

# *Council On Aging News*

*April 2013*



617-376-1245

617-376-1506

*440 East Squantum Street*

Dear Friends,

As I write this, there are snowflakes falling outside of my office. It's hard to believe that we're into the second day of spring, but we are, and I have to believe that the warm weather and the flowers are on their way. Of course that's not all the spring brings. April showers bring May flowers, and May brings the Senior Olympics. This year we will begin a new chapter in the Olympics because some of the events will be held on our beautiful new track which is next to Quincy High School.

If you're not familiar with the Senior Olympics, let me give you a brief overview. Monday night we have the opening ceremonies at The Kennedy Center, which includes torch lighting, followed by a volleyball game – the Mayor's celebrity team versus the seniors. In the days that follow, there are a series of events held at various locations throughout the city, these include: bocce, billiards, swimming, walks, runs, track and field events, and more. The Olympics close with an awards ceremony complete with bronze, silver, and gold medals. On behalf of all of us here at the Council on Aging, the Recreation Department, and Mayor Koch's office, we extend a warm invitation for you to participate in the Senior Olympic Games as competitors or spectators!

Before I end this message, I'd like to add a special note. When I first came on board the Council on Aging in 1997, my position was manager of transportation. For years, even before I came on board, we were transporting a lovely lady named Tillie Rabinovitz. I was saddened by the news that Tillie passed away. She will surely be missed by many here at The Kennedy Center.

Sincerely,

Thomas F. Clasby Jr.  
Director

# Spring Fashion

**Friday, April 12th at 11am**

**Caryn Smith, from Caryn's Corner in East Milton will be here to share ideas in Spring fashion and demonstrate some tricks with accessories.**

**Registration is required**  
**To register, please call the QCOA at 617-376-1506.**



# Dance, Dance, Dance

**Tuesdays from 10-11am**

**\$3.00 per class**

Dance instructor, Christine McCarthy, is a certified Arthur Murray dance instructor. She formerly worked at Walt Disney World and recently appeared in the musical production of "Rent".

Dance is a great exercise and a lot of fun. Feel free to drop in and observe before you make a commitment.

# Kelley Auctions



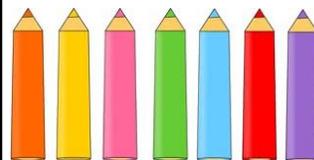
*Have you ever seen the Antique Road Show? Well, two Appraisers from Kelley Auctions (antiques & Collectables) will be at the Kennedy Center to look at up to 3 items per person.*

*The cost is: \$3.00 for 1 item, \$4.00 for 2 items and \$5.00 for any 3 items. The money will be donated to benefit the QCOA.*

**Friday, April 19, 2013**  
**10:00am –2:00pm**

*Bring in anything you think may be valuable, interesting or unusual and have it appraised by professionals. Who knows, that old cigar box, unusual book or odd-looking statue may be worth \$\$\$\$! Refreshments will be served.*

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



# Drawing with Color

**Fridays for 6 weeks. 10am-12:30pm**  
**Beginning April 12th. Cost: \$80.00**

*Deni Sindel will teach Drawing With Color using pastels. Learn to use color in your drawing with your choice of medium; pencils, pen, ink, and crayons. Bring paper and supplies to first class where she will discuss the use and technique to bring your drawings to life.*

*Registration is required. To register, please call the Quincy Council On Aging at 617-376-1506.*



**The Kennedy Center will be closed on Monday, April 15th due to Patriot's Day**



**Assistance with Estate Clean Outs & Downsizing**

**Friday, April 19th at 10:00am**

Are you selling your home or downsizing from your home to an apartment or condo? AMC Estate Management Company will be here to talk about estate management and downsizing.

Estate management can make the process of selling your home less stressful by taking care of much of the cleanup required to prepare the house for sale. Whether it's securing valuables, removing contents, transferring items to a family member or holding an estate sale, AMC can help.

If downsizing, AMC will help you decide what to keep and what you can do with what you do not want to take with you.

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

**Quincy COA & Marina Bay Nursing Springtime Soup Cook Off Contest**



**Friday, April 12th at 12:00pm**

Please come by to sample and vote on delicious soups made by members of the QCOA and Marina Bay Skilled Nursing.

**Beverages & desserts supplied.**

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

**AGING,** *an overview*

**Thursday, April 18th at 10:00am**

*Presented by Brianna DiBona, MS  
Geriatric Care Manager  
Assistant from Overlook C.A.R.E*

This presentation is a "crash course" on aging. What is normal aging? What should I be concerned about? What resources and services should I know about before I need them? Join us as we discuss these commonly asked questions and many more.

Registration is required for this presentation as space is limited. To register, please call the Quincy Council on Aging at 617-376-1506.



**Saturday, April 20th  
10:00am –2:00pm  
At The Kennedy Center  
(rain or shine)**

Do you enjoy picking through other people’s treasures? Drop in and browse...you may be surprised at what you will find!

*All proceeds go to the Kennedy Center to support ongoing programs.*

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

**2013 Senior Olympics**



*It’s that time of year again!*

The 2013 Senior Olympics will take place from Monday, May 13th until Thursday, May 23rd

*Applications will be available April 1st.*

Last years participants will be mailed an application by the Recreation Department.

New participants can pick up an application at:  
The Recreation Office –1 Merrymount Parkway  
or The Kennedy Center –440 East Squantum St.

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.



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# ARTHRITIS

**Monday, May 6th at 1:00pm**

*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. She will also review questions you should ask your physician and will answer any questions you may have.*

*Registration is required as space is limited. To register, please call the Quincy Council on Aging at 617-376-1506.*

# High Tea

*Come and enjoy the elegance of a traditional afternoon tea at the Kennedy Center.*

*Light refreshments will be served.*

*Entertainment will be provided by The Uptown Girls*

**May 10th at 1:00pm**

**Suggested Donation: \$3.00**

*Registration is required.*

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



**Help us raise money for Quincy Council on Aging!**

**Tuesday, April 30th**

**8:30am -3:30pm**

**Proceeds to benefit the Kennedy Center!**



**April 2013  
Special Computer Classes**

**Digital Photography with Your Computer  
April 4, 2013 10am-12pm Cost: \$5.00**

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, reshaping, 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.

**Internet Purchasing**

**April 11, 2013 10am-12pm Cost \$5.00**

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.

*Registration is required. To register please call the QCOA at 617-376-1506.*

*If you have a laptop computer, feel free to bring it to 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.*



**Painting with  
Michael Domina  
Using Watercolors**

**Six Week Session. 10am –12:30pm  
Monday, May 13th thru June 24th**

**Cost of session: \$95.00**

**Registration is required. To register,  
please call the Quincy Council on  
Aging at 617-376-1506.**

**Atria Senior Living Presents:**

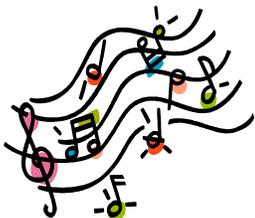
**Senior Empowerment Lecture Series**

**Grief: Repotting Ourselves  
Monday, May 6, 2013**

**Removing Thorns/Weeding the Garden  
Monday, June 3, 2013**

**Living Gently With Ourselves  
Monday, July 1, 2013**

**All lectures are from 2:30 –3:30pm  
RSVP by calling 617-770-3264**



**Tommy Rull - Singer/Entertainer  
"A Musical Journey Through the Years"**

**Friday, May 3rd**

**1:00PM –2:00PM**

**\$3.00 Suggested Donation**

Registration is required. To register,  
please call the QCOA at 617-376-1506.

*Tommy Rull, Singer/Entertainer will take you on a musical journey through the years with songs originally made famous by many different artists . . . McCartney, Sinatra, Lou Rawls, Marvin Gaye, Ray Charles, Paul Anka, James Taylor, Billy Joel, John Lennon, Barry White, Lionel Richie, Barry Manilow, Van Morrison, Englebert, Stevie Wonder, Jimmy Buffet, and on and on . . .*



# SPIRIT OF BOSTON

**FABULOUS ENTERTAINMENT & DELICIOUS LUNCH CRUISE**

9:00 AM Depart this morning from the Quincy Senior Center. From the breathtaking wonder of the harbor to the skyline, Boston offers variety at every turn! Join us and experience it all! A special treat will be a visit to the Boston Public Gardens to view the flowers and Swan Boats. Then you'll board the luxurious Spirit Of Boston for a two hour narrated cruise and dine on a delicious menu of Alaskan Salmon, Crabmeat Stuffed Sole, Chicken Julienne, Asian Pepper Steak, including, salad, vegetables, and desserts, served buffet style. Then sit back and enjoy the lively entertainment as your wait staff entertains you with Broadway style song and dance. Later, you'll transfer to Boston's famous North End, where boutique shops with pastries, cheeses and wines abound, or Quincy Market where you can enjoy the ambiance as well as the Rose Kennedy Greenway. *You'll arrive home at 5:30 PM after a day of great cuisine and sights in Boston!*

**Wednesday, June 26, 2013**

**\$72.00 per person.**

*Your trip will include:*

*—Narrated Harbor Cruise —Buffet & Various Entrées —Musical Show —Quincy Market & North End Visit*

*Registration is required as tickets are limited. Tickets are on a first come, first served, basis. Payment is due with reservation & is non-refundable. Please make checks payable to: Fox Tours For reservations, please stop by the QCOA at The Kennedy Center or for more information, please call 617-376-1506*

## Fairing Way

*—Senior Neighborhood Living*

*May 14th and May 21st at 12pm*

*Representatives from Fairing Way part of Southfield in Weymouth will be here to talk about a flexible, maintenance free lifestyle that will be offered at Fairing Way —being sponsored by Quincy-based, William B. Rice Eventide Home. They will speak about the unparalleled location of Fairing Way within Southfield —the desirable, intergenerational master-planned community in Weymouth. Fairing Way embraces an exciting new trend in neighborhood living. Come and learn how you can experience Better Living.*

*Lunch will be served during the presentation Registration is required. To register, please call the Quincy Council on Aging at 617-376-1506.*



# Thank you to ...

*Grace and Glen Buscher as well as Peg and Jack Kelly, Denise Conlon and Kay MacPherson for their efforts in making the MBTA Senior Pass signup a success.*

*To Elizabeth Gearin, Peg Kelly, Ann Bruce, Susan Donovan, Susan Farago, Karen Gaughan, and Eileen Miller for their help in making the Irish Bread Bake-Off a big hit.*

*Our friends at River Bay Club for a delicious St. Valentine's luncheon. A popular tradition here at the Kennedy Center.*

*Betty Campbell and her staff at QATV for a fun and education tour of the QATV studios.*

*The Department of Public Works for keeping our parking lot clear of ice & snow all winter.*

*The Friends of Wollaston Beach for a delightful afternoon of oldies tunes and delicious refreshments.*

***...we couldn't do it without you***



***Congratulations to Ann Bruce, winner of the Irish Bread Bake-off.***

***Congratulations to Janice Barry, winner of the beautiful St. Patrick's basket made by Elizabeth Gearin.***



**The Friends of Wollaston Beach,  
The Clam Box &  
The QCOA present...**

## **BACK TO THE BEACH!!!**

**On Wednesday, May 29, 2013** 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

**Hope to see you all there!  
Rain or Shine!**



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