

Council On Aging News

May 2012



617-376-1245

617-376-1506

440 East Squantum Street

Dear Friends,

The month of May is always a busy one for us because we have many programs going on. May is one of the most enjoyable months for me because it means that it's time for the Senior Olympics. The games are a collaborative effort between the Recreation Department, the Council on Aging, and the Mayor's Office. There are a whole series of events that include: walking, bowling, swimming, darts, track and field events, boche, and much much more. With such a wide variety of events, there is truly something for everyone. If you have never participated in the Senior Olympics before I strongly suggest you do so. If you don't feel like participating in the games, please join us as a spectator since it really is a great deal of fun! I'd like to express my gratitude to all of our local sponsors, especially Quincy Medical Center, who help to make the event possible. I hope to see you all there!

We also have many other programs that are coming up such as a watercolor art workshop by Michael Domina and a performance by the dance band, "The Old Kids the Block". Also, Elder Law Attorney Robert E. Romano and Certified Financial Planner, Mark Bossey, are teaming up to address many of your estate planning and retirement issues.

As many of you already know, the Center Café offers a wide variety of refreshments such as chips, soda, muffins and coffee. I am excited to announce that we have recently added hot dogs to our menu! These refreshments are perfect companions for our free movie of the week every Tuesday at 12:00pm!

Last, but certainly not least, I would like to wish a Happy Mother's Day to all of our wonderful mothers.

Sincerely,

Thomas F. Clasby Jr.
Director

Michael Domina's Watercolor Workshop



Fun with Watercolor

Michael will cover the basic supplies and then introduce you to his step-by-step, paint-a-long approach to complete impressionistic subjects in watercolor. During this course you will learn the basic “tools” and techniques; no drawing skills required. Michael will offer individual instruction throughout each class, for beginners and beyond. Bring your supplies.

This six week workshop will be held every Monday from 10am –12:30pm at the Kennedy Center, 440 East Squantum St.

Classes will begin on Monday, May 14th and end on Monday, June 25th.

The cost of this workshop is \$95



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

Memorialization

Everything You Need to Know and Should Know About Memorialization: Cremation, Pre-Need and Pricing

**Wednesday, May 16th at 11am
At The Kennedy Center
440 East Squantum Street**

Bryan Poirier of Quincy Memorials & Joe Reardon of Keohane Funeral Home will discuss the various decisions one must make with the passing of a loved one.

To register for this event please call the Quincy Council on Aging at 617-376-1506 and have your member ID number ready.



**The Kennedy
Center will
be closed on:**

**Memorial Day:
Monday, May 28th**

Please keep in mind the air conditioning system has been turned on for the season. You may want to bring along a sweater or light jacket just in case.



THE OLD KIDS ON THE BLOCK



The "Old Kids" is a dance band in the style of the big bands of the 30s and 40s. The big band recreates the glamour and romance of an era that lasted ten years. Retired and semi-retired musicians are part of a resurgence of interests in live, glamorous and romantic music. The band was formed in 1991 and consists of six saxes, four trombones, four trumpets, four on rhythm and a vocalist.

The "Old Kids" have been called a living museum.

Their library of music of another era will have you dancing, humming, or tapping your feet!

*Wednesday, June 8, 2012 from 1:00pm -3:30pm
at The Kennedy Center, 440 East Squantum Street*

*\$6 suggested donation. Pre-registration is required
Tickets will be available on May 1st at the Kennedy Center*

To get your ticket for the dance please call the Quincy Council on Aging after May 1st at 617-376-1506.

The UPSIDE of Downsizing

A representative from Kelley Auctions will be at the Kennedy Center to give a presentation on downsizing. The discussion will include organization and how to determine what to hold on to and what to give away.

***Friday, June 8, 2012 at 10:00 am
At The Kennedy Center
440 East Squantum Street***

To register for this event please call the Quincy Council on Aging at 617-376-1506 and please have your member ID number ready.

C ontainer Gardening

Deni Sindel of the Seaside Gardeners will give a demonstration on container gardening using flowers, vegetables and herbs. She will discuss the types of containers that can be used as well as the types of plants and soils. So if you'd like to dress up your windows, patio or deck you won't want to miss this presentation.

**Thursday, May 17th at 10:00 am
At The Kennedy Center
440 East Squantum Street**

Registration is required. Seating is limited.

To register please call the Quincy Council on Aging at 617-376-1506.



WEEKLY EVENTS

The Kennedy Center, 440 East Squantum Street

<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
Sewing	10:00am
Computer Classes	10:30am—11:30am
Dance	10:00 am
Yoga for Seniors	12:30 pm—1:30 pm
Movie	12:00 pm
Wednesdays —Foxwoods Trip - 2nd Wednesday	8:00 am
Shine Program	By Appointment
Knitting Group	10:00 am
Volleyball	11:00 - 1:00 pm
Blood Pressure	11:00 - 12:00 pm
Computer Classes	1:30pm –2:30pm
Thursdays —Exercise	9:00 am
Mah-jongg	10:00am
Sing-A-Long	10:00am –12:00pm
Blood Pressure	10:00am –11:00am
Chess	10:00am –12:00pm
Yoga for Seniors	12:30pm –1:30 pm
Whist Group	1:00 pm
Fridays —Bridge	12:00pm -3:00pm
Financial Planning	By Appointment
Simple Wills - 3rd Friday	By Appointment



You're invited to join us for
a cookout to celebrate the
3rd Anniversary of the
Kennedy Center!!!!

Friday, June 22, 2012 12:00PM
At The Kennedy Center
440 East Squantum Street

Tickets are required for this event
and can be picked up at the Quincy
Council on Aging (617) 376-1506.

Suggested Donation \$3

Sponsored by the Quincy
Firefighters Association

**Asset
Protection**

**Retirement
Income**



Henry Ford said, "Before everything else, getting ready is the secret to success." Elder Law Attorney Robert E. Romano and Certified Financial Planner, Mark Bossey, are teaming up to make sure you are ready for what the future holds. Together, they will address many of your estate planning and retirement issues. They have over 30 years experience helping families on the South Shore. Attorney Romano will discuss the importance of protecting your assets, especially your biggest investment, your home. Come learn the differences between a revocable and an irrevocable trust. Mark Bossey, a partner with Boston Private Wealth Partners, LLC will discuss managing and maximizing your retirement income, so that you don't outlive your assets. Both Rob and Mark, with offices in Quincy, have an unwavering commitment in developing and maintaining a personal and professional relationship with their clients. "We're there for them when they need us."

Tuesday, May 22nd 10:00am-11:30am
At The Kennedy Center, 440 East Squantum St
Refreshments will be served.

To register for this workshop please call the
QCOA office at 617-376-1506

Mark R. Bossey is affiliated with LPL Financial. Securities
offered through LPL Financial, Member FINRA/SIPC



**State Senator
John Keenan** will be
holding office hours at
the Kennedy Center
on Tuesday, May 15th
from 9:15 –10:15am

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for your donations

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A special thanks to Carol Costello, Gerry Dailey, Pat McGilvray and Deni Sindel for the elegant centerpieces they created for our dinner tables.

Thank you also to the anonymous donor of the bins of beautiful silk flowers that were used in creating the designs.

Thanks to the Health Department for donating an AED (defibrillator) to the Council on Aging. The staff has now gone through training with the Health Department.



Emerald is the birthstone for May

Hawthorn and Lily of the Valley are the flowers for the month of May

According to the early Roman calendar, May was the third month. Later, the ancient Romans used January 1 for the beginning of their year which caused May to become the fifth month.

It is said that the month of May is named after Maia, the Roman goddess of spring and growth.



**EVERY DAY
MAY NOT BE
GOOD.
BUT THERE IS
SOMETHING
GOOD IN
EVERY DAY.**



Recipe of the Month

Chinese Chicken Salad

- ◆ 4-6 Chicken breasts
- ◆ 6 slices fresh ginger or 1/2 tsp. ground ginger
- ◆ 2-3 cloves garlic, sliced or 3/4 tsp. garlic powder
- ◆ 6 green onions, chopped
- ◆ 2 carrots, thinly sliced
- ◆ 1 head iceberg lettuce
- ◆ 2 T sesame seeds
- ◆ 4-6 oz. Almond slices or cashew pieces
- ◆ 1 small can mandarin oranges

1. Boil chicken in water with ginger and garlic, about 25 minutes or until done. Cool.
2. Remove skin and bones, then shred. Set aside.
3. Cut onions, lettuce, and carrots. Brown nuts and seeds on cookie sheet under broiler, being careful not to burn, about 2-3 minutes.
4. Toss all together. Add dressing just before serving and toss well.

Free Movie of the Week



May 1st: **The Help**

Starring: Emma Stone and Viola Davis

May 8th: **The King's Speech**

Starring: Colin Firth and Geoffrey Rush

May 15th: **Sleepless in Seattle**

Starring: Tom Hank and Meg Ryan

May 22nd: **To Kill a Mockingbird**

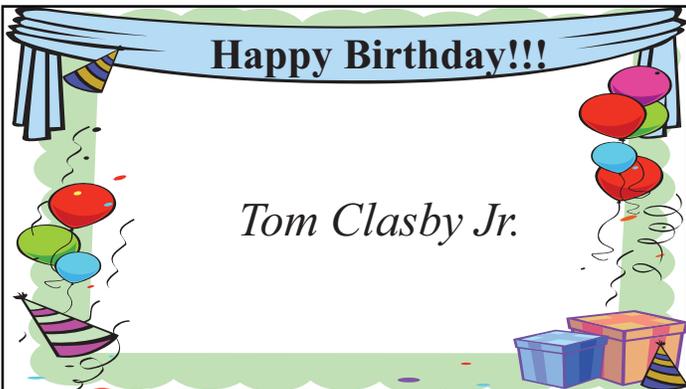
Starring: Gregory Peck

May 29th: **Till the Clouds Roll By**

Starring: Judy Garland and Robert Walker

*Every Tuesday at 12:00 pm
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440 East Squantum Street*

Refreshments such as popcorn, soda, and water are available for purchase Center's Café!





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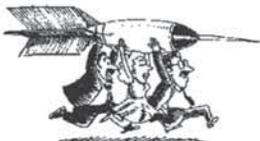
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