

Council On Aging News

November 2013



*Remember to visit the **Bake Sale** at the Kennedy Center on Election Day, November 5th! Proceeds benefit the Council On Aging.
***Stop by** the Kennedy Center to check out our newly renovated café! Please note: for those of you who borrow books, the books have been reclassified. **Thanks** to Deni Sindel and Sue King for their hard work in reorganizing the books in our café library!



Dear Friends,

November is a busy month for most. In addition to the normal day to day demands we juggle, we have Election Day, Veteran's Day, Thanksgiving, and Christmas shopping.

Please take a moment to think of and pray for our veterans on Veteran's Day and every day, particularly those brave soldiers currently serving our country here and overseas.

As the year winds down, let us all pause and reflect on the past year. Surely these reflections include good times and bad, accomplishments and challenges, but in the spirit of Thanksgiving, we must particularly reflect on what we are grateful for. We at the Quincy Council on Aging are especially thankful for all of you, our members, supporters, volunteers, and friends. We appreciate all you do to make our senior center a truly special place.

On behalf of the Quincy Council on Aging Board Members, staff and myself, best wishes for a happy and healthy Thanksgiving.

Sincerely,

Thomas F. Clasby Jr.
Director

KENNEDY CENTER

617-376-1506
440 East Squantum Street, Quincy, MA 02171
www.quincyma.gov/government/elderserv
Hours : Monday - Friday 8:30 a.m.– 4:30 pm



Fri., November 22nd - 50th Anniversary

Where were you at 1 pm Central Standard Time on November 22, 1963?

Most Americans remember what they were doing when they heard the news President Kennedy died. Join us in honoring President John F. Kennedy on the 50th anniversary of his death. Throughout the day, we will provide light refreshments and will show documentaries to commemorate the extraordinary life, death and legacy of JFK. Come to remember and reflect in tribute to our nation's 35th president and enjoy the many new photographs of President Kennedy we have on display.

Free Hearing Screenings

Held 3rd Monday ea month at Kennedy Center



Dr. John Klefeker, of Family Hearing Care Center provides free screenings. Registration req'd.

Protecting Your Assets

Tue., Dec. 3rd from 10 am –12 pm



Quincy Attorney Robert Romano will conduct an estate planning essentials workshop at the Kennedy Center to discuss important issues that effect seniors. Call the QCOA to register.

Family Caregiver Support Group



held 1st Thursday of each month at 6 pm

Beverly Moore leads a support group for caregivers on the 2nd Thursday of each month at the Kennedy Center Cafe. Beverly has over 50 years experience caring for people and their families. If you are a caregiver and would like to ease the journey, join us. Call 617-376-1506 for information.



Free Legal Clinic at Quincy District Court



Tuesday, November 5th and Tuesday, December 2nd 6 pm—8 pm

Have a legal question or legal issue? The Norfolk County Bar Association will be sponsoring free legal clinics. For information, contact Adrienne Clarke at 617-471-9693 or visit www.norfolkbarassn.org.



Tour of Norfolk County Correctional Center and Lunch with Sheriff Michael Bellotti



Thurs, November 21st departing Kennedy Center at 9:30 am

Get an inside look at the jail and learn of the day to day operations. See the inside of a jail cell, tour the minimum security area, inmate booking area and more. Get a view of the maximum and medium security areas from a secured operations office. End the day with a light lunch with Sheriff Bellotti. Space is limited. Please call the Quincy COA at 617-376-1506 to register.



Emergency Management With Ruth Jones



Friday, November 15th at 10 am

Extreme weather and disasters can leave communities and residents in a state of chaos. Ruth Jones, BSN, RN, BC, CP-FF, educator for the Quincy Health Department, will discuss disaster preparedness and recovery. Refreshments will be served. Call 617-376-1506 to register.



Yellow Dot Program

November 6th 10 am –12 pm

Yellow Dot provides emergency first responders (police, fire, EMS) at accidents with vital info on crash victims. Participants place yellow dot decal on rear driver's side windshield to alert responders to an envelope in glove compartment containing a photo, personal and medical information. Joe Canavan from Sheriff Mike Bellotti's office will explain program, take photographs, and help complete envelopes.



Learn to Play Chess or Just Come to Play



On Thursdays from 10 am - noon in the Kennedy Center Game Room

Chess, a game of intelligence and strategy, is played each Thursday. Free lessons are available for beginners who need to learn the tactics and rules or for those who simply need a refresher.



Christmas Sweater Party



Friday, December 13th

1 pm-3 pm at the Kennedy Center

Join us for a fun Christmas Sweater Party, including Christmas music, light refreshments, and a contest for the most 'festive sweater.' Space is limited. Call the Quincy COA to register.

Peg McDonough of S.H.I.N.E. on Medicare's Open Enrollment at Kennedy Center Nov 8th at 2 pm



The Regional Director of the state's SHINE Program (senior health insurance counseling) for 20 years, Peg McDonough is regarded as an expert in her knowledge of elder benefits and services. She will discuss annual Medicare open enrollment and explain the changes for health care plans and prescription coverage for 2014. Registration is required. Call the Quincy COA at 617-375-1506.



New Year's Eve Party



December 31st at 12:30 pm at the Quincy Sons of Italy

Join us for a fun filled New Year's celebration of great entertainment, delicious buffet dinner and cash bar. Grab your noisemakers and let's ring in 2014 together! Purchase tickets at QCOA. **\$25pp**



Washington DC Trip

More information to come on a spring trip to celebrate the Cherry Blossoms season. To enjoy the fun and beauty of this long standing DC tradition, check back with us after the holidays!

Men's Discussion Group Held the 2nd Thursday of each month at 10 am



Join us in this forum for interesting, informative discussions and refreshments. Business and community leaders are invited as guest speakers to discuss topics of interest to group members.



The Olde Kids

Fri., Dec. 6, 2013 from 1- 3:30 pm



The Olde Kids, a dance band in the style of the big bands of the 30's and 40's, is coming back to the Kennedy Center. They have been called a living museum with a library of music that will have you dancing, humming and tapping your feet. Tickets available at the Quincy COA at \$6 each

Festival of Trees Tour / Lunch at Common Market

Tues., Dec. 3rd & Thurs, Dec 5th at Elm Bank, Wellesley - departing at 10am

The MA Horticultural Society presents this wonderful annual event drawing hundreds of visitors daily. Tour participants can purchase raffle tickets for their favorite trees.

All trees will be raffled. Space is limited. Purchase tickets at the Quincy COA.

Transportation, tour and lunch included in price of \$25 per person.





Computer Classes - November 2013 - \$5 per class



Instruction by Grace Buscher
Registration required for all classes



November 7th

Digital Photography

10 am-12 pm

Learn the basics of photography and how to use a digital camera. Bring your fully-charged digital camera to class.

November 14th

Smart Phones, Tablets, Kindle and Kindle Fire

10 am-12 pm

Learn how they work and what you can do with them. Additionally we will be discussing how to get the most out of the Kindle and Nook, including how to download books free of charge from the library.

November 21st

Digital Photography with your Computer

10 am- 12 pm

This class will review the digital photography class and demonstrate how to upload pictures to your computer and 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.) Photo editing software is often included in the sale of digital cameras. If you have a disk not load in your computer, bring it with you. Those without a laptop are welcome to come to class for the instructional part of the class.

Bring your laptop to class. The Center's computers are first come first serve.



Internet Safety: If it looks too good to be true, it probably is!

“Most people do not listen with the intent to understand, they listen with the intent to reply.” - Stephen Covey



Local Senior Discounts: AMC Braintree Cinemas \$6 Senior Tuesdays; Dunkin Donuts senior discount every day; Hancock Tavern 10% discount Monday -Friday 12-5 pm; Hannafords Supermarket 5% Senior Discount Tuesdays. Visit our website for more local discounts.

For Veterans: Your local Veteran's Officer 617-376-1192 can assist you with federal and state services and benefit issues, including shelter, pension, financial assistance, employment, Social Security, fuel, food, medical and more. Veterans and their families can receive assistance/outreach services from non-profit organizations that contract with the Department of Veteran's Services, including counseling, food pantry, clothing closets, transportation and activities. For info, call 617-210-5480. The Mass Bar Lawyer Referral (617-210-5782) provides veterans with an opportunity to speak to a lawyer free of charge. Soldiers' Homes provide services to veterans, including acute hospital care, long-term care, etc. Call 617-884-5660 for more information. The US DVA in VA can be reached at 800-827-1000. **Have an American Flag to be cleaned?** Dependable Cleaners, all locations, will clean all size American flags free of charge. 

Senator John Keenan Office Hours

First Friday of Each Month



Senator John Keenan will hold office hours at the Kennedy Center the first Friday of each month for senior constituents to address issues of concern. No appointment is necessary.





'Wine and World War II'



Quincy Farmer's Market



Quincy Christmas Parade



Christmas Tree Lighting



Community Spotlight

Thursday, November 7th, at 6 pm at Port 305 at Marina Bay

The non profit World War II Foundation will debut its new series of wines honoring some of the most important moments of WWII. In addition to food and wine, several World War II veterans and survivors will talk about D-Day, Iwo Jima, the South Pacific and Auschwitz. Proceeds benefit the mission of the WWII Foundation. Visit www.wwiifoundation.org/events.

Fridays through November 22 across from Quincy Courthouse

Rain or shine each Friday from 11:30 - 5:30. Enjoy locally grown produce

Sunday, December 1st at 12:20 pm

Every year, Quincy boasts the largest Christmas parade in Massachusetts on Sunday after Thanksgiving.

Sunday, December 1st at dusk Sponsored by the Squantum Seaside Gardeners, enjoy the beautiful sounds of the Choir before the tree lighting

We must sail sometimes with the wind, sometimes against it, but we must sail, and not drift, nor lie at anchor.
- Oliver Wendell Holmes

 **Just for fun...** Seeing her friend Sally wearing a new locket, Eileen asks if there is a memento of some sort inside. Sally replied, "Yes, inside my locket is a lock of my husband's hair." Puzzled, Eileen said, "Why do you carry a lock of his hair in your locket? Your husband, Larry, is alive, he is not gone!" With a look of sadness while clutching the locket, Sally responded, "I know, but his hair is gone."



Prepare for the Winter Months

Summer is over and winter is around the corner, which means cold weather and high heating costs. The Fuel Assistance Program will be accepting new applications. Call QCAP at 617-479-8181 to make an appointment to find out if you qualify. For those with oil heat, call Mass Energy Consumers Alliance at 800-287-3950 to apply for a discount on the price you pay for your oil. You may call JOE-FOR-OIL at 877-563-4645 for discounted oil. For those with gas, call DISTRIGAS Program 866-427-9918 for a \$150 credit on your gas bill. Mass Save, a free service, provides savings with energy efficiency incentives and rebates for energy efficient home improvements. Current rebates include heat pump rebates, rebates for old and second refrigerators, heat loans, weatherization incentives, room air conditioners rebates, and more. Is your home energy efficient? A home energy assessment can be done free of charge by MassSave to identify ways to save where your home lacks efficiency, as well as develop a plan with recommendations to save money and become energy conscious. They will also

provide new energy efficient light bulbs, air sealing and insulation where needed, and will replace your thermostat with a digital and heat saving unit. **Please remember** the Kennedy Center is here for you and the heat is on! During the winter months, come for warmth, some hot soup or just for something to do. Check out our monthly calendar for activities and events!



The **Oktoberfest** on September 30th was a huge success enjoyed by everyone. The gym was transformed into a bustling, German-themed party. The band, Schwarze Schafe, dressed in traditional Oktoberfest attire of lederhosen and dirndls, entertained the crowd of 130. Guests raved about the delicious German fare prepared by The Irish Pub, (of Billings Road), particularly the Knockwurst, Curry & Onion dish and the Sweet Cucumber Salad. Stop & Shop kindly matched our purchase of German Potato Salad. Lunch was followed by assorted tasty desserts, including a beautifully decorated and delicious chocolate cake generously donated by Hannaford Supermarket. A wonderful time was had by all. To the volunteers and Quincy Council on Aging staff who helped make it a success, Danke Schoen!!



Please join the Quincy Council on Aging Board Members and staff in thanking Private 1st Class **Andrew MacPhail**, son of Quincy COA Board Member Linda MacPhail, for his brave service to our country. A soldier with the U.S. Army 2nd Brigade, 4th Infantry Division, Andrew will be deployed to the Middle East, near both Iran and Iraq, for a year. Please keep Andrew, the members of his unit, and all soldiers in your thoughts and prayers this holiday season and throughout the year. **Thank you**, Andrew and the entire 4th Infantry Division for stepping forward when others step back. Godspeed! * **Thank you** to John Boyle for his hard work and dedication in the raffle ticket sales to benefit the Alzheimer's Association. John helped raise \$1,200. The beautiful basket was on display in the Kennedy Center lobby during August and September. Congratulations to Beth Romano, the lucky winner of the basket! * **Thank you** to Elizabeth Gearin for creating the beautiful basket for the Alzheimer's Association raffle. * **Thank you** to the talented crew of the Quincy Park Department who meticulously maintain the Kennedy Center grounds. * **Thank you** to the Seaside Gardeners for their festive table decorations. * **Thank you** to Chuck Phelan, Jack Lydon and the Quincy Information Technology Department for their assistance in producing the 2013 Annual Senior Conference Ad Book. * **Thank you** to Presidential Press for their generous donations to the Quincy COA over the years, particularly for the annual Conferences. * **Thank you** to the Quincy Credit Union, Boston Credit Union, and Hope Health Company for their contributions to the Senior Conference 'goody bags.' * **Thank you** Ayers Auto Detailing, Inn at Bay Pointe, the Quincy Sun, Common Market, Hancock Street Car Wash, Crew Cutz, Sheriff Mike Bellotti, Furnace Brook Golf Course, Siros, Fratellis, Roche Bros., Phillips House, Port 305, Curry Hardware, Skinsations by Christine, Burke's Seafood, and the Assembly for donating items for raffles for the Senior Conference and other COA events. * Last, but certainly not least, a big **thank you** to Mayor Tom Koch for attending and generously sponsoring the senior conference and helping to make it a great success! **Give Thanks**



Congratulations to Jack & Peggy Kelly

Jack and Peggy were honored at the Senior Conference in September with the Frank Kearns and Mary Vallier Awards in recognition of their unwavering dedication to seniors and their commitment to volunteer work at the Kennedy Center, as well as their support and service to the community. Congratulations!



Calling all Crafters!!



November 30, 2013 at North Quincy High School from 10 am—4 pm.

Are you crafty? Rent a table at the NQHS Senior Stay Out Holiday Craft Fair to display and sell your crafts. Table fees are \$25. Call Linda at 781-635-8148 or visit www.nqseniorstayout.com.

Free Movie of the Week at Kennedy Center **Every Tuesday at 1pm**

Nov 5 *The Sound of Music* 1965 American musical film starring Julie Andrews and Chris Plummer.

Month of Musicals



Nov 12 *Singing In the Rain* The 1952 musical comedy film directed and choreographed by Gene Kelly And starring Gene Kelly and Debbie Reynolds



Nov 19 *Guys and Dolls* A Singing Marlon Brando stars opposite Frank Sinatra in this Oscar nominated 1955 musical. Also stars Jean Simmons and Vivian Blaine.

Nov 26 *West Side Story* A 1961 American musical film classic starring Natalie Wood that will leave you singing the Jet Song...



Note the time change to 1 pm. ** Refreshments are available for purchase Center's Café



“Thanksgiving dinners take 18 hours to prepare. They are consumed in twelve minutes. Football half-time takes twelve minutes. This is not a coincidence.” - Erma Bombeck



Word JUMBLE: Read Clue, Unscramble the jumbles, one letter per line/square, to form ordinary word. Take the letters from squares to form answer. **Clue:** A tool used in a music band.

CARON

TUAUNM

LOAIEFG

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— — — — —

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INGRMIATO

UDOGR

ORSTF

— — — — — — — — — —

— — — — — — — — — —

— — — — — —

ERKA

— — — — — — — — — —

Answer: _____

*Answers found at top of calendar *



Always remember that you're unique, just like everyone else!

November Word Search

ACORN
APPLE
BALLOT
BASTE
CORN
CRANBERRY
CROW

DESSERT
DRUMSTICK
EQUINOX
FAMILY
FEAST
FOOTBALL
FROST

GOURD
HAY
INDIAN
LEAVES
MAYFLOWER
NOVEMBER
PIE

PILGRIM
RAKE
STUFFING
THANKS
TURKEY
VETERANS
VOTE

N	O	V	E	Y	X	V	A	A	L	P	M	M	I	R	G	L	I	P
A	F	L	N	R	M	Y	E	B	N	A	R	C	D	N	G	V	Q	P
I	O	D	R	R	B	E	C	T	R	S	P	F	F	E	N	O	Q	K
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Q	B	E	W	K	F	Y	A	H	F	B	A	L	L	O	T	A	C	Q
N	O	V	E	M	B	E	R	K	K	C	I	T	S	M	U	R	D	E

Not what we say about our blessings, but how we use them is the true measure of our thanksgiving. - W.T. Purkiser

Thanksgiving

“I like football. I find it an exciting strategic game. It’s a great way to avoid conversation with your family at Thanksgiving.” - Craig Ferguson



Age doesn't matter unless you're cheese.

November

S Mon	Tue	Wed	Thu	Fri	S
<p> Answers</p> <p>Word Jumble Answers: Acorn Autumn Foliage Migration Gourd Frost Rake Answer: Drumstick</p>	<p>Research shows wearing bright colors boosts your energy <i>and</i> your mood. Feeling fatigued, throw on some colorful clothes and test this theory!!</p> 	<p>'When I was crossing into Gaza, I was asked at the check post whether I was carrying any weapons. I replied: "Oh yes, my prayer books."' - Mother Theresa</p> 	<p> Health Tip:</p> <p>Some people are afraid to exercise after a heart attack, but regular physical activity helps reduce the chances of having another!</p>	<p>1 9 am ZUMBA 10 am Sen. Keenan Office Hours 12 pm Bridge 1:30 pm Vic Solo Las Vegas Legends</p>   <p>Remember: Daylight Savings Ends 2 am</p>	2
<p>3 4</p>  <p>Foot Screening by appt 10 am Line Dancing 11 am Scrabble 11:30 am ZUMBA</p> <p><i>Line Dancing</i></p>	<p>5 Election Day 8 am-4 pm Bake Sale 8 am Piano Lessons 9 am Exercise 10 am Sewing 10:30 am Computer 10 am Dance 11 am Blood Pressure with Home Instead 12:30 pm Yoga 1 pm Sketching Class 1 pm Healing Art 1 pm Movie</p> 	<p>6</p> <p>10 am Knitting Group 10 am Yellow Dot 11 am Poker 11 am Volleyball 11 am Blood Pressure 12 pm Cards & Games 1:30 pm Computer</p> 	<p>7</p> <p>9 am Exercise 10 am Mah-jongg 10 am Sing-a-long 10 am Blood Pressure 10 am Chess (& lessons) 10 am Protecting Your Assets 10 am Computer Class 10:30 am Strength Training 12:30 pm Yoga 1 pm Whist Group 2 pm TV Production 6:30 pm Caregiver Support</p> 	<p>8</p> <p>9 am ZUMBA 12 pm Bridge 12 pm Veteran's Day Tribute Luncheon 2 pm SHINE Presentation</p> 	9
<p>11 Veteran's Day Office Closed</p> 	<p>12</p> <p>9 am Exercise 10 am Sewing 10 am Dance 10:30 am Computer 12:30 pm Yoga 1 pm Sketching Class 1 pm Free Movie 'Singing in the Rain'</p> 	<p>13 FOXWOODS</p> <p>7:15 am Foxwoods 10 am Knitting Group 11 am Volleyball 11 am Poker 11 am Blood Pressure 12 pm Cards & Games 1:30 pm Computer</p> 	<p>14</p> <p>9 am Exercise 10 am Mah-jongg 10 am Sing-a-long 10 am Blood Pressure 10 am Chess (& lessons) 10 am Men's Discussion Group 10 am Computer Class 10:30 am Strength Training 12:30 pm Yoga 1 pm Whist 2 pm TV Production Classes</p>  	<p>15</p> <p>Simple Wills by appt</p>  <p>9 am ZUMBA 10 am Emergency Mgmt with Ruth Jones 12 pm Bridge 12 pm Living w/Diabetes</p> 	16
<p>18</p> <p>10 am Line Dancing 10 am Painting 11 am Scrabble 11:30 am ZUMBA 2 pm Healthy Eating With Ruth Jones Hearing Screening Appointment required</p> 	<p>19</p> <p>9 am Exercise 10 am Sewing 10 am Dance 10 am CTS & Lunch 10:30 am Computer 12:30 pm Yoga 1 pm Sketching Class 1 pm Free Movie 'Guys and Dolls'</p> 	<p>20</p> <p>10 am Knitting Group 11 am Volleyball 11 am Poker 11 am Blood Pressure 12 pm Cards & Games 1:30 pm Computer 2 pm In the Mood at Cutler Majestic Theater</p> 	<p>21</p> <p>9 am Exercise 9:30 am Jail Tour and Lunch 10 am Mah-jongg 10 am Sing-a-long 10 am Blood Pressure 10 am Chess (lessons) 10 am Computer Class 10:30 am Strength Training 12:30 pm Yoga 1 pm Whist Group 2 pm TV Production Classes</p> 	<p>22</p> <p>9 am ZUMBA 12 pm Bridge 12:30 pm Harvest Lunch By Linden Ponds 50th Anniversary of John F. Kennedy's death</p> 	23
<p>25</p> <p>10 am Line Dancing 10 am Painting 11 am Scrabble 11:30 am ZUMBA</p> 	<p>26</p> <p>9 am Exercise 10 am Sewing 10 am Dance 12:30 pm Yoga 1 pm Sketching Class 1 pm Free Movie 'West Side Story'</p> 	<p>27</p> <p>10 am Knitting Group 11 am Volleyball 11 am Poker 11 am Blood Pressure 12 pm Cards & Games</p>  	<p>28 Thanksgiving Office Closed</p>  <p>HAPPY THANKSGIVING!</p>	<p>29 Office Closed For shoppers who brave Christmas shopping in the early morning hours, Black Friday fliers can be found online at www.theblackfriday.com</p> 	30