

# *Council On Aging News*

*May 2013*



617-376-1245

617-376-1506

440 East Squantum Street

Dear Friends,

In 1936, my grandfather asked his family, "Who is going to win the Boston Marathon today". My father exclaimed, "Tarzan Brown". He was referring, of course, to Ellison Brown, the legendary member of the Narragansett Indian Tribe of Rhode Island. The events that took place that day would be etched in Boston's history. Brown ran so fast that the press followed the second runner, Johnny Kelly, until the 20 mile mark, where Kelly caught up to Brown. As Kelly overtook Brown, he patted him on the back. Then a struggle followed, as Brown took the lead on the down-hills, and Kelly took the lead on the up-hills, until finally Tarzan took the lead and won the race. The struggle inspired reporter Jerry Nason to name the last Newton hill, "Heartbreak Hill," because Tarzan, "broke Kelly's heart".

This year's Boston Marathon brought heartbreak to all of us as we watched those tragic events unfold. For the precious lives that were lost and their families, the sorrow and heartache will never end, but as is always the case when evil strikes, goodness prevails. Goodness prevailed in the heroes that came to the aid of the victims, it prevailed in the EMS workers, the health professionals in the area hospitals, and the police departments that worked tirelessly to gain justice for the victims of this tragedy, and in the end, whatever message the fools that perpetrated this were trying to convey, the more important message is that justice and goodness will always prevail.

Let us never forget the tragedy and let us remember those who never sought to, but nevertheless, became heroes.

Sincerely,

Thomas F. Clasby Jr.  
Director



## Healthy Eating Club

***Mondays at 2pm, beginning April 22nd***

***Are you struggling with your weight?***

***Would you like to get it under control once and for all?***

***Ruth Jones, BSN, RN, BC, CP-PS of the Quincy Health Department in conjunction with the Quincy Council on Aging will hold a 12 week session on healthy eating. Weekly weigh in will be followed by a discussion on healthy eating and exercise.***

***To register, please call the QCOA 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.***

## Seaside Gardeners Annual Plant Sale

***Saturday, May 18th***

***8:30am—12pm at The Kennedy Center***

***All varieties of flowering plants, herbs & greens. Home grown perennials, & tomato plants for your new gardens this ear.***

***Raffle table, Don't miss out!***



## Container Gardening



***Friday, May 17th at 10am***

***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 soil. So if you'd like to dress up your windows, patio or deck you wont want to miss this presentation!***

**Registration is required. \$5 fee**

***To register, please call the QCOA at 617-376-1506***

***Fairing Way  
Neighborhood  
Senior Living***



***Wednesday, May 14th  
& Wednesday, May 21st  
at 12:00pm***

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

*Lunch will be served .  
Registration is required.*

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

# **JOHN F. KENNEDY**

**PRESIDENTIAL LIBRARY & MUSEUM**

*Come enjoy a tour and lunch at the John F. Kennedy Presidential Library and Museum in the striking I.M Pei building on Boston's waterfront.*

**Tuesday, May 14th**

**\$35 per person**

***price includes admission  
& lunch at the library***

**Van will leave the Kennedy Center at 9:30am for a 10:00am tour**

***Registration is required as tickets are limited. Tickets are on a first come, first served, basis.***

*For reservations, please stop by the QCOA at The Kennedy Center, 440 East Squantum Street  
For more information, please call 617-376-1506*

## **Hoarding Assistance & Clutter Awareness**

***Tuesday, May 28th at 10:00am***

**Top Notch Quality Service, LLC. will be here to talk about hoarding, clutter awareness & how to identify the hoarder inside of us. Refreshments will be served.**

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



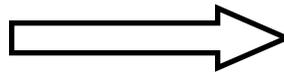


# The Friends of Wollaston Beach, The Clam Box & The QCOA present...**BACK TO THE BEACH!!!**

On **Wednesday, May 29, 2013** The Friends of Wollaston Beach, The Clam Box and The QCOA are coming together to create an afternoon of fun for the seniors of Quincy!

From **2pm to 4pm** members of the Kennedy Center will receive a 10% discount on any meal and a free fountain soda from the Clam Box. Music will be provided by The Lonesome Boatmen

To receive the 10% discount you must show your Kennedy Center member ID card.



To register as a Kennedy Center member, please call or stop by the QCOA for an application. 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!**

The Kennedy Center will be closed on: **Monday, May 27th** due to Memorial Day

REMEMBER THOSE WHO SERVED



ALL GAVE SOME, SOME GAVE ALL

## Are You Caring For A Loved One Who Has Alzheimer's?

*Ellie O'Neill from South Shore Elder Services will be at The Kennedy Center every other month on the first Wednesday of the month for Caregiver Support. At these meetings you can share your thoughts with others who are going thru a similar experience and get the support you need as a caregiver.*

**Wednesday, June 5th –2pm**

*If you have any questions or would like to attend the meetings please call the Quincy Council on Aging at 617-376-1506.*



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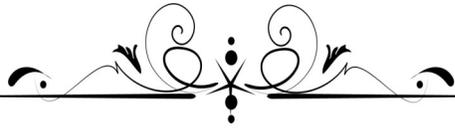
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## ***The Way We Were***

***Wednesday, May 22nd  
at 10:00am***

Well-known Quincy Historian, Tom Galvin, will give a slide show presentation on Quincy's past. Come explore our local history with many slides on Quincy's yesterdays like the former White Brothers.

**Refreshments will be served.**

**Registration is required.**

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

## **Financially Protecting Your Nest Egg**



***Thursday, May 30th at 10am***

***Neil McCole of New York Life will be at The Kennedy Center to talk about financial planning.***

***Refreshments will be served.***

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

## **SUMMER HEALTH**

**Thursday, June 6<sup>th</sup>  
from 11am – 12pm**



Ruth Jones, BSN, RN, BC, CP-FF, of the Quincy Health Department will give us some tips on staying healthy during the summer months.

***Refreshments will be served.***

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



## **Finding Your Color**

**with Maralin Manning**

***Friday, May 31st at 10am***

What is the one thing that surrounds everyone, all the time and without which your world would be dull and uninteresting? The answer is color. Discover why and how color is such an important part of your life. Learn the basic formulas for making the correct choices that will enhance your lifestyle and your thinking and how you can use color to enhance your personal best!!!!

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

## **Free Hearing Screenings**

Have  
You  
HEARD?



***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 QCOA at 617-376-1506.***



**May 2013**  
**Special Computer Classes**  
*All instruction by Grace Buscher*

***Digital Photography with Your Computer***

***May 2, 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.)

***Internet Purchasing***

***May 9, 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.

***Word Processing***

***May 16, 2013 10am-12pm Cost \$5.00***

Explore the basics of the word processing system. We use Microsoft's Word program to describe the program and how it works.

***More Word Processing***

***May 23, 2013 10am-12pm Cost \$5.00***

Class will give more information on word processing. This advanced class will show you how to create a brochure, newsletter and how to add graphics to your document.

***Smart Phones***

***May 30, 2013 10am-12pm Cost \$5.00***

Come and learn more about smart phones as well as to be able to ask specific questions about your own phone. We will review the overall basics of a smart phone and then spend half the time addressing your questions.

*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.*

## Adams Historic Tour & Lunch

Travel back in time at the Adams National Historical Park, where you'll visit the birthplaces of two U.S. presidents: John Adams and his son, John Quincy Adams. After the tour, enjoy lunch at the Common Market Restaurant.

**Thursday, June 6, 2013**

**\$25.00 per person**

Tour & Lunch at the Common Market are included. Van will leave the Kennedy Center at 9am

**Registration is required**  
**as tickets are limited.**

For reservations, please stop by the QCOA at The Kennedy Center, 440 East Squantum Street For more information, please call 617-376-1506





# 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*

## GOT THE DOT?



Norfolk County Sheriff Michael Bellotti will be at the Kennedy Center to talk about the new, "Yellow Dot Program". which is designed to provide first responders with information critical to your treatment. Come learn more about how the Yellow Dot program can help save the life of you or your loved ones.

**Friday, June 7th at 10am**

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

## Blood Pressure & Hypertension



**Tuesday June 11<sup>th</sup> at 10 am**

Controlling high blood pressure is an important part of healthy aging. Representatives from Home Instead will be here to discuss hypertension and diet..

*Refreshments will be served*

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

*Healthy and Fun  
Strategies for  
Maintaining Your  
Memory – Presented  
by Visiting Angels*



**Wednesday June 12th at 1pm**

*A fun presentation for elders and their family members, including tips to improve your memory, how dancing can keep you fit, and what foods may improve your memory. Light refreshments will be served.*

*Registration is required as space is limited. To register, please call the QCOA at (617) 376-1506.*

**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. 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, JUNE 7TH, 1pm –3:30pm  
\$6 suggested donation**

Registration is required. 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



**Flag Day Cookout**

***Sponsored by Quincy Firefighters Association***

***Friday, June 14th at 12:00pm***

**The Quincy Firefighter’s Association will be hosting their annual Kennedy Center cookout. The firefighters prepare, cook and serve. There will be hot dogs, hamburgers, potato chips, soda, water, cookies and coffee.**

**Tickets for this event will be available at the Kennedy Center beginning Monday May 6<sup>th</sup> at 10 am.**

**For more information please call the QCOA at (617) 376-1506.**

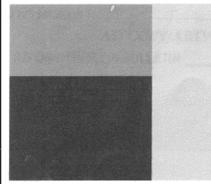
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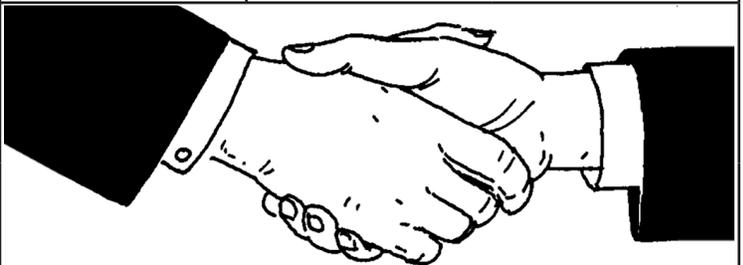
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