

# ACTIVITYbook

LIFESTYLES  
OVER 50

## GREETINGS!

As we struggle with life in isolation and restrictions due to COVID-19, it is our desire to encourage and entertain you. While we cannot shorten the duration of the effects of the coronavirus we can help you pass the time.

It is our goal to give you a hearty laugh, to reflect on fond memories, and to think deeply about life. Our hope and prayer is that we emerge quickly from this situation and that we do so as better people.

Brain Krane will be sent to you each Monday, Wednesday, and Friday for the foreseeable future. Brain Krane is made available compliments of Lifestyles over 50 magazine. Each issue will include games, puzzles, trivia, nostalgia, riddles, jokes, and more.

The format will be ideal for both viewing on a computer as well as a tablet. For those who wish to print it at home it will be also available in a black and white format to reduce ink usage.

Enjoy each issue and please share it with friends and loved ones. Staying safe means not only physically protecting yourself from COVID-19, but also protecting your mind and spirit from the fear and lifestyle changes as a result of battling the pandemic.



You're not going to master the rest of your life in one day. Just relax. Master the day. Then just keep doing that every day."



Solution:

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

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— CONTENT POWERED BY —

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# Smile: Showing My Age

## I'm so old that:

- I have dialed a rotary phone that did not have an answering machine, recorded a song that I love off a transistor radio onto a tape recorder, watched a black and white TV (with less than 10 channels) that had foil on the rabbit ear antennas, taken a long walk without counting the steps, and eaten food that I didn't take pictures of.
- My mouth is like a magician's hat. You never know what is gonna come out of it.
- I'm old enough to remember when a wild night out meant skating around in circles while a DJ played music.
- **Some of you are too young to know what it feels like to take a ton of pictures then have to wait two weeks to find out they all were bad.**

I thought getting older would take longer.

Most people don't think I'm as old as I am until they hear me stand up.

I do not mind getting older, but my body is taking it badly.

Getting older is just one body part after another saying, "Ha, Ha, you think that's bad? Watch this."

How do you know you're old? People call at 9 p.m. and ask, "Did I wake you?"

As I watch this generation try to rewrite history, one thing I'm sure of... it will be misspelled and have no punctuation.

My mind is like my Internet browser - 19 tabs open, 3 of them are frozen and I have no idea where the music is coming from.

**Do you ever get up in the morning, look at yourself in the mirror and think... "that can't be accurate."**

**Them:** What inspires you to get out of bed every morning?

**Me:** My bladder mostly.

- Wouldn't it be nice if you read a medicine bottle that says... "Warning: May cause permanent weight loss, remove wrinkles, and increase energy.
- **My stomach is FLAT, the L is silent.**
- I grew a beard thinking it would say "Distinguished Gentleman." Instead, turns out it says, "Senior Discount, Please!"
- Being an adult is just walking around wondering what you're forgetting.
- **Everyone my age is older than me...**

## Word Search: Types of Foods

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| T | C | B | U | R | G | E | R | S | L | M | A | H | S |
| N | A | S | O | O | H | O | T | D | O | G | O | S | D |
| O | S | F | A | H | D | N | U | T | N | T | O | D | C |
| O | S | S | G | F | R | U | I | T | I | T | S | D | N |
| D | E | P | G | S | G | O | D | T | O | H | A | K | S |
| L | R | E | N | N | I | D | V | T | N | I | A | D | L |
| E | O | G | S | E | C | O | I | D | A | E | D | V | L |
| S | L | H | A | R | B | F | K | D | T | L | O | L | O |
| A | E | E | L | A | A | U | C | S | A | O | O | D | R |
| N | G | T | A | F | R | D | T | E | R | I | F | A | P |
| U | U | T | D | U | S | A | I | T | R | R | T | H | O |
| T | K | I | H | I | I | S | C | S | E | E | S | L | O |
| O | K | R | O | P | T | M | O | L | H | R | A | A | N |
| R | G | R | A | V | Y | E | E | S | H | D | F | L | H |

ONION  
BURGERS  
ROLLS  
TV DINNER  
STEAK  
BUTTER  
FAST FOOD  
RADISH  
CASSEROLE  
TUNA  
CEREAL  
GRAVY  
SALAD  
HAM  
FRUIT  
SPEGHETTI  
NOODLES  
HOTDOGS  
PORK  
HOT DOG

**WUZZLES** are word puzzles consisting of combinations of words, letters, gures or symbols positioned to create disguised words, phrases, names, places, sayings etc. Answers are on page 5.

|   |   |                    |
|---|---|--------------------|
| <b>MESS</b><br>+ <b>MESS</b><br>+ <b>MESS</b> | <b>paint276</b><br><b>paint514</b><br><b>paint693</b> | ha rm on y         |
| IpoiseV                                       | <b>WHIRL</b>  | teNrr<br>net sight |

|                           |                         |                                |
|---------------------------|-------------------------|--------------------------------|
| MUSICALLY                 | 13579...<br><b>COME</b> | <b>DOG</b><br><hr/> <b>THE</b> |
| <b>cut</b><br><b>rest</b> | another one thing       | <b>GOODBYE</b>                 |

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## Things to Ponder

If the No. 2 pencil is the most popular, why is it still No. 2?

**Why do we press harder on the remote control when we know the batteries are getting weak?**

Why are you “in” a movie, but “on” TV?

**What was the best thing BEFORE sliced bread?**

Why do we drive on parkways and park on driveways?

**Why do “fat chance” and “slim chance” mean the same thing?**

Why do British people never sound British when they sing?

**At a movie theatre, which armrest is yours?**

When does it stop being partly cloudy and start being partly sunny?

**When French people swear do they say**

**“Pardon my English”?**

Why do people say “heads up” when you should duck?

## TIME FLIES!

**The Beatles split 51 yrs ago.**

*Laugh-In premiered 53 yrs ago.*

**The Wizard of Oz is 81 yrs old.**

*Elvis is dead 43 yrs. He'd be 85 today.*

**The Thriller video is 37 yrs old.**

*Hendrix and Joplin dead 50 yrs.*

**John Lennon dead 40 yrs.**

*Mickey Mantle retired 52 yrs ago.*

**Back to the Future is 36 yr old.**

*Saturday Night Fever is 43 yrs old.*

**Ed Sullivan Show ended 48 yrs ago.**

*Brady Bunch premiered 50 yrs ago.*

**Tabitha from Bewitched is 56.**

*The Karate Kid is now older than Mr. Miyagi.*

**Mick Jagger is a great-grandfather.**

*Bart Simpson is pushing 40.*

## Sudoku answers are on page 7

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

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

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# Riddles and Puzzles

answers are on page 10

1. It's been around for millions of years, but is never more than a month old. What is it?
2. You throw away the outside, eat the inside, then throw away the inside. What is it?
3. What has four fingers and one thumb, but isn't alive?
4. What smells bad when living but smells good when dead?
5. Three doctors said that Bill was their brother. Bill said he had no brothers. Who was lying?
6. The more that there is of this, the less you see. What is it?
7. I can shave all day but my beard stays the same. Who am I?
8. I am a rare case where today comes before yesterday. What am I?
9. What can be measured, but not seen?
10. I turn around once. What is out will not get in. I turn around again. What is in will not get out. What am I?
11. What goes through cities and field, but never moves?
12. I have cities but no houses, forests but no trees, water but no fish.
13. What can you see in the middle of March and April that you can never see in any other month?
14. What time of day is spelled the same forwards and backwards?

# States & Capitols

can you name them?



## Wuzzle 1 Answers

1. Total Mess
2. Paint by Numbers
3. Four Part Harmony
4. Poison Ivy
5. Tilt a Whirl
6. Internet Site

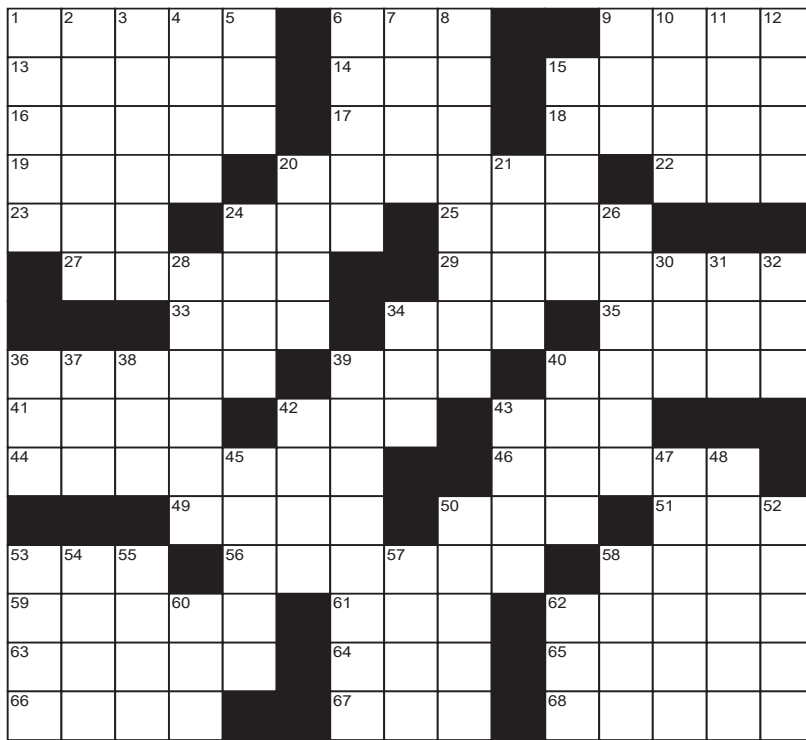
## Wuzzle 2 Answers

1. Musically Inclined
2. Overcome the Odds
3. The Underdog
4. Cut Above the Rest
5. One Thing After Another
6. Waving Goodbye

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www.CrosswordWeaver.com

## ACROSS

- |                           |                               |
|---------------------------|-------------------------------|
| 1 Area                    | 39 Ship initials              |
| 6 McDonald's "Big ____"   | 40 Heavy                      |
| 9 A spinning toy (2 wds.) | 41 ____ Minor (Little Dipper) |
| 13 Black cow              | 42 Choose                     |
| 14 Good grief!            | 43 Buddy                      |
| 15 Duck                   | 44 Cilium                     |
| 16 Canned chili brand     | 46 Perfect                    |
| 17 Thai                   | 49 Manly                      |
| 18 Widely known           | 50 Watch secretly             |
| 19 Hand                   | 51 Contender                  |
| 20 Lecture                | 53 Loose gown worn at mass    |
| 22 Leer                   | 56 Cooks with dry heat        |
| 23 Sister for short       | 58 Cast metal                 |
| 24 Free of                | 59 Folded sheet of paper      |
| 25 Outlet                 | 61 Compete                    |
| 27 Table cloth fabric     | 62 Alter                      |
| 29 Wed again              | 63 Nut                        |
| 33 Beg                    | 64 Lager                      |
| 34 Soup container         | 65 Aviator                    |
| 35 Tropical island        | 66 Memorization               |
| 36 Used a broom           | 67 Prune                      |
|                           | 68 Plaything                  |

## DOWN

- 1 Files
- 2 Implicate
- 3 Tennis player Andre
- 4 Pulls
- 5 Chinese seasoning
- 6 Muffled
- 7 Seaweed substance
- 8 Fire breathing monster
- 9 Circle part
- 10 Story
- 11 All right
- 12 Peter, for short
- 15 Fabric
- 20 Droop
- 21 Wagon pullers
- 24 Letup
- 26 "Hot \_\_\_\_"
- 28 Weapon of war
- 30 Radiation dose
- 31 Fear
- 32 Yang's partner
- 34 Central Time
- 36 Take to court
- 37 Crooked
- 38 Compass point
- 39 Revolt
- 40 Madam
- 42 National capital
- 43 Small fruit seeds
- 45 Moses' brother
- 47 Terrified
- 48 Coiled
- 50 Imbrue
- 52 Door
- 53 Far away
- 54 South of the border crazy
- 55 Absorb
- 57 Grainery
- 58 Doing nothing
- 60 Anger
- 62 Behind



# Trivia

**1) What is the earliest surviving system of laws?**  
Shabaka Stone, Rosetta Stone, Hebrew Torah, Code Of Hammurabi

**2) What was the last battle of the Napoleonic Wars?** Battle Of Wavre, Battle Of The Nile, Battle Of Waterloo, Battle Of Trafalgar

**3) Who was the first democratically elected President of Russia?**  
Mikhail Gorbachev, Boris Yeltsin, Vladimir Putin, Nikita Krushchev

**4) What is the correct chronological order, from earliest to latest, of the development of the following religions?** Buddhism, Christianity, Islam  
Christianity

**5) Which of the following inventions was the first to be patented?**  
Rubber Band, Cash Register, Chewing Gum, Dishwasher

**6) What was the first city to reach a population of one million?** New York, Rome, Beijing, London

**7) How long did the Hundred Years' War last?**  
116 Years, 100 Years, 99 Years, 86 Years

**8) What famous general was once attacked by rabbits?**  
Julius Caesar, Alexander The Great, Napoleon, Genghis Khan

**9) Which of the following empires had no written language?**  
Aztec Empire, Roman Empire, Tang Dynasty, Incan Empire

**10) Who was the first U.S. President to be impeached?**  
Richard Nixon, Herbert Hoover, Andrew Johnson, Bill Clinton

answers are on page 10

**“Courage isn't having the strength to go on – it is going on when you don't have strength.”  
- Napoleon**

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

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

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**Doris Mary Ann Von Kappelho was a Hollywood legend, leading singer, and animal welfare advocate.**

## **Doris Day Fun Facts**

Born Doris Mary Ann von Kappelhoff on April 3, 1922, in Cincinnati, Ohio.

Her parents came from German stock. Her father, Frederick Wilhelm Von Kappelhoff, was a music teacher, choir master, and church organist, and loved classical music. Her mother, Alma Sophia Welz, on the other hand, was an outgoing woman who enjoyed "hillbilly music."

Doris was the youngest of three. She had two brothers: Richard, who died before she was born, and Paul, who was a few years older.

Doris was married four times: Al Jorden, George William Weidler, Martin Melcher, and Barry Comden.

Day had one child: music producer Terry Melcher, who died in 2004.

Doris was voted Top Box-Office Female Star for four straight years during the early '60s, and was among the Top 10 for 10 straight years.

In 2009, she funded the Doris Day Animal Horse Rescue facility at the Cleveland Amory Black Beauty Horse Ranch in Texas.

### **A Few of Doris Days' Films and TV**

Love Me or Leave Me (1955)  
The Man who Knew Too Much (1956)  
The Pajama Game (1957)  
Pillow Talk (1959)  
The Glass Bottom Boat (1966)  
The Doris Day show (1968-1973)  
The Doris Mary Anne Kappelhoff Special (1971)  
Doris Day Today (1975)  
Doris Day and Friends (1985-1986)  
Doris Day - Her Own Story (1976 Autobiography)



## Awful Jokes and Puns

**I can't take my dog to the park because the ducks keep trying to bite him.** I guess that's what I get for buying a pure bread dog.

**Why is no one friends with Dracula?**

Because he's a pain in the neck.

**How does NASA organize a party?** They planet.

**Sometimes I tuck my knees into my chest and lean forward.** That's just how I roll.

**What did the big flower say to the little flower?** Hi, bud!

**How many tickles does it take to get an octopus to laugh?** Ten tickles.

**What did one toilet say to the other?** You look flushed.

**My teachers told me I'd never amount to much because I procrastinate so much.** I told them, "Just you wait!"

**I couldn't figure out why the baseball kept getting bigger.** Then it hit me.

**What did the nose say to the finger?** Quit picking on me!

**Why were they called the Dark Ages?**

Because there were lots of knights.

**What do you get when you cross a snowman with a vampire?** Frostbite

**Why don't ants ever get sick?** Because they have little anty bodies.

**What's a writing utensil's favorite place to go on vacation?** Pencil-vania!

**Want to hear a roof joke?** The first one's on the house.

**What did the left eye say to the right eye?** Between you and me, something smells.

**What's orange and sounds like a parrot?** A carrot.

**What's the difference between a hippo and a Zippo?** One is really heavy, and the other is a little lighter.

**Did you hear about the cheese factory that exploded in France?** There was nothing left but de Brie.

**What did the beaver say to the tree?** It's been nice gnawing you.

**What do Alexander the Great and Winnie the Pooh have in common?** Same middle name.

### Answers Trivia

- |                                  |                    |
|----------------------------------|--------------------|
| 1. Code Of Hammurabi             | 5. Rubber Band     |
| 2. Battle Of Wavre               | 6. Rome            |
| 3. Boris Yeltsin                 | 7. 116 Years       |
| 4. Buddhism, Christianity, Islam | 8. Napoleon        |
|                                  | 9. Incan Empire    |
|                                  | 10. Andrew Johnson |

### Riddle Answers

- |  |                 |
|--|-----------------|
| 1. The moon                                | 7. A barber     |
| 2. Corn on the cob                         | 8. A dictionary |
| 3. A glove                                 | 9. Time         |
| 4. Bacon                                   | 10. A key       |
| 5. No-one. The doctors were Bill's sisters | 11. Roads       |
| 6. Darkness                                | 12. A map       |
|  | 13. Letter "R"  |
|  | 14. Noon        |

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# Fresh Air and Sunshine Improve Physical and Mental Health

By St. Luke's University Health Network

To reduce your risk of exposure to COVID-19, it's important to heed the recommendations of public health officials regarding social distancing but that doesn't mean you have to stay cooped up indoors, says geriatric specialist Roopa Anmolsingh, MD of St. Luke's Senior Care Associates.

"It's true that older adults are more susceptible to both getting COVID-19 and having serious complications from it," she says. She explains that as we age, our immune system also changes in its ability to fight disease and our cells become less adept at identifying pathogens, which are organisms that cause disease. To make matters worse, many older adults have other conditions, such as malnutrition, diabetes, COPD and cardiovascular disease, which lower their ability to fight an infection.

"While it's best for older adults to stay away from others who might have the disease and not even know it – even your friends and loved ones – you don't need to stay indoors," she says. "In fact, fresh air and sunshine can do wonders for your physical, mental and emotional health."

Your body makes vitamin D when your skin is exposed to the sun's ultraviolet B (UVB) rays. Vitamin D has many health benefits such as boosting the immune and nervous systems, supporting healthy bones, increasing mood lifting chemicals and cardiovascular health. The National Institutes of Health estimate that 40% of American adults have vitamin D deficiency.

"You don't have to spend a long time in the sun to get the health benefits of UV rays. We recommend 15-20 minutes a day," Dr. Anmolsingh says. "Vitamin D has been shown to reduce hip fractures, high blood pressure, stroke and myocardial infarction (heart attack). Also, when you're

outside you're more likely to be mobile and physically active. But even sitting outside, reading a book and having a cup of water can be helpful.

Sunlight has also been shown to increase happiness. "Just being outside and communing with nature has shown to increase vitality, making you more resilient against physical illness," she says. "When we're in a park, or even our backyard, we tend to feel more alive, more at one with nature. Our energy levels increase."

Dr. Anmolsingh reminds you to wear sunscreen before going out in the sun for protection.

If you are prone to spring allergies, she suggests that you wait until 10 am on warm or windy days as pollen levels are highest in the early morning. Also wash your hands and face and change your clothes when you come back indoors.

One of the best and safest activities is walking but she discourages older adults from visiting popular parks where it might be difficult to keep a six-foot distance from others.

"Instead, walk in your yard or neighborhood, if you can safely," she says. "Seek out less popular parks or paths that are less traveled but secure and greet others from a safe distance."

Also, bike riding is good low impact, calorie-burning activity for many older adults, Dr. Anmolsingh advises. If this is a new activity, however, she suggests that you check with your doctor to ensure you have adequate muscle strength, balance, vision and cognitive awareness to prevent falls or getting lost. For safety reasons, avoid riding when it's raining or windy and always wear a helmet, knee and elbow pads, and proper footwear. Also, keep your bike well maintained and be sure that the tires are properly inflated.