

Kennedy Center News

July 2016



Friendly Visits

If you know a homebound senior who would benefit from a friendly visit, call Outreach Coordinator, Marge Donaher, at 617-376-1243. Friendly visits provide social support for lonely, isolated and/or homebound elders. A face to face chat can help a senior stay socially connected and reside at home longer, as well as help address health and social isolation among our homebound senior population.

We join Mayor Tom Koch in extending our heartfelt thanks to all our nation's courageous veterans and the fallen who fought for our freedom. Thank you to the servicemen and women who continue to fight to protect our freedom. To our members who have served in the military and those who have children, grandchildren, nieces and nephews currently serving, thank you. Have a safe and fun Fourth of July!

Kennedy Center will be closed on Monday, July 4th in observance of Independence Day.



Dear Friends,

It's hard to believe that July is upon us. If I may look back for just a second, I would like to thank the members of the Quincy Fire Department who once again went above and beyond to make their annual cookout for the seniors such a great success. These guys give of themselves each and every day, putting their lives on the line for us. Then, on their day off they show up cook, serve and entertain us. We are fortunate to have such fine public servants.

With the summer months of course comes the heat. I know that many of us look forward to these days but we should always make sure we take the necessary steps to stay healthy. The most important thing we can do is to make sure we drink plenty of water. This is a practice that we should do throughout the year, but it is particularly important in the extreme heat. Do not over exert yourself in the heat. So many of you have beautiful gardens and find it therapeutic to work in them. This is a great way to get some exercise and fresh air, but it is important not to over do it in the heat. Remember that the Kennedy center is fully air-conditioned and you are more than welcome to come down when we are open and cool off.

Even though many folks are away during the summer months we still have lots happening here at the Kennedy Center. So don't be shy come down and check us out.

Our thoughts and prayers are with the victims and families of the attack in Orlando.

Thomas F. Clasby, Jr.
Director



For timely information, topics of interest, announcements and more, be sure to like us on Facebook! Search us under Quincy Council on Aging



KENNEDY CENTER

Kennedy Center
440 East Squantum Street
Quincy, MA 02171
617-376-1506

www.quincyma.gov/government/elderserv
Hours : Monday - Friday 8:30 a.m.- 4:30 pm

Caregiving 101

Thursday, July 21 @ 10:30 at the Kennedy Center



Susan Sheehan, the Executive Director of Windrose at Weymouth and trained in Habilitation Therapy, Alzheimer’s disease caregiving and a certified support group leader, will discuss Caregiving 101. She will cover what it means to be a caregiver and ‘what is your role’. The following points will be discussed: areas of communication, difficult behaviors, resources in the community available to caregiver, how to take care of you the caregiver to stay healthy and energetic. Light refreshments will be served. Space is limited. **Call 617-376-1506 to register.**



Gloucester Cruise and Rockport shopping Monday, August 22

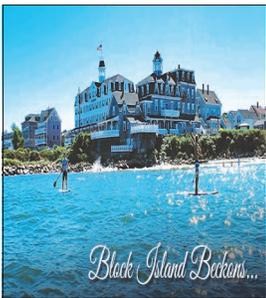
\$80PP Depart on Silver Fox motor coach to board the Beauport Princess Cruise Ship. You will dine, dance and enjoy a traditional New England Lobster Bake while cruising Gloucester harbor. In the afternoon you will board motor coach to nearby Rockport, a popular art center and shopper’s paradise. **Space limited. Payment due at registration. No exceptions.**



Ice Cream Social by John Adams Healthcare
Friday, July 22nd at 1:00 at the Kennedy Center
Please join us for an ice cream social sponsored by John Adams Healthcare. Space is limited Registration is required, **Call 617-376-1506 to register for this fun and delicious event.**



Fire Safety for Seniors
Tuesday, July 26th at 10AM at the Kennedy Center
Mike Slade, firefighter with QFD, will discuss fire safety for seniors. Light refreshments will be served. Space is limited. **Call to register at 617-376-1506.**



Due to the popularity of this trip we have booked a second trip!!! Monday, July 18th

\$109.00PP Enjoy a one hour ferry ride to Block Island where you will be taken on a 1 1/4 hour tour across the island. A delicious luncheon will be served at the National Hotel. You will also have time to browse the shops. **Space is limited. Payment due at registration. No exceptions.**



Dan'l Webster Inn Show “A Tribute to Broadway” show and luncheon Thursday, August 11, 2016

\$77 PP First you will enjoy lunch at Dan'l Webster Inn. In addition to appetizers, rolls, vegetables and coffee or tea, the buffet will include Coq Au Vin, Pasta Primavera and Broiled Native Scrod. Then you will enjoy the show of favorite Broadway show tunes. Then you will visit Pairpoint Glass and see a demonstration of glass blowing. **Space is limited. Payment due at Registration. No exceptions.**



Wednesday, July 20th at 10 at the Kennedy Center

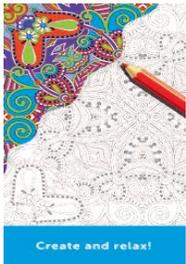
Join Ruth Jones BSN,RN,BC,CP-FS Public Health Nurse Educator for the Quincy Health Department for a discussion on melanoma, the most serious type of skin cancer, develops in the cells (melanocytes) that produce melanin, the pigment that gives your skin its color. Ruth will discuss symptoms, treatments and prevention. Light refreshments will be served. Space is limited. Call 617-376-1506 to register.



Jewelry Making Class

Thursday, July 14th at 10:30 AM at the Kennedy Center

\$15 pp includes supplies. No experience needed. Space is limited. Payment due at time of registration. Please stop by the office to register.



Coloring Group

Thursdays at 1:00 at the Kennedy Center

Join the coloring craze! It is a great way to relax. Health benefits include improved fine motor skills and vision and brain focus. Doctors prescribe to patients to calm and center their minds as well as combat stress and anxiety. Supplies provided. If you have supplies you prefer to use, bring them along. No registration required.



S.H.I.N.E.(Serving Health Insurance Needs of Elders)

Kay MacPherson, Quincy COA S.H.I.N.E. counselor, is here to assist you with questions regarding Medicare, Prescriptions Advantage, Part D, etc. **Call 617-376-1247** to make an appointment to meet with Kay .



John Adams Courthouse Tour

Tuesday, July 12th at 9:00

Transportation will be provided. We will leave from the Kennedy Center promptly at 9 AM. Enjoy a tour of the John Adams Courthouse in Boston. The tour is an hour long. We will stop at Florian Hall and have lunch. (order and pay for your own meal) Then return to the Kennedy Center. **Space is limited! Call 617-376-1506 to register.**



Kennedy Center Book Club

1st Thursday of each month at 1:30

Is a welcoming group that meets the first Thursday of each month at 1:30 PM. July 7th "March" by Geraldine Brooks and "Little Women" by Louisa May Alcott. August 4 "The Nest" by Cynthia Sweeney. September 1 "For 2 Cents Plain" by Harry Golden. **Registration is not required.**



Computer Classes - July 2016 - \$5 per class Instruction by Grace Buscher



*Registration required for classes * Bring your laptop. You are welcome to come without laptops for instruction only. The center's computers are available first come, first serve. Call 617-376-1506 to register.*

July 7- Apple Computers. How does it work? What do you need to do? How do you get your email, get on the internet and everything about the Mac. Come join us if you have your Mac, bring it to class.

July 14 - Digital Photography. Introduction to digital photography explains how to work a camera, what is a memory card, batteries and all simple basics of digital photography. We learn how to take a picture, print on a printer with a card reader and how to get your pictures developed or printed. We will also talk about capturing size and settings for your digital camera. Bring your digital camera to class making sure it is charged.

July 21- Digital photography with your computer. 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, photobook, collage making and minor modifications to your photo. (Resizing, reshaping, turning to black/white photography).

Seniors are often intimidated by technology. Join Grace for computer classes at the Kennedy Center- stimulate your mind and learn how to use a computer and navigate the internet. Beginner classes are Tuesdays at 10:30am and Wednesdays at 1:30pm.



Quincy and area elders are reminded that mosquitos are attracted to both body heat and carbon dioxide and both are produced in higher amounts when out in hot, humid weather. Use mosquito repellent to help reduce exposure to mosquito bites,. Be sure to empty standing water on your property. Call the Norfolk Mosquito Control at 781-762-3681 to schedule to have your property sprayed.

Notice

The Metropolitan Beach Commissioner's public hearing for input on Quincy's Public Beaches has moved from **June 21st to July 19th at 6 PM at the Kennedy Center.**



Parkinson's Support Group is held the **2nd Wednesday** of each month at the Ward 4 Community Center. 100 Brooks Ave, at 7 pm to discuss Parkinson's. Call Brian 617-770-2090 for information.



It is that time of year again and the air conditioners will be turned on at the Kennedy Center. Please bring a sweater with you in case it is too cold for your liking.



Let's Celebrate!
July 29th at 1:00 at the Kennedy Center
Are you 90 or older? Join us in celebrating "being 90+" at the Kennedy Center. A major milestone in someone's life, 90 is well deserving of a celebration! **Call 617-376-1506 to register for this special celebration.**



The Women's Discussion Group and the Men's Discussion Group will **Not** meet in July and August. Meetings will resume in September.



QFD Cookout

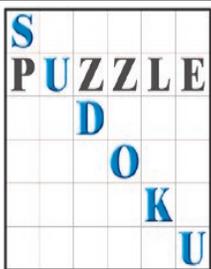
Squantum Yacht Club Summer Kickoff



Painting with Acrylics

Friday, July 8th at 10AM

Learn the principles of art in this relaxed 'paint in the moment' affair at the Kennedy Center. Participants leave with their creations. Light refreshments. Supplies provided. \$15 per person due at registration. Cost includes supplies. Space is limited



This is an Intermediate Level Puzzle.

Exercise Your Brain!



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	7	4		8				
					3			2
	8			4			1	
6			5					
				1		7	8	
5					9			
							4	

Sudoku

Use your logic to find the correct number for each square. When finished, all nine rows across, all nine columns down and all nine 3 by 3 boxes must contain all nine numbers, 1 through 9, with no repeats.

Level: Intermediate

Good luck!!

FREE MOVIE FRIDAYS

Free Movie Fridays at the Kennedy Center Every Friday at 12:30pm



July 1 - Jaws - 1975 American thriller directed by Stephen Spielberg. A giant great white shark arrives on the shores of a New England beach resort and wreaks havoc with attacks on swimmers until a part-time sheriff teams up with a marine biologist and an old seafarer to hunt the monster down.

July 8th Message in a Bottle– 1999 starring Kevin Costner, Robert Wright and Paul Newman. A tale of love lost and found based on Nicholas Sparks' bestseller. A radiant romance of sweet surprises and tender feelings,

July 15th Ladder 49– 2004 starring Joaquin Phoenix, John Travolta and Jacinda Barrett. A Baltimore firefighter making the transition from inexperienced rookie to seasoned veteran, struggles to cope with a risky, demanding job. When he becomes trapped in the worst blaze of his career, his life, family, dignity and courage come into focus.

July 22nd Mamma Mia– 2015 starring Meryl Streep, Amanda Seyfried and Pierce Brosnan. An independent hotelier in the Greek Islands is preparing for her daughter's wedding with the help of friends. Meanwhile the bride has a plan, she invites three men from her mother's past in hope of meeting her real father and having him escort her down the aisle on her wedding day.

July 29th The Family Man– 2000 starring Nicolas Cage and Tea Leoni. Jack is a single wealthy Wall Street trader living the high life in New York City. All that changes one morning when he wakes up in a suburban New Jersey bedroom with a wife he never married and two kids he never had -the life he would have led if he made different choices as a younger man.



PHOTOS

Picture to the left was taken outside the Kennedy Center . Nestled in one of the bushes is this birds' nest with three baby birds. I check on them everyday. Our **photo albums** and **videos** are on the Quincy Council on Aging Facebook page. Not on Facebook? Sign up for a computer class at the Kennedy Center with Grace Buscher and become a computer and social network whiz! To register, call 617-376-1506.





1. Which president of the United States was in office from Jan. 20, 1953 to Jan. 20, 1961?
2. Which famous song sung by Doris Day was introduced in the 1956 Hitchcock thriller, *The Man Who Knew Too Much*?
3. Which aspiring rock and roll singer appeared on the Ed Sullivan show in 1956, but could only be shown from the waist up?
4. Who was the first African-American named Supreme Court Justice in 1967?
5. Which film won the Oscar for Best Picture in 1960?
6. Which iconic blonde actress, and rumored lover of President John F. Kennedy, was found dead in her bedroom August 5, 1962?
7. Which president resigned in 1974 over the Watergate scandal?
8. Which video game system debuted in the 1970s and featured now iconic games like *Pong* and *Pac Man*?
9. What singer had a hit with *Sixteen Tons* in 1955?
10. Which disease did Dr. Jonas Salk successfully create a vaccine for in 1952?



Thank You **Eileen and Joseph Feeney** for your generous donation. Thank you to **Quincy Firefighters Local 792** who kindly held a cook-out for Quincy seniors on June 10th at the Kennedy Center. Quincy's finest cooked and served hot dogs, hamburgers, chips, desserts and drinks. They cleaned up the room after the seniors finished their delicious lunch. The firefighters brought with them a boot for their popular "Fill the Boot" campaign to raise money for MDA. The event was a huge success. Thank you **Jim Edwards** for your presentation on Old City Hall Renovation. Thank You **Squantum Yacht Club** for kindly donating their facilities for the Kennedy Center Summer Kickoff event with entertainment by Joey B-Bop. Thank you **Sister Lois Connors, RN, BSN.** for the Aging with Humor presentation. Great crowd full of laughter!! Thank you **Clare Donovan** from Brookdale Quincy Bay and **Jennifer Nosalek** from Hahn Home health Care for the afternoon of Brain Games. Thank you **Ruth Jones, BSN,RN,BC,CP-FS,** Public Health Nurse Educator for the Quincy Health Department for your presentation on UTIS.



Ann Bruce, July 3rd
Michelle Paige July 13th
Joe Lyons July 17th
Peggy Kelly July 20th





Ha! Ha! Ha!



"I'M JUST SAYING, IF OUR INCOME IS 'FIXED', HOW COME WE'RE 'BROKE'?"



The first senior moment.



"When Grandma was young, she had to walk all the way to the TV to change the channels."

Word Search

AMERICA	BARBEQUES	BEACH	BOATING	BUBBLES
CAMPING	CARNIVALS	CELEBRATE	FIREWORKS	FLAG
FOURTH	FREEDOM	HUMID	INDEPENDENCE	INSECTS
LEMONADE	LOBSTER	MOSQUITOS	POOLSIDE	POPS
SAND	SUNTANNING	SWIMMING	VACATION	WAVES

V C S V L F G H H B M E M A E
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July 2016

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