

Council On Aging News

October 2012



617-376-1245

617-376-1506

440 East Squantum Street

Thank You

*to everyone who participated in
the 17th Annual John D. Noonan
Senior Conference. Thank you
for helping to make this year's
conference such a success!*

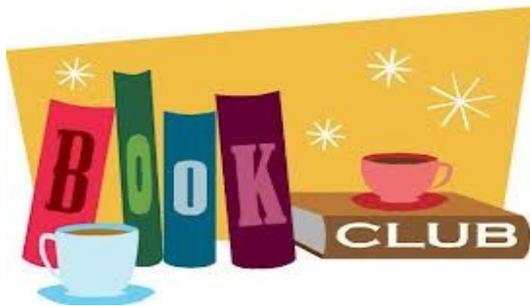


Attorney Tom Williams

Attorney Tom Williams, from the Law Offices of Thomas F. Williams & Associates, P.C., will be at the Kennedy Center for a Q&A session on Elder Affairs.

Tuesday, October 2, 2012 from 10:00am –12:00pm
At The Kennedy Center, 440 East Squantum Street

To register for this event, call the QCOA at 617-376-1506 with your member ID number.



KENNEDY CENTER BOOK CLUB

Thursday, Oct 4, 2012
1:00pm at The Kennedy Center
440 East Squantum Street

This will be a meet and greet session to share your thoughts about the types of books you might enjoy.

Will Adamczyk of the Thomas Crane Library will join us to talk about what the library has to offer in the way of traditional services as well as for Kindle and Nook users.

If you would like to be a part of the Book Club please call the QCOA at (617) 376-1506



H E A L T H Y E A T I N G C O M P E T I T I O N

Come see several Chefs cook a wonderful Brain Healthy Meal
You be the judge as to which Chef has the tastiest meal
All proceeds go to the Alzheimer Association

Thursday, October 11, 2012
From 4:30pm -6:30pm
At The Kennedy Center
440 East Squantum Street
\$10 suggested donation

To get your ticket for the competition, stop by the Kennedy Center If you have any questions, please call us at 617-376-1506



Friday, October 5, 2012

At 10:00am

**At The Kennedy Center
440 East Squantum Street**

Please join representatives from Marina Bay Skilled Nursing and Rehabilitation Center and North Shore Community College's Occupational Therapy Department for a helpful and informative discussion of home safety and fall prevention.

Topics will include: the importance of Fall Prevention and Home Safety Ideas for successful aging.

Light refreshments will be provided.

To register for this event please call the QCOA at (617) 376-1506.

UNDERSTANDING HOARDING



Wednesday, October 17, 2012

At 10 AM

**At The Kennedy Center
440 East Squantum Street**

Sandra Hedges, a licensed Clinical Social Worker at Overlook C.A.R.E., will talk about the misunderstood and somewhat “hidden” problem of hoarding among older adults. Sandra will explain how hoarding is defined and identified, when it becomes an issue and what can be done to keep the individual safe and happy in their lives.

To register for this event, please call the QCOA at (617) 376-1506 and please have your member ID number ready.



The Kennedy Center will be closed on Monday, October 8, 2012 due to the Columbus Day Holiday.

Have
You
 HEARD?
 ?



Free Hearing Screenings

John Klefeger, BC-HIS, of Family Hearing Care Center provides free hearing screenings on the 3rd Monday of each month at The Kennedy Center.

If you would like to make an appointment, please call the Quincy Council on Aging at 617-376-1506



Kennedy Center Camera Club

Have you ever been interested in learning how to run a video-camera or digital camera?

The Kennedy Center is putting together a group of interested and enthusiastic photo operators to help document the 'goings on' at the Center. Grace Buscher will provide instruction and help on taking pictures and videos at the Center.

The first meeting of the group will be October 15th from 1:30 –2:30pm in the media room.

Please come join us to learn about photography and give back to the center. Your work will be seen not only in The Kennedy Center and The Quincy Sun, but also on QATV (Quincy Access Television) and other media sources!

If you're interested in joining this group, please call the Quincy Council on Aging at 617-376—1506.



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THE OLDE KIDS SWING BAND



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. The band 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!

FRIDAY, OCTOBER 5, 2012
1:00pm –3:30pm
at The Kennedy Center
440 East Squantum Street
\$6 suggested donation

To get your ticket for the dance you must come to the Kennedy Center to register. No reservations will be made by phone. For more information please call 617-376-1506

Protecting Your Assets



Why you shouldn't transfer your assets.

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

Quincy Attorney Robert E. Romano will conduct his estate planning essentials workshop which discusses important issues that effect 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 also discuss common family issues that affect your estate planning as well as dispel the myths on how to protect your assets for your loved ones.

Wednesday, October 24, 2012

10:00 am—12:00 p.m

At the Kennedy Center

440 East Squantum Street

Refreshments will be served

If you would like to register for this event please call the Quincy Council on Aging at 617-376-1506 with your member ID number

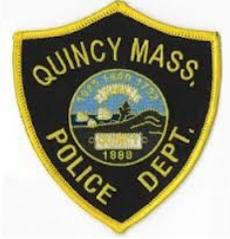


**Help us raise money for the QCOA!
 Proceeds to benefit the Kennedy Center.**

**Tuesday, November 6th
 8:30am –3:30pm**

**Drop in and pick up some “goodies”
 and support the Quincy Council on Aging.**

Senior Safety



Lieutenant Dan Minton from the Quincy Police Department will be at the Kennedy Center to give a presentation on senior safety. Lt. Minton will address topics such as safety in your home and will also give information on senior scams and fraud.

*Friday, October 12, 2012
at 10:00am*

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

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

Stress Management

Dr. David Smith from Milton Chiropractic & Rehabilitation, Inc., will present a stress management seminar.

**Tuesday, October 23, 2012
At 12:00pm**

**At The Kennedy Center
440 East Squantum Street**

ASK THE CHIROPRACTOR

Identify and understand what stress is



Identify daily activities to reduce stress

Discover how stress is affecting you

Recommendations to reduce stress

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

PRESIDENTIAL ELECTION IS NOVEMBER 6TH



LAST DAY TO REGISTER TO VOTE IS WEDNESDAY OCTOBER 17TH

Voter registration forms are available in the Quincy Council on Aging office

There's No Place Like Home The Home Modification Loan Program

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Advanced Computer Classes October 2012

*At The Kennedy Center, 440 East Squantum Street.
All instruction by Grace Buscher*



Internet Purchasing Thursday, October 4th 10am-12pm Cost \$5.00

This class is designed to show people the best ways to purchase over the internet. Perfect for Christmas!

Computer Safety –new course Thursday, October 11th 10am-12pm Cost \$5.00

Newly developed class on the perils of virus, malware, adware and items designed to harm your computer.

Advanced Email Thursday October 18th 10am-12pm Cost \$5.00

Advanced class that explains email in more detail. Free email accounts, spam, contacts/address book.

Advanced Internet Thursday October 25th 10am-12pm Cost \$5.00

This class is designed for people with basic computer skills. You should understand the basic computer concepts.

If you have a laptop computer, bring it to class. There are limited Kennedy Center computers. Registration is required. To sign up please call the Quincy Council on Aging at 617-376-1506.

Healthy Living

**LIVE HEALTHY
EAT HEALTHY**

**Friday, October 19th at 12:00pm
At The Kennedy Center**

*Marina Bay Skilled Nursing presents
a lecture by Marina Bay's Registered
Dietician, Health Hanley. Learn how
to keep your brain, heart, and body
healthy with good nutritional tips.*

*Lunch will be provided.
Registration is required.*

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



How a Healthy Brain Ages

**Tammy Faye, from Harvard Aging
Brain Study will discuss how
the brain ages and ways to keep
your brain healthy as it ages.**

**Thursday, Oct 18th at 10am
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 make
sure to have your member ID number ready.

Elvis

THE KING OF ROCK 'n' ROLL TRIBUTE SHOW



Mark Stanzler, an Elvis impersonator, will be at the Kennedy Center to perform a number of the King's greatest hits! Mark has performed his Elvis tribute show all over the New England area for the past ten years.

Friday, October 26 at 12:30 pm
At The Kennedy Center, 440 East Squantum St.
\$3 suggested donation. Tickets are required

To get your ticket for the dance, you must come to the Kennedy Center to register. No reservations will be made by phone.



A Fun & Exciting "GAME SHOW" Starring YOU!

Friday, Nov. 2, 2012 at 1:00pm
At The Kennedy Center,
440 East Squantum Street

To register for this event, call the QCOA at 617-376-1506





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