



DUBLIN SENIOR CENTER
ACTIVITY PACKET

ISSUE 17: **SEPTEMBER 10**

Food for Thought



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

CITY OF DUBLIN

SUPER SENIOR SEPTEMBER

➔ SAFETY SWAG BAG DRIVE-THRU

Thursday, September 10, 12:30-1:15 p.m.

Dublin Senior Center

50+; Free while supplies last

The City of Dublin, in partnership with Creating New Hope and Senior Living Advisors, will be offering a safety swag bag to seniors, age 50 and better. Seniors can drive up to the front of the Senior Center and staff will deliver the bag to their car.

➔ ZOOM SOCIAL HOUR FOR SENIORS

Friday, September 25, 3:00-4:00 p.m.

50+; Free

Register online at www.DublinRecGuide.com: Activity #8564

Online via Zoom

Still sheltering-in-place, but miss your friends? Join Senior Center staff and your Senior Center friends for this fun, online social hour; FREE to those 50 and better.

Also coming up ...

➔ SENIOR DRIVE-THRU INFO FAIR

Saturday, October 3, 10:00 a.m.-12:00 p.m.

Dublin Senior Center

Free

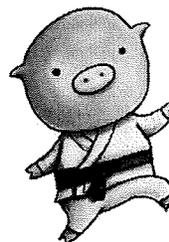


DUBLIN
CALIFORNIA

Anecdotes, Humor, & Jokes to Make You Laugh

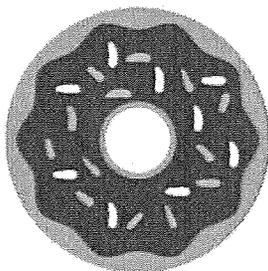


WHAT DO YOU CALL A PIG THAT DOES KARATE?

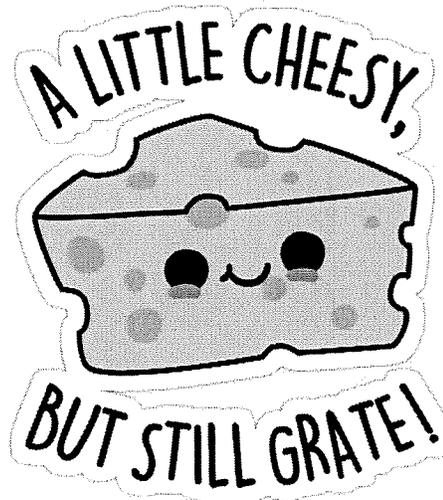
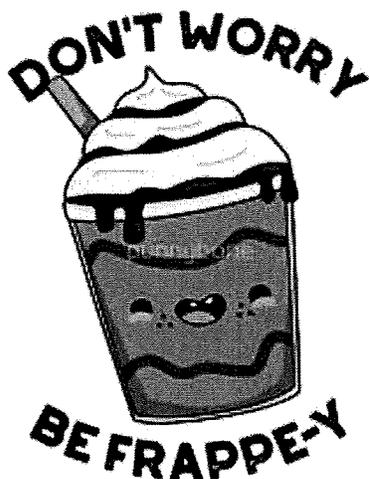


PORK CHOP

I DONUT



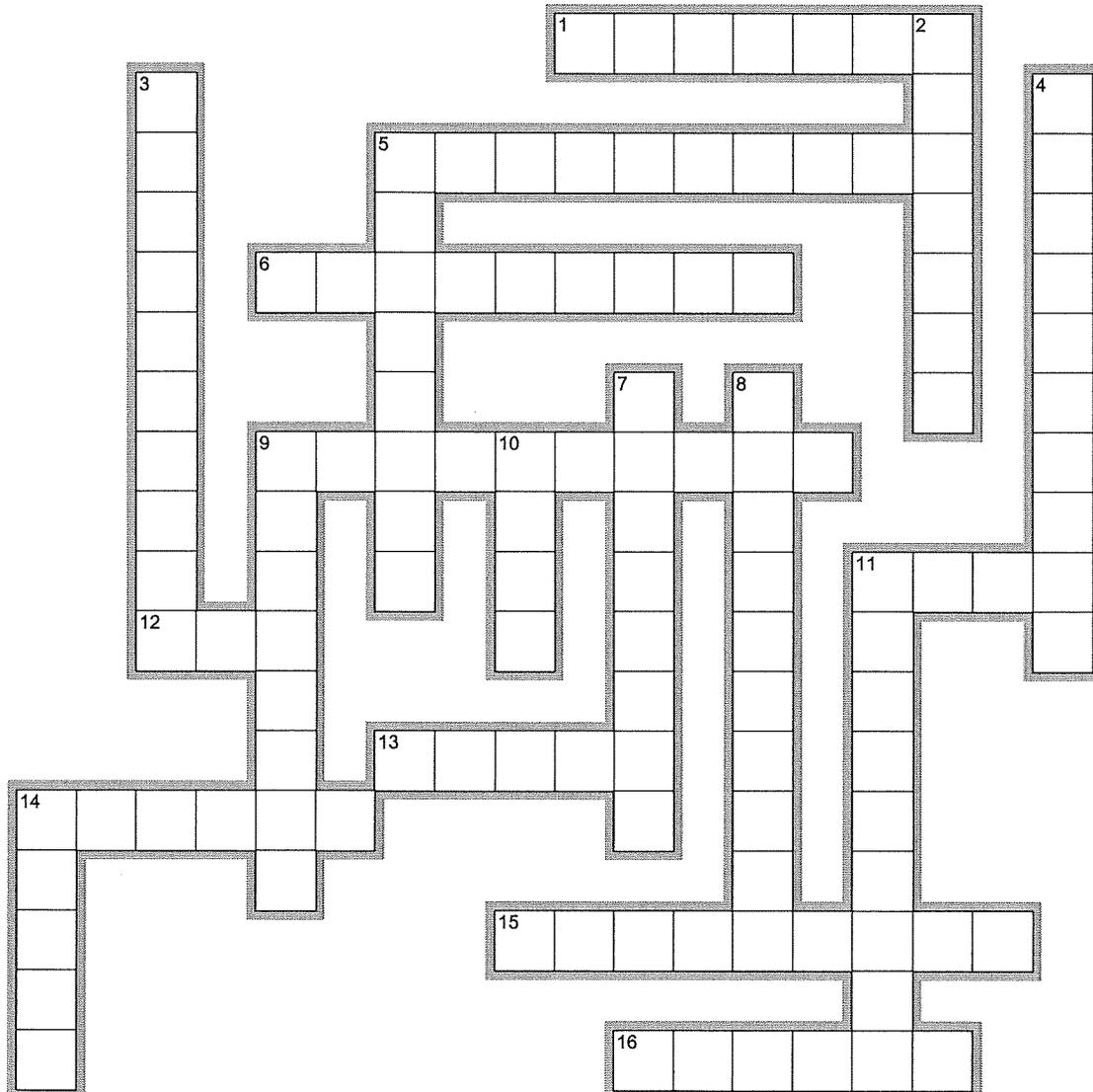
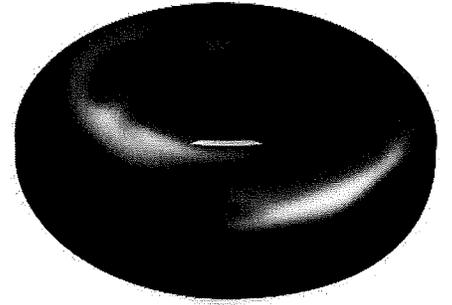
UNDERSTAND
FOOD PUNS





D-Lightful Dishes

The answer to every clue in this crossword begins with the letter D. You'll need that extra bit of help solving some of the more *difficult* clues!



Clues

Across

1. Type of cold eggs prepared with savory seasoning
5. The lower part of a chicken's or turkey's leg (plural)
6. Strong coffee served after dinner in a small cup
9. Dehydrated apples, bananas, apricots, etc. (2 wds)
11. Oblong, fleshy fruit of an Old World palm tree
12. Goes well with chips or fresh vegetables
13. Chicken or turkey sliced and baked with broccoli and hollandaise sauce
14. Light, rich flaky pastry
15. A weed with bright yellow flowers, whose leaves are sometimes eaten as "greens"
16. A large, long white winter radish

Down

2. Any sweet dish served at the end of a meal
3. Kind of rich chocolate cake (2 wds)
4. Hot morning beverage made with a certain kind of appliance (2 wds)
5. A piece of dough cooked by boiling or steaming
7. Refers to a sauce that goes on salad or to poultry stuffing
8. A cucumber prepared with a certain aromatic herb (2 wds)
9. A kind of thick, baked pizza (2 wds)
10. The flesh of a web-footed swimming bird
11. One of several cuts of beef, typically a boneless ribeye steak or a bone-in top loin steak
14. A small ring of sweet dough, fried in fat, sometimes filled or frosted

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.

Food Crypto-Families

Crypto-families are lists of related words that are encrypted with a letter substitution. In this case, all the lists are related to food. Each list uses a different letter substitution. An example of a letter substitution encryption is like this: The word FOOD could be encoded to XPPR if F=X, O=P, D=R.

MEALS

EZQTWYTNV

JXSSQZ

AISBL

NIDDQZ

EZISBL

LTREIZOQZN

NTSJKXBL

NVQK

DTNVT

DCV AIBW

FRUITS

REEAH

EAVS

IRPRPR

PHWKRUCPH

BURPYH

WXHUUN

TKURDIHUUN

YUREH

IAVHIHUUN

AHSBP

DESSERTS

XZD

GNDDWDGKUD

JHKF

YSIWWD

ZGD GPDKY

GNSGSHKCD GKUD

ASIRNFIC

WIFAKD

CSPCD

GSSUZDW

MORE FRUITS

AVXHEFAAT

QVGLU

CPQF

KVDFAQFCUG

OPKP

DVGLFAPGF

LAVHFJAMPD

VHAPSUD

HFVSN

HFVA



Mythological Names

	Anna	Caiden	Chris	Dalton	carpentry	music	painting	weaving	Agamemnon	Antigone	Endymion	Eurydice
first												
second												
third												
fifth												

Hobbies

Agamemnon								
Antigone								
Endymion								
Eurydice								
carpentry								
music								
painting								
weaving								

Logic Puzzles

Presented by Puzzle Baron

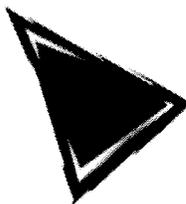
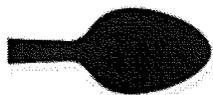
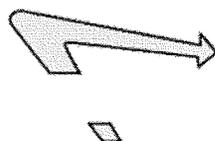
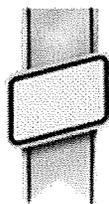
Puzzle ID: C665QS

For hints, solutions and more puzzles, go to www.Printable-Puzzles.com!

Orders	First Names	Hobbies	Mythological Names
first			
second			
third			
fifth			

1. The person who named their dog Agamemnon is farther down the line than Caiden.
2. The person who enjoys music is not Dalton.
3. The person who enjoys weaving is Caiden.
4. Either the person who named their dog Endymion or the person who named their dog Eurydice enjoys carpentry.
5. The person who named their dog Endymion is Chris.
6. The one who is third in line does not enjoy music.
7. Of Caiden and the person who named their dog Agamemnon, one enjoys weaving and the other is third in line.
8. The person who named their dog Eurydice is closer to the front of the line than the person who enjoys music.
9. The one who is first in line is Chris.

Can You Identify these Food Logos?





Odd one out!

Which number is the odd one out in each row?

24 42 15 72 18

10 21 18 61 25

35 63 49 16 56

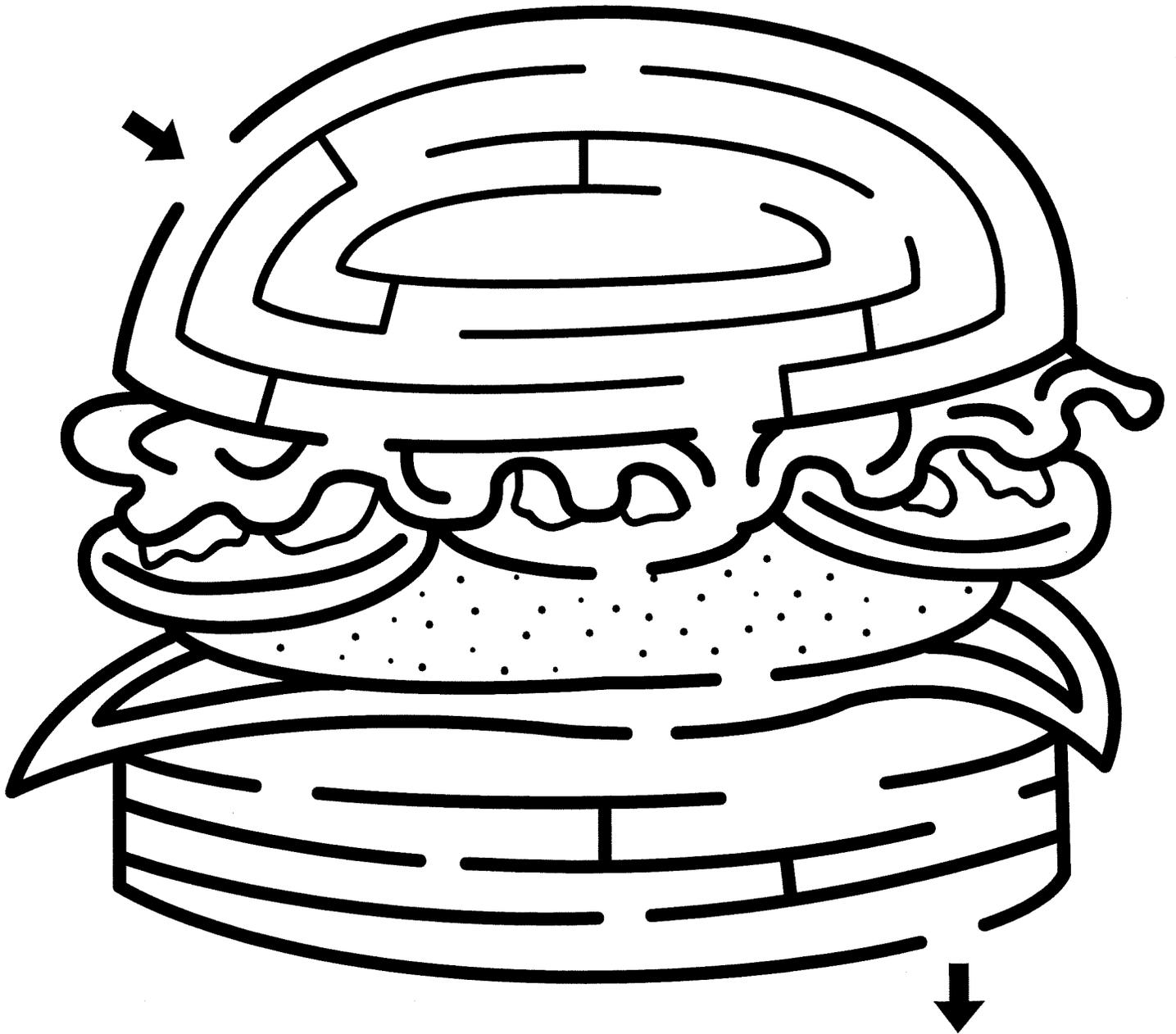


Find the pattern!

Find the pattern and apply it to each row?

105	210	315	
205		415	520
305			620
	510		

Hamburger Maze



Printable Sudoku Puzzles – Medium #5

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

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

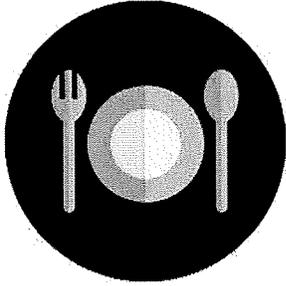
5	3				4			
		4	1					
1			9		6		8	3
9	7		3	2		6		
				4				
		3		6	9		7	2
3	5		6		7			4
					2	7		
			8				3	1

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

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For more free printable Sudoku puzzles, visit:
www.memory-improvement-tips.com/printable-sudoku-puzzles.html

Have a great day



Yum-Yum!

Unscramble the names of these foods that are compound words.

1. c e n a k p a

2. r o o p n c p

3. g l e n t a g p

4. a e e i l n p p p

5. a e i h k k l m s

6. p r e t i f u g a r

7. d r i s k e b a c t

8. w r a r y b s e r t

9. k r a b w a r e j e

10. s n a c k l o f e r

11. r o w m a t e l e n

12. m i p e n p r e t p

13. a d e s o f o

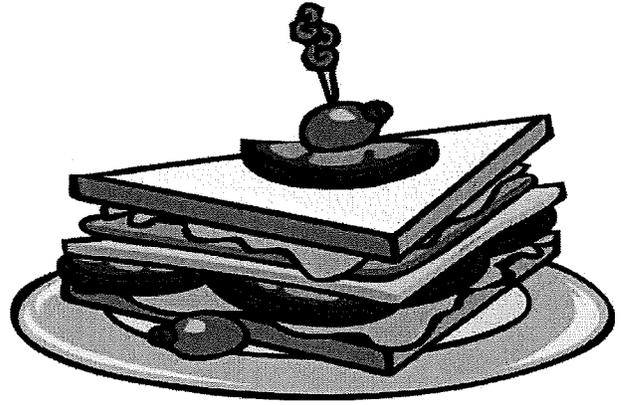
14. p h a c i e c k

15. s a r d e h i s o r h



Food Word Search

Find and circle the list of words in the word puzzle below.



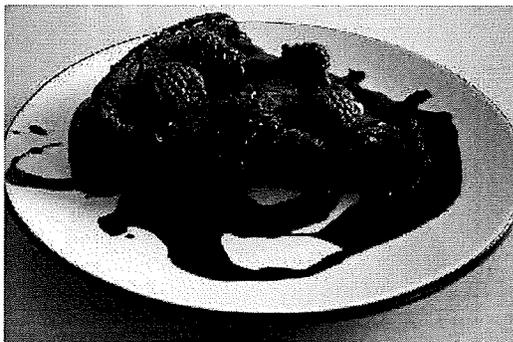
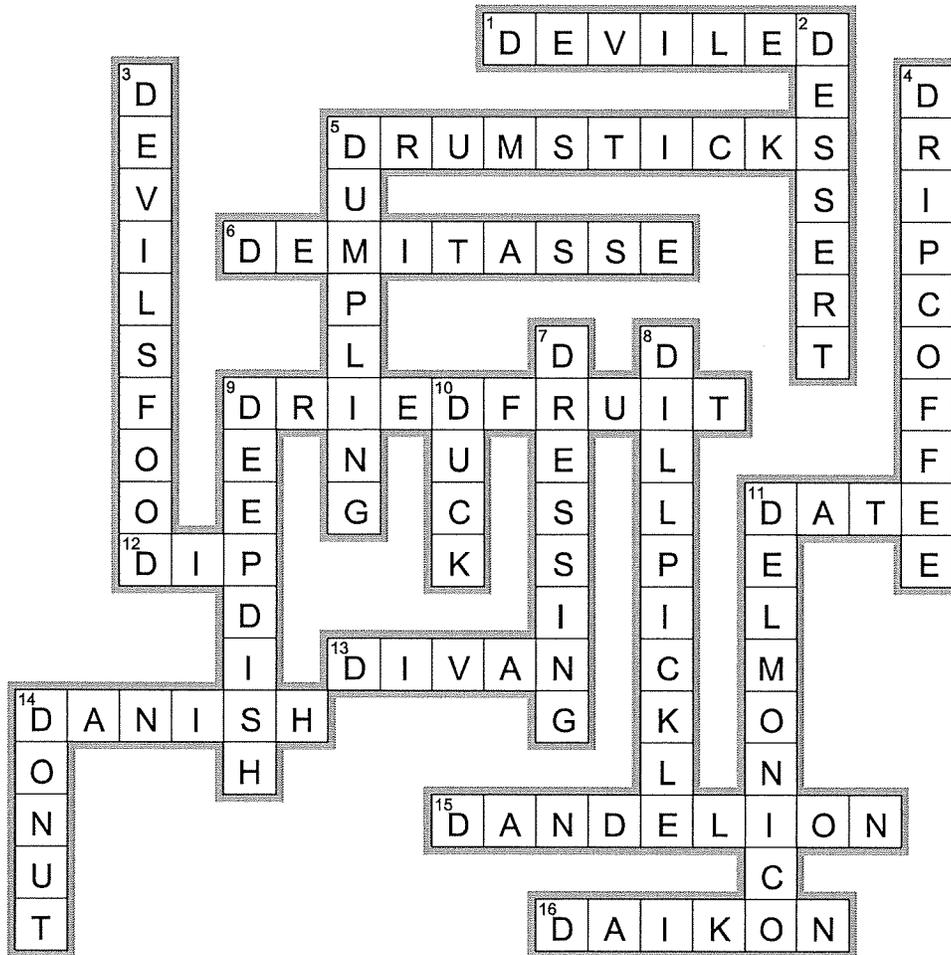
Apple
Banana
Bread
Cabbage
Chicken
Eggplant
Eggs

Fish
Grapes
Ham
Milk
Oatmeal
Orange
Pizza

Potatoes
Raisins
Rice
Spinach
Squash
Turkey
Yogurt

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

Answers





Share

25



Like 0



Tweet



Save

Food Crypto-Families

Here are the solutions to the Food Crypto-Families puzzles.

MEALS

EZQTWYTNV = BREAKFAST
JXSSQZ = DINNER
AISBL = LUNCH
NIDDQZ = SUPPER
EZISBL = BRUNCH
LTREIZOQZN = HAMBURGERS
NTSJKXBL = SANDWICH
NVQK = STEW
DTNVT = PASTA
DCV AIBW = POT LUCK

FRUITS

REEAH = APPLE
EAVS = PLUM
IRPRPR = BANANA
PHWKRUCPH = NECTARINE
BURPYH = ORANGE
WXHUUN = CHERRY
TKURDIHUUN = STRAWBERRY
YUREH = GRAPE
IAVHIHUUN = BLUEBERRY
AHSBP = LEMON

DESSERTS

XZD = PIE
GNDDWDGKUD = CHEESECAKE
JHKF = FLAN
YSIWWD = MOUSSE
ZGD GPKY = ICE CREAM
GNSGSHKCD GKUD = CHOCOLATE CAKE
ASIRNFIC = DOUGHNUT
WIFAKD = SUNDAE
CSPCD = TORTE
GSSUZDW = COOKIES

MORE FRUITS

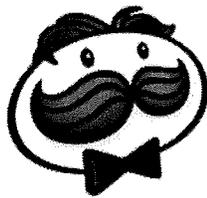
AVXHEFAAT = RASPBERRY
QVGLU = MANGO
CPQF = LIME
KVDFACFCUG = WATERMELON
OPKP = KIWI
DVGLFAPGF = TANGERINE
LAVHFJAMPD = GRAPEFRUIT
VHAPSUD = APRICOT
HFVSN = PEACH
HFVA = PEAR

Can You Identify these Food Logos?

Solution



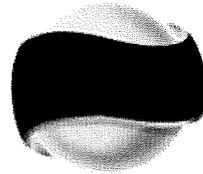
Pepsi



Pringles



Quaker Oats



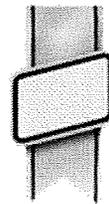
Lay's



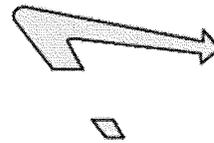
Carl's Jr.



Del Monte



Oscar Mayer



In-N-Out



Wendy's



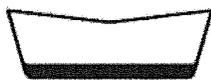
Arby's



Starbucks



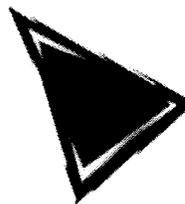
Dairy Queen



Krispy Kreme



Betty Crocker



Doritos



KFC



Odd one out!

Which number is the odd one out in each row?

24 42 15 72 18

multiples of 6

10 21 18 61 25

All have digit 1

35 63 49 16 56

multiples of 7



Find the pattern!

Find the pattern and apply it to each row?

105	210	315	420
205	310	415	520
305	410	515	620
405	510	615	720



SOLUTIONS: Printable Sudoku Puzzles – Medium #5

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

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

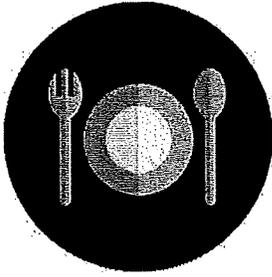
5	3	8	2	7	4	9	1	6
6	9	4	1	8	3	5	2	7
1	2	7	9	5	6	4	8	3
9	7	5	3	2	1	6	4	8
2	6	1	7	4	8	3	5	9
4	8	3	5	6	9	1	7	2
3	5	2	6	1	7	8	9	4
8	1	9	4	3	2	7	6	5
7	4	6	8	9	5	2	3	1

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

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Have a great day



Yum-Yum!

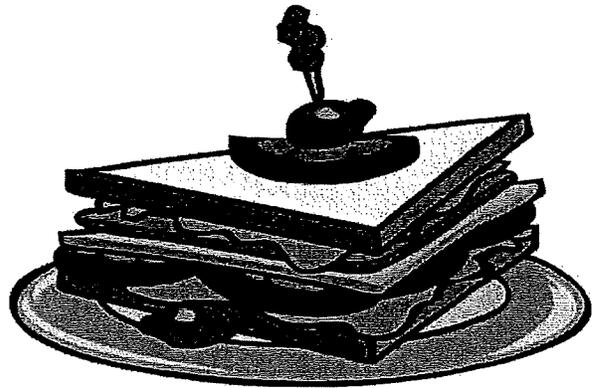
Unscramble the names of these foods that are compound words.

1. c e n a k p a pancake
2. r o o p n c p popcorn
3. g l e n t a g p eggplant
4. a e e i l n p p p pineapple
5. a e i h k k l m s milkshake
6. p r e t i f u g a r grapefruit
7. d r i s k e b a c t breadstick
8. w r a r y b s e r t strawberry
9. k r a b w a r e j e jawbreaker
10. s n a c k l o f e r cornflakes
11. r o w m a t e l e n watermelon
12. m i p e n p r e t p peppermint
13. a d e s o f o seafood
14. p h a c i e c k chickpea
15. s a r d e h i s o r h horseradish



Food Word Search

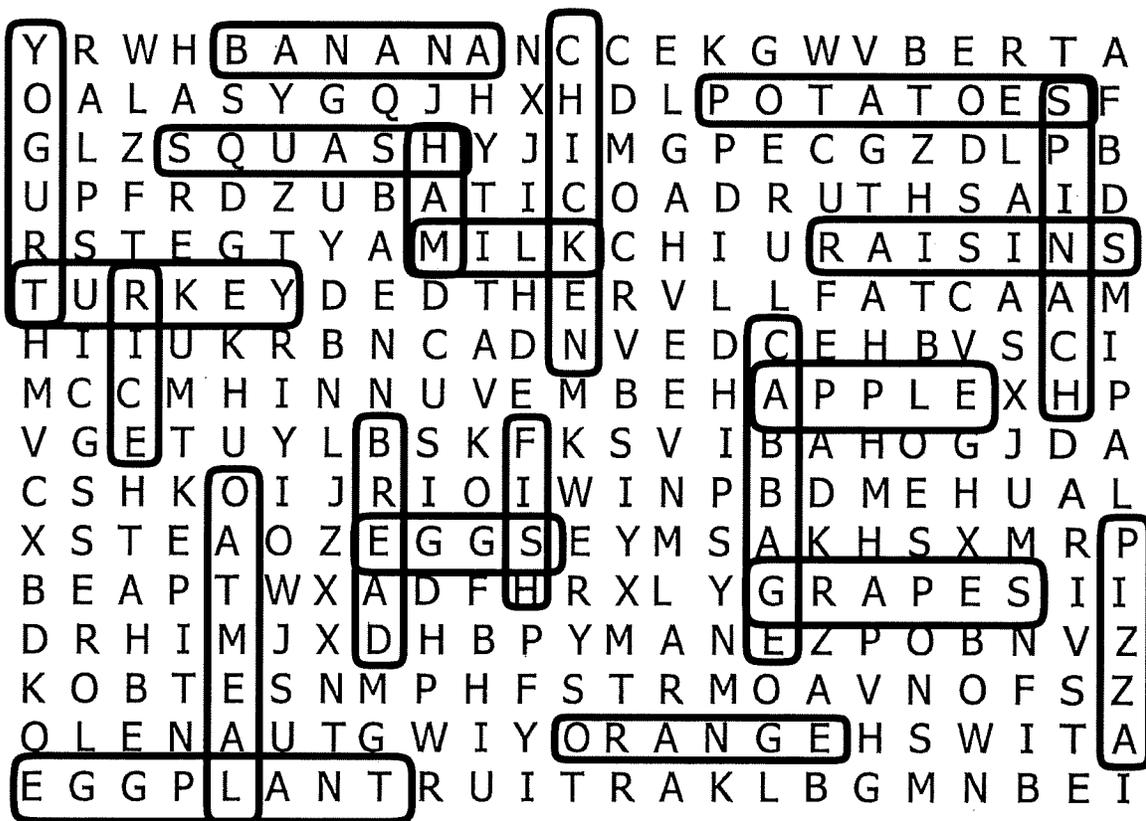
Find and circle the list of words in the word puzzle below.



Apple
Banana
Bread
Cabbage
Chicken
Eggplant
Eggs

Fish
Grapes
Ham
Milk
Oatmeal
Orange
Pizza

Potatoes
Raisins
Rice
Spinach
Squash
Turkey
Yogurt



HAVE FUN IN OUR NEW AMERICAN BACKYARD



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

Online Balance, Agility, & Strength

Instructor: Robin Weiss

Sun	9/13-9/27	10:15-11:00 AM	#8717	Res \$15 / Non-Res \$18	Register by 9/13
Fri	10/2-10/30	4:15-5:00 PM	#7565	Res \$25 / Non-Res \$30	Register by 10/2
Sun	10/4-10/25	10:15-11:00 AM	#8718	Res \$20 / Non-Res \$24	Register by 10/4

Online Gentle Yoga

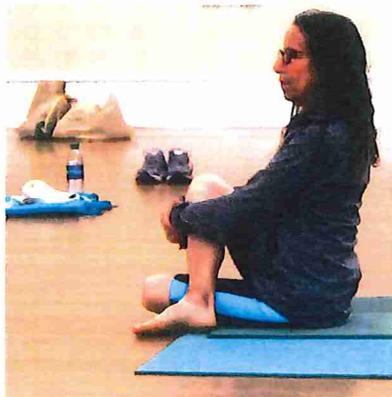
Instructor: Robin Weiss

Thu	10/1-10/29	4:15-5:00 PM	#7581	Res \$25 / Non-Res \$30	Register by 10/1
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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
Mon	10/19-11/16	1:00-2:00 PM	#7589	Res \$25 / Non-Res \$30	Register by 10/19



Dublin Senior Center | 7600 Amador Valley Blvd. Dublin, CA 94568 | 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.