

Council On Aging News

April 2011



617-376-1245

617-376-1506

440 East Squantum Street

Dear Friends,

At last Spring is here! If you're like me, after the winter we had, you weren't sure if it was going to arrive or not. Of course, springtime for us means the Senior Olympic Games are just around the corner. This year, the games will be held Monday, May 9th to Wednesday, May 18th. If you've attended the games in the past you know how much fun they are. If you haven't I would encourage you to do so, it is really a week of fun and excitement for all involved. Registration forms will soon be available at the Kennedy Center and at the Koch Center in the Recreation department.

Last month I mentioned that our chairman John Molloy would be stepping down . Arthur Kennedy who is our vice-chair is also stepping down. Arthur has been very supportive of me over the years and I am grateful for his counseling advice throughout his tenure. I am happy to say that both John and Arthur will continue as members of the board .

It is with a great deal of excitement that we welcome Jean Cristiani as our new chairperson, Frank Sweet as vice-chair and Linda MacPhail as secretary. These new officers have been committed members to our board for several years now and I know that they will continue with the tradition of excellence that their predecessors have established. There will be many exciting projects for this board over the next few years. As we have said many times, our work at the Kennedy Center is not yet complete. There are many things yet to be done to our beautiful site and this makes the upcoming spring even more exciting.

Sincerely,

Thomas F. Clasby Jr

Director

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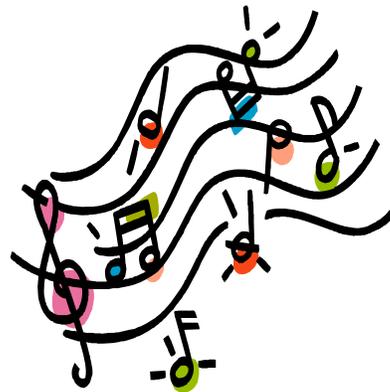
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**Tuesday, April 12, 2011
 2:00 PM—3:00 PM**

At The Kennedy Center
 440 East Squantum Street
 Quincy, MA 02171

To register for this event please call 617-376-1506

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Care Alternatives Hospice & The Kennedy Center presents:

“Aromatherapy and Hand Massages!!!”

Come learn about aromatherapy and receive a free hand massage from the staff at Care Alternatives.

Friday, May 20, 2011

12:00 PM –1:00 PM

At The Kennedy Center,
440 East Sqauntum Street

To register for this event please call the Kennedy Center at 617-376-1506.

“Living in Your Home with Help”

There’s no place like home....In spite of the growing number of choices in senior living, many people are still opting to spend their senior years in the home where they raised their families. This session discusses ways you can update your home to accommodate this decision. Ideas for home modifications, devices to assist you and various services available in the community will all be covered.

**May 5th at 10AM
At The Kennedy Center
440 East Sqauntum Street
Refreshments will be served.**

To register for this event please call the Kennedy Center at 617-376-1506.
Space is limited.

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"Boston's Julie Andrews"

Singing star RUTH HARCOVITZ, often referred to as 'Boston's Julie Andrews', gives joy with her sparkling voice and warm personality everywhere she goes. Ms. Harcovitz is in constant demand throughout the country. She has been featured with opera companies, as soloist with orchestras, and in resorts. She recently returned from a successful singing tour in Florida. In Massachusetts she is known for her wide variety of thrilling programs, which always draw large crowds. RUTH'S charm, magnetism, and artistry overflow as she fills the hall with song. She is bound to please you!

Ruth will be making her second appearance at the Kennedy Center on May 6, 2011.

To register for this performance please call the Council on Aging at 617-376-1506.

"An incredible voice, an outstanding personality, a fabulous repertoire — we can't get enough of Ruth Harcovitz and neither would your group"
Ed Bond, Framingham

"Once again you brought the house down. You touched all of their lives in a special way."
Linda Felix, Plymouth

"The audience was enthralled...she received a standing ovation...the equivalent of hundred dollar tickets."
Lucia Shannon, Brockton

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Ongoing Programs at the Kennedy Center

	<u>Program</u>	<u>Time</u>
Mondays -	Foot Screenings - 1st Monday	By Appointment
	Hearing Screenings - 3rd Monday	By Appointment
	ZUMBA	1:00pm-2:00pm
	Line Dancing	10 am
	Scrabble	11:00 - 3:00 pm
Tuesdays—	Shine Program	By Appointment
	Piano Lessons	By Appointment
	Computer Classes	By Appointment
	Dance	10:00 am
	Yoga for Seniors	12:30 - 1:30 pm
	Movie	12:00 pm
Wednesdays—	Shine Program	By Appointment
	Knitting Group	10:00 am
	Volleyball	10:00 - 12:00 pm
	Blood Pressure	11:00 - 12:00 pm
Thursdays -	Foxwoods Trip - 1st Thursday	8:00 am
	Exercise	9:00 am
	Sing-A-Long	10:00am-12:00pm
	Yoga for Seniors	12:30 - 1:30 pm
	Whist Group	1:00 pm
Fridays -	Bridge	12 - 3 pm
	Financial Planning	By Appointment
	Simple Wills - 3rd Friday	By Appointment

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“Let’s Not See Each Other in Court”

Bill Jeffery has been a practicing attorney in Boston for over 30 years. He holds a JD degree from Boston University School of Law and a LLM in taxation from New York University School of Law; he is a member of the Massachusetts Bar, is admitted to practice before the U.S. Tax Court, and has a Massachusetts Real Estate Broker’s License.

He is the founder and director of The Compleat Mediator, a firm through which he offers comprehensive mediation services. These include mediation involving business relationships, real estate relationships, and personal and family relationships.

William F. Jeffery Jr., ESQ
will be at the Kennedy Center on

April 29, 2011
At 12:00 PM

To register for this event please call the Kennedy Center at 617-376-1506.
Seats are limited!

EVENT **REGISTRATION** **IMPORTANT INFORMATION**

When registering for an event at the Kennedy Center, whether it be by phone or in person, your member ID number is required. Your member ID number is located on the back of your MySenior Center swipe card. You should have received your card after you filled out an application for membership. Membership is free for all Quincy residents. If you need a swipe card please call us at the Quincy Council on Aging at 617-376-1506 and we will send you an application form. Below is a picture of where your membership ID number is located. If you have any questions please do not hesitate to call us at 617-376-1506. Thank you!





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The Quincy Council on Aging and Mark Bossey will Host an Educational Forum for Members & Guests.

Social Security and Medicare How it Will Impact Your Retirement

Guest Speaker: Kristen Alberino
Social Security: Administration
Public Affairs Specialist

- Qualifying for Benefits
- Can You Work and Still Receive Benefits?
- Spouse and Family Benefits
- Is Social Security Taxable?
- On-line Social Security Resources
- Where Do We Go From Here?

Thursday, April 21st at 6p.m.
The Kennedy Center
440 East Squantum Street
Quincy, MA

Kindly RSVP to 617-376-1506 with your attendance or email at epelton@quincyma.gov by March 5th. Additional guests are welcome

Jewelry Making Classes



Jewelry classes will be held at the Quincy Council on Aging. Learn how to make a piece of jewelry and learn to re-shape or redesign old jewelry. If you like it you may purchase it for a small fee.

The Kennedy Center
440 East Squantum Street
1:00 p.m. - 3:00 p.m.

April 15, 2011

If you have any questions or would like to sign up please call the Quincy Council on Aging at 617-376-1506.

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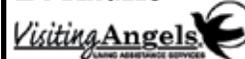
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LEARN TO QUILT!



The Council on Aging is looking for people who are interested in learning to quilt by machine.

Please contact Carolyn at 617-376-1508 if you are interested.



“April is a promise that May is bound to keep”

- Hal Borland



Free Legal Advice!!!

Attorney Marnold Tagrin will now be available at the Kennedy Center every Tuesday at 1:00pm to give free legal advice to seniors. If you are interested in meeting with Marnold please call the Kennedy Center at 617-376-1506 to schedule an appointment!

The Kennedy Center
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For more information, please contact us at 617-638-1981





Quincy Re-tiree Association

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The Quincy Retiree Association has reserved 40 rooms for a 2 night 3 day trip July 11, 12, & 13th.

Single Rate is \$235
Double Rate is \$159 per person
Triple Rate is \$139 per person
Includes 1 dinner and 3 breakfasts!!!

The hotel cannot hold the rooms after May 31st so if you would like to attend you have to RSVP by May 31st. For further information please call Steve at the Quincy Retiree Association at 617-472-0975.

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Recipe of the Month Champagne Chicken

- 2 lb Chicken Pieces
- 2 tablespoons of butter
- 4 Whole cloves of garlic
- 1 Bottle of Champagne
- 1 Tablespoon of cornstarch, dissolved in 1 tblsp of cold water
- 1 tablespoon of parsley

Brown the chicken in butter in a deep skillet. Season with salt and pepper. Add garlic and 1 cup of champagne. Cover skillet with vents open to let the steam escape. Cook over medium heat for 15 minutes. Add another cup of champagne. Repeat cooking and add champagne each 15 minutes until the champagne is gone. After last addition, be sure to cook for at least 15 minutes. Remove chicken. Reduce heat and add cornstarch mixture. Stir until essence is smooth. Pour sauce over chicken. Garnish with chopped parsley.
Delicious and festive!!!

FREE MOVIE OF THE WEEK MARK YOUR CALENDAR!!!



April 5th: Mrs. Doubtfire
Starring Robin Williams & Sally Field

April 12th: Speed
Starring Keanu Reeves Dennis Hopper & Sandra Bullock

April 19th: Moonstruck
Starring Cher & Nicholas Cage

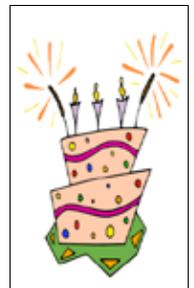
April 26th: My Left Foot
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