, so you need to find a different substitute for the Z.

**Consider letter frequency.** Typically, the most common letters used in English are: E, T, A, O, I, and N. These will be the letters you are most likely to find in most cryptograms.

**Solve any single letter words first.** In English the only single letter words are A and I.

**Look for common, small words next.** The most commonly used words in the English language in order of frequency are: the, of, and, to, in, a, is, that, be, it, by, are, for, was, as, he, with, on, his, at, which, but, from, has, this, will, one, have, not, were, or, all, their, an, I, there, been, many, more, so, when, had, may.

**Look for contractions and possessives.** There are only a small number of letters that might appear after an apostrophe and some have a recognizable pattern. For example if you saw the encrypted word QD'NN, you would know that the N is an L, because there is no other possibility in English.

# Cryptograms

JINIYDMCIP DVI D HXPY AR D EQIY. Q PXNNIPY FDVVAY FDSI,  
OXFFGQRQ MVIDE DRE UXHUSQR UQI.

~Jim Davis

YGI PIFVIY AW PXFFIPP QR CQWI QP YA IDY TGDY KAX CQSI  
DRE CIY YGI WAAE WQNGY QY AXY QRPQEI.

~Mark Twain

D - - - I - - - Q - - -  
A B C D E F G H I J K L M

R A - - V - - X - - -  
N O P Q R S T U V W X Y Z

# maze Games

[www.toolsforeducators.com](http://www.toolsforeducators.com)


1. An \_\_\_\_\_ a day keeps the doctor away:  
\_\_\_\_\_
2. This vegetable has a long spear-like shape:  
\_\_\_\_\_
3. This root vegetable is usually orange in color:  
\_\_\_\_\_
4. This small stone fruit comes in sweet and tart varieties:  
\_\_\_\_\_
5. This fruit grows on vines and is used to make wine, jam, juice, jelly, and raisins:  
\_\_\_\_\_
6. These fungi come in many edible varieties including shiitake, truffle, and oyster:  
\_\_\_\_\_

# maze Games

[www.toolsforeducators.com](http://www.toolsforeducators.com)

## Printable Sudoku Puzzles – Medium #2

	7			3			1	
1	3	9		8	2		6	
6							8	
7		2						1
			9		4			
8						9		6
	8							5
	5		1	4		2	9	7
	1			9			3	

		7				8		6
		3	8		2			
6					4	9	5	
3	6			1				
4			3		5			7
				2			3	9
	9	1	5					4
			2		1	7		
8		4				2		

	4	7			3			5
			6	8	7		4	
			2	4		9		7
		6					1	8
				1				
2	7					5		
8		5		6	1			
	9		8	5	2			
1			9			8	5	

2	3				7			1
1	8		5	3		4		
	4	6						
	5				8			2
	6			2			9	
9			3				1	
						8	2	
		3		5	9		4	7
5			7				3	9

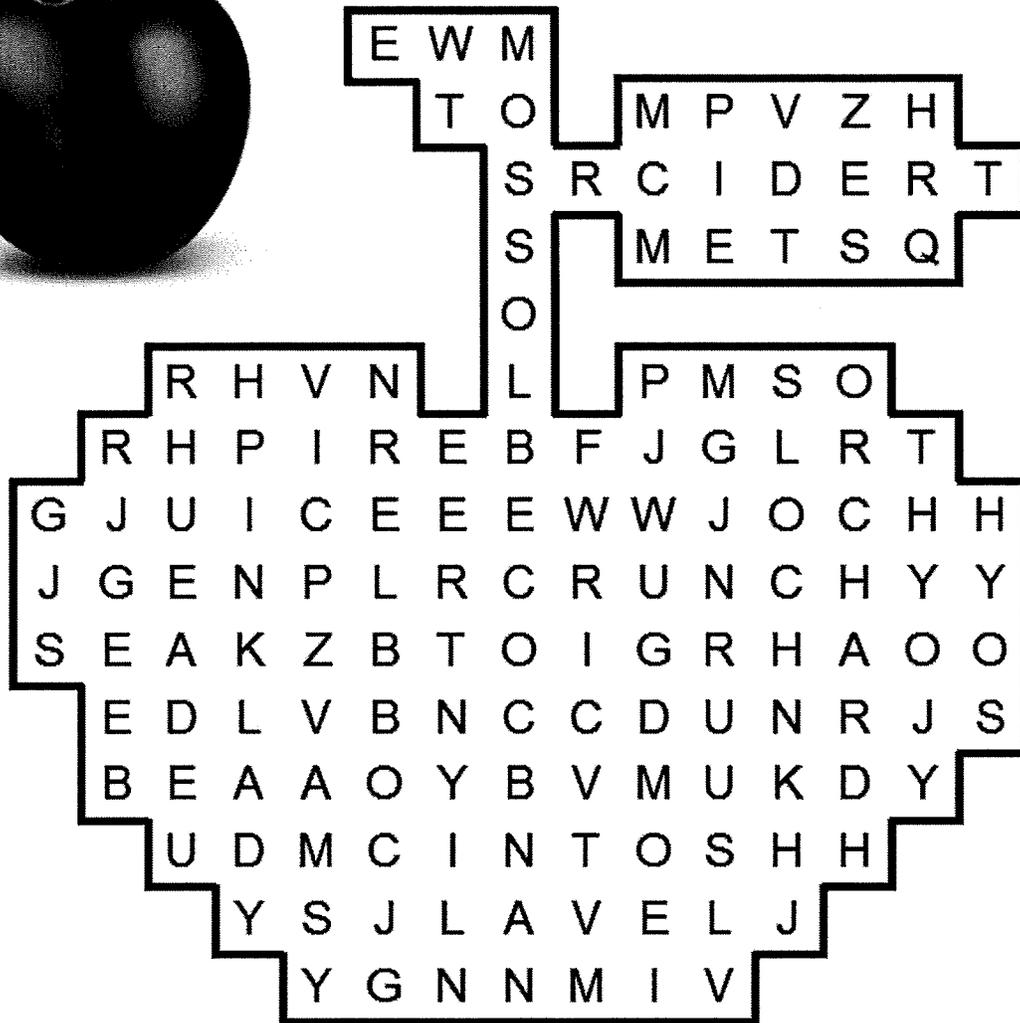
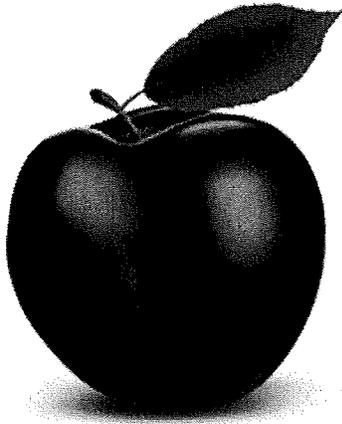
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X

Have a great day ☺



# Apple Word Search

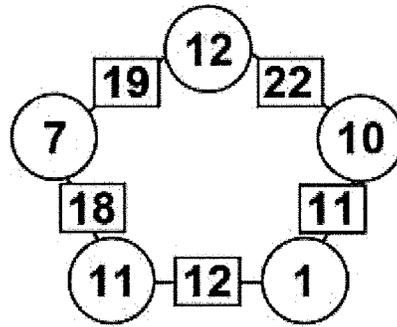
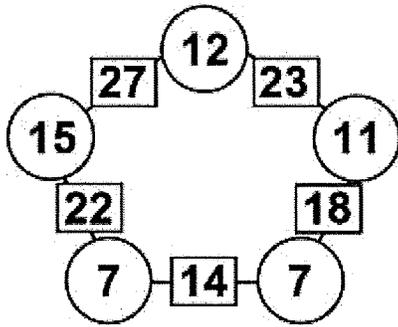
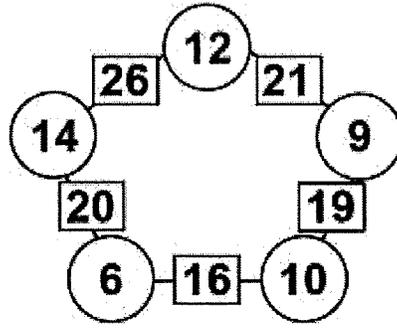
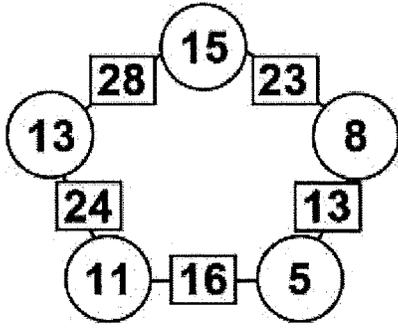


BLOSSOM  
CIDER  
COBBLER  
CORE  
CRUNCHY  
GALA  
GREEN

JUICE  
JUICY  
MCINTOSH  
ORCHARD  
PEEL  
PIE  
PINK LADY

RED  
SEEDS  
STEM  
TREE  
WORM

# Answer sheet



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bamboozable5 answers



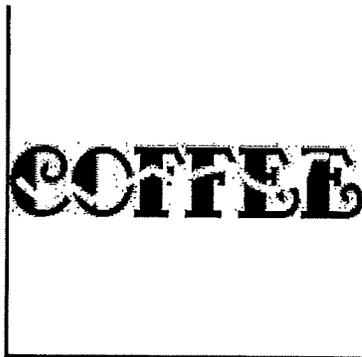
BACKING UP



SLEEPING AT THE WHEEL



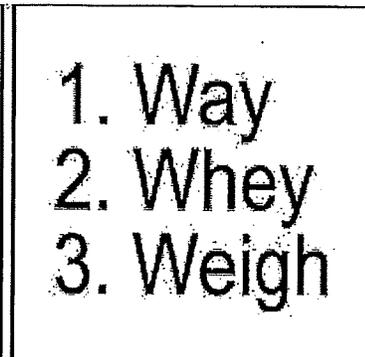
QUARTERBACK



COFFEE BREAK



IDENTICAL TWINS



COUNT THE WAYS

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# Brain Teasers Worksheet #7

## ANSWERS

"The Day My Room Spoke Up"

By Eleanor B. Stock

Unscramble the scrambled words (in capital letters) to complete the poem.

"We're upside down," the books all cried.

"Our coats are gaping, gaping EDIW. WIDE

"And here upon the windowsill

"We feel so very, very LIL. ILL

"If you could stand us in a row,

"We'd make a very splendid WSOH." SHOW

The little shoes cried in alarm,

"We're very sure we'll come to MARH. HARM

"We feel unsafe, and, what is more,

"We're knocked about upon the ROFLO. FLOOR

"We'll be as cross as upset elves,

"Until you put us on the LHSVSEE." SHELVES

"On bed and chairs we don't belong,"

The dresses sobbed in mournful NOGS. SONG

"We're getting old, and getting soiled,

"We're getting torn, and getting PSODLIE. SPOILED

"Oh, hang us in a closet nook,

"Each one upon a proper KOHO!" HOOK

"Now Mother Nature is so neat,

"We almost feel ashamed to RTEGE GREET

"The sunshine, come to visit us

"And catch us in this awful SUMS. MUSS

"Oh, bitter, bitter, is our cup,

"When sunlight comes to show us PU!" UP

They sobbed with such amazing power.

"Cheer up," I called. "I'll come this ORHU. HOOR

"I'll stand you in a dustless row,

"And put you where you yearn to OG. GO

"And now when sunshine comes to call,

"How spotless it will find us LAL!" ALL

**Connected Squares:** This puzzle is similar to a crossword puzzle, except that each of the four square areas reads the same horizontally and vertically.

**UPPER LEFT:** 1. Dirt. 2. 1800s Prussian statesman. 3. International Tax and Investment Organization. 4. Used for weaving.

**UPPER RIGHT:** 1. A flower. 2. A gem. 3. King David's predecessor. 4. A girl's name.

**CENTER:** 1. A man or boy. 2. Periods of time. 3. A girl's name. 4. Brother of the biblical Jacob.

**LOWER LEFT:** 1. A valley. 2. Anonymous (abbreviation). 3. A burden. 4. Terminates.

**LOWER RIGHT:** 1. A mountain range. 2. To move upward. 3. Questions. 4. Not so much as.

S	O	I	L			R	O	S	E
O	T	T	O			O	P	A	L
I	T	I	O			S	A	U	L
L	O	O	M	A	L	E	L	L	A
				A	G	E	S		
				L	E	N	A		
V	A	L	E	S	A	U	R	A	L
A	N	O	N			R	I	S	E
L	O	A	D			A	S	K	S
E	N	D	S			L	E	S	S

Dion doesn't trust people with graph paper. He says that they're always plotting something.



# Cryptogram Solutions

JINIYDMCIP DVI D HXPY AR D EQIY. Q PXNNIPY FDVWAY FDSI,  
OXFFGQRQ MVIDE DRE UXHUSQR UQI.

VEGETABLES ARE A MUST ON A DIET. I SUGGEST CARROT  
CAKE, ZUCCHINI BREAD AND PUMPKIN PIE.

~Jim Davis

YGI PIFVIY AW PXFFIPP QR CQWI QP YA IDY TGDY KAX CQSI  
DRE CIY YGI WAAE WQNGY QY AXY QRPQEI.

THE SECRET OF SUCCESS IN LIFE IS TO EAT WHAT YOU LIKE  
AND LET THE FOOD FIGHT IT OUT INSIDE.

~Mark Twain

# maze Games

[www.toolsforeducators.com](http://www.toolsforeducators.com)


1. An \_\_\_\_\_ a day keeps the doctor away: apple

---

2. This vegetable has a long spear-like shape: asparagus

---

3. This root vegetable is usually orange in color: carrots

---

4. This small stone fruit comes in sweet and tart varieties: cherries

---

5. This fruit grows on vines and is used to make wine, jam, juice, jelly, and raisins: grapes

---

6. These fungi come in many edible varieties including shiitake, truffle, and oyster: mushrooms

---

# maze Games

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# SOLUTIONS: Printable Sudoku Puzzles – Medium #2

4	7	8	6	3	9	5	1	2
1	3	9	5	8	2	7	6	4
6	2	5	4	1	7	3	8	9
7	9	2	8	6	3	4	5	1
5	6	1	9	7	4	8	2	3
8	4	3	2	5	1	9	7	6
9	8	7	3	2	6	1	4	5
3	5	6	1	4	8	2	9	7
2	1	4	7	9	5	6	3	8

1	4	7	9	5	3	8	2	6
9	5	3	8	6	2	4	7	1
6	2	8	1	7	4	9	5	3
3	6	9	7	1	8	5	4	2
4	1	2	3	9	5	6	8	7
7	8	5	4	2	6	1	3	9
2	9	1	5	8	7	3	6	4
5	3	6	2	4	1	7	9	8
8	7	4	6	3	9	2	1	5

6	4	7	1	9	3	2	8	5
9	5	2	6	8	7	1	4	3
3	1	8	2	4	5	9	6	7
4	3	6	5	2	9	7	1	8
5	8	9	7	1	6	3	2	4
2	7	1	4	3	8	5	9	6
8	2	5	3	6	1	4	7	9
7	9	4	8	5	2	6	3	1
1	6	3	9	7	4	8	5	2

2	3	5	6	4	7	9	8	1
1	8	9	5	3	2	4	7	6
7	4	6	8	9	1	2	5	3
4	5	1	9	7	8	3	6	2
3	6	8	1	2	5	7	9	4
9	7	2	3	6	4	5	1	8
6	9	7	4	1	3	8	2	5
8	1	3	2	5	9	6	4	7
5	2	4	7	8	6	1	3	9

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For more free printable Sudoku puzzles, visit:  
[www.memory-improvement-tips.com/printable-sudoku-puzzles.html](http://www.memory-improvement-tips.com/printable-sudoku-puzzles.html)

Have a great day



# Apple Word Search

SOLUTION

