

Council On Aging News

June 2011



617-376-1245
617-376-1506
440 East Squantum Street

Dear Friends,

Last month we completed another successful Olympic Games. The weather could not have cooperated any better and I am happy to say that the 30th Annual Senior Games were once again a success. I am also delighted that we came through injury free. There were some particular poignant moments in the games. Many of you may remember Warren Kirkland who was our oldest competitor for the last few years. Sad to say that Warren passed away after last year's games. Another long time volley-ball player was Ed Kelly who had suggested that we name the volley-ball trophy in Warren's memory. Unfortunately, Ed also passed away within just the last few weeks. We thought it would be fitting to name the cup in memory of both these outstanding gentlemen. So, from here on in, the volley-ball tournament will be played for the Kirkland-Kelly Cup. They certainly demonstrated throughout their lives what it meant to live life to the fullest. Both were fine family men and leaders in our community. We felt this was a fitting tribute.

We certainly want to thank all our sponsors who help us each year with the games. I am especially grateful for QATV who gives us such great coverage during the games. Barry Welsh and I are always interviewed before the games and one of us is usually featured on "Currently in Quincy" and we can count on an interview "A.M. Quincy" as well. They really went above and beyond this year with a video montage of the 30 year history of the games.

We have many exciting programs coming up in the summer months. Hope to see you there.

Sincerely,

Thomas F. Clasby Jr.
Director



Trolley Tour of Boston & Lunch at Florian Hall

Wednesday, June 13th
Trolley leaves the
Kennedy Center,
440 East Squantum St.
at 9:30AM

\$27.00 for Trolley
 (includes gratuity)
 Does not include lunch

Space is limited.
 Registration is required.

For more information please
 call the Quincy Council on
 Aging at 617-376-1506

ARTHRITIS

Monday, June 18th
at 1:00PM
at The Kennedy Center
440 East Squantum St

Dr. Patricia Hopkins, a Rheumatologist from Crown Colony will be at the Kennedy Center to talk on the various types of arthritis including: osteo, rheumatoid and gout. She will discuss their symptoms and the affect they have on your quality of life.

Registration is required for this event. Space is limited.

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

DIVISION OF PROFESSIONAL LICENSURE

Wednesday, June 13th from

1PM –2PM

At the Kennedy Center,

440 East Squantum St

Soft serve ice cream will be served

Christopher Carroll from the Division of Professional Licensure will be at the Kennedy Center to discuss the process of licensing for over 330,000 individuals, corporations and partnerships to protect the public's health, safety, and welfare.

These include Barbers, Hairdressers, Chiropractors, Funeral Directors, Manicurists, Hearing Instrument Specialists and Real Estate Appraisers, just to name a few.

Registration is required
Space is limited

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



**Why you
shouldn't transfer
your assets:**

Has someone told you, you need to give your assets away to protect them?

Attorney Robert E. Romano will conduct his "Estate Planning Essentials" Workshop which discusses important issues that affect ALL seniors. Come and learn why it is important to have a Health Care Proxy, Living will, Durable Power of Attorney, HIPAA authorization form, and a Will or a Trust. We will discuss common situations and examples of the many problems that can be easily avoided by having these documents. We will also discuss common family issues that affect your estate planning. We will discuss Medicaid planning and the issues seniors face if they can no longer live independently and need some type of long term care. We will discuss the rules and dispel the myths on how to protect your assets for your loved ones.

**Wednesday, June 20th
from 10:00am to 12:00pm
At The Kennedy Center
440 East Squantum Street**

Refreshments will be served

**To register for this workshop
please call 617-376-1506.**



The Friends of Wollaston Beach,
The Clam Box &
The Quincy Council on Aging
present....

BACK TO THE BEACH!!!



On **Monday, June 25th** The Friends of Wollaston Beach, The Clam Box and The Quincy Council on Aging are coming together to create an afternoon of fun for the seniors of Quincy!

From **2pm to 4pm** any member of the Kennedy Center will receive a 10% discount on any meal from the Clam Box along with a free fountain soda.

Music will be provided by The Lonesome Boatmen.

In order to receive the 10% discount you must present your Kennedy Center member ID card.



If you still need to register as a member at the Kennedy Center please call to have an application sent to you or stop by the Kennedy Center to pick one up. Membership to the Kennedy Center is free to all Quincy seniors.

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

Hope to see you all there!

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

5th Elder Awareness Community Fair

Friday, June 15, 2012
From 10:00am -12:00pm
At The Kennedy Center
440 East Squantum

Come and join us to learn more about eldercare and health issues and talk with professionals about a variety of health topics. Free Health Screenings included: Free Eye Screening, Blood Pressure/ Blood Sugar, Cholesterol Screening, Free Hearing Screening, Elder Balance Walking Test, Elder Yoga Exercise, Senior Community Employment Training Program, Asian Breast Cancer Project.

Lots of free giveaways!

For more information, please contact:

Asian American Service Association,
Inc
550 Hancock Street, Quincy, MA
617-471-9354



June 4 -Full
Moon

June 4- Battle of Midway Begins
(1942)

June 5 -Marshall Plan created for
European recovery (1947)

June 6—D Day (1944)

June 14 -U.S. Army Established
(1775)

June 14 -Flag Day

June 17 -Father's Day

June 20 -First Day of Summer

June 25 -Eisenhower takes
command of

U.S. forces in Europe
(1942)

June 25 -North Korea invades South
Korea (1950)

- Gems for June are the pearl, alexandrite, and moonstone.



Happy
Father's
Day

Advanced Computer Classes

Advanced computer classes for the month of June 2012. All instruction by Grace Buscher.

Thursday - June 7th - 10am-12pm - Media Room- Kennedy Center: Cost \$5.00

Advanced Internet:

This class is designed for people with a basic computer skill. You should understand the basic computer concepts, key, word processing and mouse control.

The class will go into the following concepts: Security, Anti Virus, Online Banking, Social Networking - Facebook, Twitter, LinkedIn

If you have a laptop computer, feel free to bring it to class. We will set you up on the internet if you have a wireless connector so you can follow along during class. You may also just come and watch. There are limited computers at the center which you can use on a first come, first serve basis.

Thursday - June 14th - 10am-12pm - Media Room- Kennedy Center: Cost \$5.00

Internet Purchasing:

This class is designed to show people the best ways to purchase over the internet. It will take you through ordering, paying, tracking, receiving, returning.

The class will show first time or experienced internet shoppers how to safely order on the internet. We will demonstrate a number of internet sites (Amazon, Macy's, Sears) which do millions of dollars in sales per month. We will explain shopping bags/carts . Students should have basic computer knowledge.

If you have a laptop computer, feel free to bring it to class. We will set you up on the internet if you have a wireless connector so you can follow along during class. You may also just come and watch. There are limited computers at the center which you can use on a first come, first serve basis.

Thursday - June 21st 10am-12pm - Media Room- Kennedy Center: Cost \$5.00

Digital Photography

Introduction to Digital Photography explains how to work a camera, what is a memory card, batteries and all simple basics of digital photography. We will learn how to take a picture, print on a printer with a card reader and how to get your pictures developed or printed.

We will also talk about capturing size and settings for your digital camera. Bring your digital camera to class.

Thursday - June 28th- 10am-12pm - Media Room- Kennedy Center: Cost \$5.00

Digital Photography with your computer.

This class will review the digital photography class and teach how to upload pictures to your computer. It will demonstrate what to do with the pictures. Emphasis is on printing, saving, photo book, collage making and minor modifications to your photo.(Resizing, re-shaping, turning to black/white photography.)

You should have a laptop computer and bring it to class with you. We will check your computer and see if you have any software for photo modification. Normally some photo editing software would have come with your digital camera. If you have a disk and did not load it into your computer, bring the disk with you. Those without a laptop are welcome to come to class for the instructional part of the class.



Recipe of the Month

Savory Chicken Sauté

- ◆ 2 tablespoons extra-virgin olive oil
- ◆ 4 boneless, skinless chicken breast halves
- ◆ 1 large onion, sliced
- ◆ 2 cloves garlic, minced
- ◆ 1 tablespoon fresh rosemary leaves, chopped
- ◆ 1/2 cup of fat-free chicken broth
- ◆ Pinch of salt
- ◆ Pinch of freshly ground black pepper

1. Heat the oil in a large skillet over medium heat. Sauté the chicken breasts in the oil for 4 minutes, then turn them over and add the onion. Cover and cook for 3 minutes longer, stirring occasionally.
2. Add the garlic, rosemary, and broth. Cover and cook until the onion is tender-crisp, about 5 minutes longer, stirring occasionally. Season with salt and pepper.

Free Movie of the Week



June 5th: The King's Speech

Starring: Colin Firth and Geoffrey Rush

June 12th: A Few Good Men

Starring: Tom Cruise, Jack Nicholson
& Demi Moore

June 19th: Maid in Manhattan

Starring: Jennifer Lopez & Matthew McConaughey

June 26th: Driving Miss Daisy

Starring: Morgan Freeman & Jessica Tandy

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

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

