

Council On Aging News

January 2012



617-376-1245

617-376-1506

440 East Squantum Street

Dear Friends,

Let me take the opportunity to wish you all a very Happy New Year. 2012 promises to be another exciting year here at the Kennedy Center. We will be bringing in some new programs and making some exciting changes to the grounds.

As I write this, however, I have to reflect on what a great year 2011 was for us here at the center. I am particularly grateful for the members of the Jamie Cochrane Memorial Road Race who provided us with a wonderful lunch, great entertainment, and a fun-filled afternoon. With limited resources, the City is not able to provide you with these kinds of events, however, thanks to the generosity of others we are able to. Just this past month, the Quincy Rotary Club provided a delicious pasta dinner, an afternoon of bingo, and many raffle prizes. This was a cooperative venture with the local girl scout troop 74091 who were on hand to provide service and assistance and of course delicious girl scout cookies.

So far we have lucked out and the weather has been unseasonably warm but I wish to remind you that Joe Catalano's AM Quincy on QATV 8 will always announce if the center or transportation are closed due to inclement weather.

Warmest Regards,

Thomas F. Clasby Jr.
Director

Tom





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ARE YOU MISSING OUT ON SENIOR TAX CREDITS?

A representative from H.R. Block will be presenting a workshop about beneficial tax credits for seniors such as the circuit breaker.

Wednesday, January 11, 2012

at 10:00am

At The Kennedy Center

440 East Squantum Street



H&R BLOCK

*Refreshments
will be served*

If you would like to sign up for this presentation please call the Quincy Council on Aging at 617-376-1506 and have your member ID number ready.

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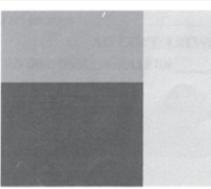
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Wednesday, January 18, 2012
at 10:30 am
At The Kennedy Center
440 East, Squantum Street

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

INNOVATIVE SENIOR CARE WELLNESS SCREEN

How is your...Balance? Memory?
Endurance and Coordination?

Come to the Kennedy Center on *Friday, January 20, 2012 at 1:30*. Have lunch hosted by the River Bay Club and get a FREE and FUN Wellness Screen! Wellness screens will be administered by Innovative Senior Care's highly specialized therapists in the fields of physical and occupational therapy.

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

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**FRIDAY, JANUARY 27, 2011
FROM 10:00AM –11:00AM
AT THE KENNEDY CENTER
440 EAST SQUANTUM STREET**

A "Fall Prevention Program" will be presented by the South Shore Visiting Nurse Association at the Council on Aging. Come enjoy light refreshments and learn about practical ways to prevent falls from occurring. A physical therapist will lead the discussion covering topics such as assistive walking devices, shoes, lighting, and medications, and their role in preventing falls from occurring.

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



it's a party

Friday, February 10, 2012

12pm –2pm at The Kennedy Center

440 East Squantum Street

Plans are already being made for our 2012 Valentine's Day Social! Our friends from the River Bay Club have offered to sponsor this year's event. There will be a tasteful luncheon and entertainment.

Pre-registration is required. Space is limited.

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

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Ongoing Programs at the Kennedy Center

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

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Heart *health*

*Heart Health for
Valentine's Day
and for life!*

**Mark Miller from Home Instead will be at
The Kennedy Center for a heart health
discussion. February is the perfect time to
discuss heart health because it is American
Heart Month. Come and learn what you
can do to keep your heart healthy!**

**Friday, February 10, 2012
at 11:00am**

**At The Kennedy Center
440 East Squantum St.**

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

Back Safety 101

Back injuries are exceedingly painful. They are difficult to heal, and they have an effect upon everything a person does. It is important to learn techniques and procedures that may help you prevent a recurrence. By learning proper lifting techniques and the basics of back safety, you may be able to save yourself a lot of pain... and a lifetime of back problems.

Dr. David Smith of Milton Chiropractic & Rehabilitation, Inc will be at the Kennedy Center to discuss back safety.

**Thursday February 16, 2012
from 10 – 11 AM
At The Kennedy Center
440 East Squantum Street**

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

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Eye Screening

Friday, February 24, 2012

From 1:00pm-3:00pm

At The Kennedy Center

440 East Squantum Street

Dr. Randy Gunia from the Nielsen Eye Center will be at the Kennedy Center to check seniors for cataracts and glaucoma. Dr. Guina is a residency trained Optometrist with extensive training in Lasik, Lasek, and PRK. He specializes in contact lens, general eye care, dry eye and ocular disease management.

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

Alzheimer Support Group

This group will assist caregivers in dealing with Alzheimer's or Related Dementia.

Where:

At The Kennedy Center
440 East Squantum Street

When:

February 1, 2012, April 4, 2012
June 6, 2012, August 1, 2012
October 3, 2012, December 5, 2012

Time:

10:00am –11:30am

If you would like to sign up for this presentation please call the Quincy Council on Aging at 617-376-1506

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The Kennedy Center Library

The Kennedy Center library is no longer accepting book donations. Our thanks to everyone that has supported our library.

For those looking to donate books, the Thomas Crane Library accepts donations at their main branch, located at 40 Washington Street, Quincy, MA, 617-376-1301.

We also ask that those who have borrowed books from the Kennedy Center library return them once you have finished.

EXERCISE CLASS

**Thursday Mornings
9:00am to 10:00am
at the Kennedy Center,
440 East Squantum St.
\$3 fee per class.**

Each class includes exercise to improve strength, flexibility, balance, endurance and overall fitness. Adaptations to exercise allows each participant to work at their own pace. Instructor Karen Gaughan has twelve years experience in the exercise field. She teaches exercise for the Quincy Recreation Department and also at the Fuller House in Milton.

Free Tax Assistance

The Quincy Council on Aging will be taking appointments for FREE tax assistance for seniors in need. All tax assistants are trained volunteers.

This program runs every Monday beginning February 6, 2012 until April (date to be announced).

You will need to bring the following: W-2's and 1099's
Statements of other income
Information for all deductions or credits

A copy of last years tax return
2010 Real Estate and Water & Sewer Bill

Only uncomplicated returns will be considered.

Please call the Quincy Council on Aging to schedule an appointment at 617-376-1521

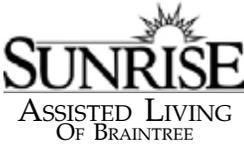
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<p style="text-align: center; font-size: 24px;">SWEENEY BROTHERS</p> <p style="text-align: center;"><i>Home for Funerals, Inc.</i></p> <p style="text-align: center;">One Independence Avenue • Quincy, MA 02169</p> <p style="text-align: center; font-size: 24px;">617-472-6344</p> <p style="text-align: center;">Richard T. Sweeney, Jr. • Francis M. Sweeney</p>

STAY CONNECTED

Spending time with friends and family is enjoyable. As it turns out, it may also reduce your risk for dementia, memory loss, and poor physical health. One study found that people with strong social connections have a slower rate of memory decline.

Here are some ways to kick start your social life:

**PARTICIPATE IN SENIOR SPORTS LEAGUES
OR EXERCISE PROGRAMS**

Get your doctor's approval before you sign up.

CHECK OUT YOUR COMMUNITY'S SENIOR CENTER

You may find a wide variety of enjoyable activities.

INVESTIGATE YOUR LIBRARY

Many libraries offer much more than books, including free concerts, classes, movie showings, and discussion groups.

GIVE BACK

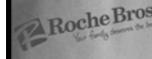
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January Quotes & Facts

“January is here, with eyes that keenly glow, A Frost-mailored warrior, striding a shadowy steed of snow” -Edgar Fawcett

“Nature has undoubtedly mastered the art of winter gardening and even the most experienced gardener can learn from the unrestrained beauty around them.” -Vincent A. Simeone

“There are two seasonal diversions that can ease the bite of any winter. One is the January thaw. The other is the seed catalogues” -Hal Borland

January's birthstone is the garnet which represents constancy.

January's birth flower is the Dianthus caryophyllus or Galanthus.

January is National What Month?

Eye Care Month, Hot Tea Month, National Blood Donor Month
National Braille Literacy Month, National Hobby Month
National Soup Month, National Staying Healthy Month, and
National Thank You Month



Recipe of the Month

Walnut Zucchini

- ◆ 6-8 zucchini, julienned
- ◆ 1/2 red bell pepper, julienned
- ◆ 1/2 stick of margarine
- ◆ 1 cup chopped walnuts

1. Sauté zucchini and bell pepper in margarine until tender, shaking the pan and tossing the zucchini to cook evenly. Pour off any excess margarine.
2. Add the chopped walnuts, some salt and pepper. When walnuts are well blended and heated, serve hot.

FREE MOVIE OF THE WEEK MARK YOUR CALENDAR!!!



January 3rd: Along Came Polly
Starring: Ben Stiller & Jennifer Aniston

January 10th: Hamburger Hill
Starring: Anthony Barrile & Michael Boatman

January 17th: Unforgiven
Starring: Clint Eastwood & Morgan Freeman

January 24th: Till The Clouds Roll By
Starring: Judy Garland & Robert Walker

January 31st: A Guy Thing
Starring: Julia Stiles & Selma Blair

The Kennedy Center
440 East Squantum Street
Tuesdays at 12:00 pm

Refreshments are available for purchase Center's Café!

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