

Kennedy Center News

September 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.



Kennedy Center is closed Monday, September 5th in observance of Labor Day.

Dear Friends,

This summer seemed to fly by and now here we are in September. As many of you know each September we hold the John Noonan Senior Conference. This year will mark the 21st John Noonan Senior Conference. After visiting the White House Conference on Aging during the Reagan years, John Noonan dreamed of doing a local conference on aging here in Quincy. Twenty one years later that dream is still going strong.

Over the years we have had keynote speakers from many different cities throughout the Commonwealth of Massachusetts and from far-off states, and even one from Washington DC. This year however, I am extremely pleased to announce that our keynote speaker is a Quincy native. In fact I would call him a Quincy treasure; it is former Mayor Walter J. Hannon. He served as mayor from 1972 to 1975 before that he served as Ward 5 City Councilor for eight years and three terms as a state representative. Mayor Hannon worked tirelessly to see that Quincy had a strong business and commercial base which in turn would ensure an affordable city to raise a family.

Among his many talents is his tremendous ability to tell a great story and I know that he will have more than a few for us at the Senior Conference on Friday September 30th here at the Kennedy Center.

Hope to see you there.

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



**New Hampshire Turkey Train
Friday, October 14, 2016**

\$79.00 PP Depart at 7:30 AM and head to New Hampshire. Enjoy a train ride through the scenic New Hampshire. View the changing colors of sugar maples and the beautiful White Mountains.. While on board the train you will be served a delicious full course luncheon from Hart’s Turkey Farm. Local sightseeing and foliage viewing after the train ride. Return approximately 5:30PM. **Payment due at registration. Space is limited.**



**Tony’s Clam Shop & The Quincy Council on Aging present..
Back To The Beach!! Tuesday, Oct 4th 12:30-3PM
In memory of our good friend, Dick Herbert**

Tony’s Clam Shop and the Quincy Council on Aging are coming together to create an afternoon of fun for the seniors of Quincy! Rain or Shine! Music by the Lonesome Boat men. Members of the Kennedy Center will receive a free small fountain soda and a 10% discount on any meal from Tony’s Clam shop. Simply show your Quincy COA member ID card. To register for this event, please call the Quincy Council on Aging at 617-376-1506.

**21st Annual John D. Noonan Senior Conference
Friday, September 30th from 8:30 AM—2:30PM
At the Kennedy Center**

Sponsored by the Office of Mayor Tom Koch and the Quincy Council on Aging



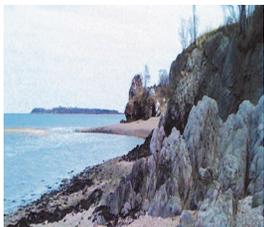
Registration will begin at 8:00 AM with a continental breakfast. Followed by an introduction by Tom Clasby, Jr., Director. Remarks from Mayor Tom Koch. Session one will begin at 9:15 and finish at 10:30. Session two will begin at 10:45 and end at 12PM. Guest speaker former Mayor Walter J. Hannon will speak. A catered lunch will be served followed by an Award Presentation. Registration forms will be available at the Kennedy Center for completion of session selections. Return with the \$20 fee to the Kennedy Center. You will also receive a bag with various items donated by local businesses. Please call the Kennedy Center with any questions 617-376-1506.



70’s Music Night

Thursday, October 6th at 7PM at SYC

Join us at the Squantum Yacht Club for a fun night of 70’s music with Joey B-Bop. Light refreshments will be served. Cash bar. \$10 PP **Payment due at time of registration.**



**Coastal Walk and Talk with Randy Veraguas from Atria Senior Living
Tuesday, September 27th at 2:00**

Join Randy Veraguas for a coastal walk and talk at Squaw Point in Squantum. Walk would begin at Squantum Rock, through the woods and down to the beach. Transportation from the Kennedy Center to the starting point and back will be provided. Bus will leave Kennedy Center at 2:15 Space is limited. Registration is required. Call 617-376-1506



Protecting Your Assets Wednesday, September 28 at 10AM

Attorney Robert Romano will conduct an estate planning essentials workshop at the Kennedy Center to discuss the important issues that effect seniors. Space is limited. Registration is required. Call 617-376-1506.



Oktoberfest Celebration

Friday, October 7th at 1PM at the Kennedy Center

\$20 PP Entertainment and German Fare lunch catered by Fasanos Catering in Braintree. Music by the Mad Bavarian Trio Band. **Payment is due at time of Registration.**



Halloween Party

Friday, October 28th at 1PM

Entertainment by Joey B-Bop! Appetizers, dessert and coffee. Halloween costumes optional. Prizes will be awarded to winners of the costume contest. **\$10PP due at registration.** Reserve your spot at this popular and fun annual event!!



Quincy Historical Society to hold a benefit silent auction & reception

Thursday, September 29, 7:00PM, Adams Academy

The proceeds will help the Society's mission of preserving and telling Quincy's history for this and future generations. Norfolk County Sheriff Michael Bellotti will be the master of ceremonies. The evening will feature wine, beer and hors d'oeuvres. Biddable items include tour of the State House and lunch with Senator Keenan, tour of State House and lunch with Bruce Ayers, tour of City Hall and lunch with Mayor Tom Koch, passes including lunch to Salem Maritime Society, Peabody, Essex Museum, Museum of Fine Arts, dinner for 8 cooked in your home by Chef Tom Anacone, and many more.

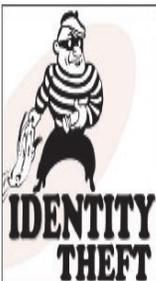
Tickets are \$50 and are available at the Historical Society, 8 Adams St., Call 617-773-1144 for more information.



Meet the Author

Wednesday, September 14th at 1:30PM

The Quincy Retiree Association in conjunction with the Quincy Council on Aging present Author Michael H. Cunningham "In Safe Hands". "In Safe Hands" brings you into this realm of excitement and danger and tells you the whole story, the good and the bad. When you hear the author's story, you will be eternally proud of the men and women sworn to protect this country. Call 617-376-1506 to register.



Protect Your Identity with Mobile Shredding sponsored by DA Morrissey

Wednesday, September 21st from 10AM –1PM

Seniors are invited to safely dispose of sensitive and personal documents to further protect themselves from identity theft and fraud. Visit the Kennedy Center on Wed, Sept 21st to speak to DA Michael Morrissey's staff and shred tax, financial, legal and other documents free of charge. This event, organized to heighten awareness about identity theft and fraud, is sponsored by Norfolk District Attorney Michael Morrissey.



Computer Classes - 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.

September 1st– Mac Computer– Mac computer and file structure.

September 8th - Windows 10– The good, the bad and the ugly on Windows 10. How does it differ from previous versions of the program.

September 29th– Scanning– How do you scan items into the computer. Difference between scanning and copying. What should you know about taking a document and making a digital copy.

October 4th– basic computer class. Sign up now to assure your spot.

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.



Alzheimer's Support Group is held the 4th Thursday of every month at 1PM at the Kennedy Center. For more information contact **Marge Donaher at 617-376-1243.**

Community Outreach for Fall 2016 . Norfolk County Registry of Deeds Staff will be at City Hall on Thursday, **October 6th from 10AM-12.** Register of Deeds William P. O'Donnell and members of his staff will be at Quincy City Hall, first floor, Boards and Commissions Room, 1305 Hancock Street for consumer outreach.



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 .

Coping With Early Memory Loss

Tuesday, October 18th from 10:30Am-12:30

Jennifer Hoadley, CDP, Regional Manager South Eastern MA, Alzheimer's Association, Massachusetts and New Hampshire Chapter, will speak to those experiencing mild memory challenges or have received an early stage diagnosis. Learn about diagnosis, treatment, and effective coping techniques. Call 617-376-1506 to register. Space is limited.



September 1 "For 2 Cents Plain" by Harry Golden or "Year of Wonder" by Geraldine Brooks. October 6th , "The Red Coat" by Dolly Carlson. **Registration is not required.**



Chair Yoga with Karen Gaughn
Wednesdays at 1:00 at Foreriver Club House \$3 per class



Strength Training fall session will begin Thursday, September 8th @ 10:30



3rd Annual Diabetes Expo Will be held Saturday, October 15, 2016, 8:30AM-1:30PM at Lombardo's, 6 Billings Street, Randolph, MA . Advanced reservations are encouraged, but walk-ins welcome. Please call (781)624-6673 to register or visit southshorehospital.org/classes-and-events.



Painting with Michael Domina
Classes beginning September 12th at 10AM

\$95 pp not including supplies. Payment must be made at time of registration.



Jewelry Making Class , Thursday, October 6th at 10AM

Learn how to create your own beautiful, custom jewelry using beads, wire, chains, charms, crystals and more. Supplies included. **\$15 per person.** Visit the Kennedy Center to register.



Hand and Foot Card Game

Tuesday, September 13th at 10:00 AM

Learn the American card game related to Canasta. An instructor will teach you this fun game in which the players are dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up.

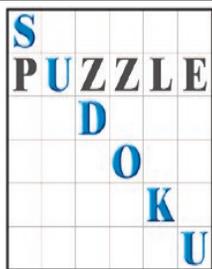
Call the Kennedy Center to register at 617-376-1506.



Painting with Acrylics

Friday, September 9, 12th 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!



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

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



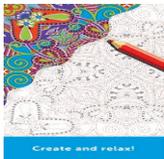
September 2nd - The Intern-starring Robert DeNiro and Anne Hathaway, is a 2015 funny, smart, warm, wise and completely winning film. DeNiro a 70 year-old widower gets the chance to work as a senior intern at an online fashion start-up founded and run by the ambitious Jules Ostin, played by Anne Hathaway. As the two generations collide, they also find friendship and someone to count on-each other.

September 9th Stand By Me- starring River Phoenix, Kiefer Sutherland-is a 1986 delightful movie of a group of friends in search of a missing teenager's body. Wanting to be heroes in each other's and their hometown's eyes, they set out on an unforgettable two day trek that turns into an odyssey of self-discovery.

September 16th-28 Days- starring Sandra Bullock- is a 2000 film of a successful N.Y. journalist (Sandra Bullock) and ultimate party girl that loves to have a good time. She earns herself a DUI and a 28 day stretch in rehab. She embarks on a touching and often hilarious road to recovery.

September 23rd- Somersby- starring Richard Gere-is a 1993 "The best romance since Gone with the Wind". Jack Somersby was a bitter, loutishman. But when he returns to his hometown after the Civil War, he's tender, caring and resourceful. Has the war changed him?

September 30th- The Martian -starring Matt Damon-2015 sci-fi adventure of an American astronaut presumed dead and left by his crew. Still alive he must now find a way to contact earth.



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.**



U.S. Coast Guard Band

Tuesday, September 13th at 7PM at Quincy High School

The City of Quincy, Chamber of Commerce and Discover Quincy are sponsoring a free concert at Quincy High School. Performance will include Swinging Dixieland, Jazz, Concert Band Classics and Patriotic favorites!! Tickets are required for admittance. Stop by the Kennedy Center for tickets.



1. What famous explorer first climbed Mount Everest in 1953?
2. What piece of women's clothing, named after a dog, became popular in the 1950's?
3. Which television game show first aired in 1956 and is still running today?
4. What was the name of the circular plastic 1950's toy that was placed around the waist and operated by gyrating the hips?
5. Eating what type of fish became popular in the 1950's?
6. What famous actor starred in Lilies of the Field and Guess Who's Coming to Dinner?
7. Which athlete was the first to earn a perfect score in the history of Olympic gymnastics?
8. What hide was first used to cover baseballs in 1975?
9. Who created the Muppets?
10. What was the name of Stephen King's first published novel that came out in 1974?



Thank you **Mayor Tom Koch** for taking members of the Kennedy Center on the tour of City Hall. Thank You **Wynn Gerhard** from **Greater Boston Legal Services** for your legal services class. Thank You **Piper Jornales** from **Piper Dee Naturals** for your class on making lip balms. Thank you to our volunteer chaperones!!! **Marie O'Toole**, great job on the **Dan'l Webster Trip**, **Rachel Solano**, great job keeping everyone together on the **Block Island Trip** and **Sue Donovan**, great job with the **Gloucester Cruise!** Very busy month for trips!!!



Dolly Deitsch, Sept 1st
Lisa Sullivan, Sept 2nd
Joan King, Sept 5th
Marie Ferent, Sept 12th
John Boyle, Sept 16th
Deni Sindel, Sept 22nd
Robert Paniro, Sept 25th





Ha! Ha! Ha!



Word Search

- | | | | | |
|-----------|----------|------------|----------|------------|
| Acorn | Apples | Cornucopia | Harvest | Maple |
| Scarecrow | Sweaters | Amber | Autumn | Foliage |
| Hayride | Orchard | School | Windy | Applecider |
| Brisk | Football | Leaves | Pumpkins | Squash |

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

September 2016

Mon	Tue	Wed	Thu	Fri																																																																																	
Trivia Answers 1. Sir Edmund Hillary 2. Poodle Skirt 3. The Price is Right 4. Hula hoop 5. Goldfish 6. Sydney Poiter 7. Nadia Comaneci 8. Cowhide 9. Jim Henson 10. Carrie	<table border="1" style="margin: auto; border-collapse: collapse;"> <tr><td>1</td><td>8</td><td>4</td><td>6</td><td>3</td><td>9</td><td>7</td><td>5</td><td>2</td></tr> <tr><td>7</td><td>6</td><td>9</td><td>5</td><td>2</td><td>1</td><td>4</td><td>8</td><td>3</td></tr> <tr><td>5</td><td>2</td><td>3</td><td>4</td><td>7</td><td>8</td><td>9</td><td>6</td><td>1</td></tr> <tr><td>4</td><td>1</td><td>8</td><td>9</td><td>6</td><td>3</td><td>5</td><td>2</td><td>7</td></tr> <tr><td>2</td><td>9</td><td>5</td><td>1</td><td>4</td><td>7</td><td>8</td><td>3</td><td>6</td></tr> <tr><td>6</td><td>3</td><td>7</td><td>8</td><td>5</td><td>2</td><td>1</td><td>9</td><td>4</td></tr> <tr><td>9</td><td>7</td><td>6</td><td>2</td><td>8</td><td>4</td><td>3</td><td>1</td><td>5</td></tr> <tr><td>3</td><td>5</td><td>1</td><td>7</td><td>9</td><td>6</td><td>2</td><td>4</td><td>8</td></tr> <tr><td>8</td><td>4</td><td>2</td><td>3</td><td>1</td><td>5</td><td>6</td><td>7</td><td>9</td></tr> </table>	1	8	4	6	3	9	7	5	2	7	6	9	5	2	1	4	8	3	5	2	3	4	7	8	9	6	1	4	1	8	9	6	3	5	2	7	2	9	5	1	4	7	8	3	6	6	3	7	8	5	2	1	9	4	9	7	6	2	8	4	3	1	5	3	5	1	7	9	6	2	4	8	8	4	2	3	1	5	6	7	9	7 S.H.I.N.E. by apt 9:30 Tai Chi 10 Knitting Group 11 Blood Pressure 11 Volleyball 1:30 Computers	8 9 Exercise 10 Men’s Discussion Group 10Chess & lessons 10 Mah-jongg 10 Computers 10 Sing-a-long 10 Blood Pressure 10:30 Strength Training 12:30 Yoga 1 Coloring Group 1:30 Women’s Discussion	9 9 Zumba 10 Painting with Acrylics 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie Stand By Me 
1	8	4	6	3	9	7	5	2																																																																													
7	6	9	5	2	1	4	8	3																																																																													
5	2	3	4	7	8	9	6	1																																																																													
4	1	8	9	6	3	5	2	7																																																																													
2	9	5	1	4	7	8	3	6																																																																													
6	3	7	8	5	2	1	9	4																																																																													
9	7	6	2	8	4	3	1	5																																																																													
3	5	1	7	9	6	2	4	8																																																																													
8	4	2	3	1	5	6	7	9																																																																													
Kennedy Center is closed in observance of Labor Day 	6 S.H.I.N.E. by appt Piano Lessons by appt 9 Exercise 10 Quilting 10 Writing Class 10:00 Ballroom Dance 10:30 Computers 12:30 Yoga	7 S.H.I.N.E. by apt 9:30 Tai Chi 10 Knitting Group 11 Blood Pressure 11 Volleyball 1:30 Computers	8 9 Exercise 10 Men’s Discussion Group 10Chess & lessons 10 Mah-jongg 10 Computers 10 Sing-a-long 10 Blood Pressure 10:30 Strength Training 12:30 Yoga 1 Coloring Group 1:30 Women’s Discussion	9 9 Zumba 10 Painting with Acrylics 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie Stand By Me																																																																																	
12 9:30 Walking Club 10 Line Dancing 10 Painting with Michael Domina 11 Scrabble 11:45 ZUMBA	13 S.H.I.N.E. by appt Piano Lessons by apt 9 Exercise 10 Quilting 10 Writing Class 10 Ballroom Dance 10 Hand & Foot Card Game 10:30 Computers 12:30 Yoga	14 S.H.I.N.E. by appt 9:30 Tai Chi 10 Knitting Group 11 Blood Pressure 11 Volleyball 1:30 Computers 1:30 Meet the Author Michael H. Cunningham	15 9am Exercise 10 Chess/lessons 10 Mah-jongg 10 Sing-a-long 10 Computers 10 Blood Pressure 10:30 Strength Training 12:30 Yoga 1 Coloring Group	16 Simple Wills by appt 9 Zumba 10:30 Tai Chi 12pm Bridge 12:30 Free Movie 28 Days																																																																																	
19 9:30 Walking Club 10 Painting with Michael Domina 10 Line Dancing 11 Scrabble 11:45 ZUMBA	20 S.H.I.N.E. by appt Piano Lessons by appt 9 Exercise 10 Quilting 10 Writing Class 10 Ballroom Dance 10 Hand & Foot Card Game 10:30 Computers 12:30 Yoga	21 S.H.I.N.E. by appt 9:30 Tai Chi 10-1 Norfolk DA Identity Theft/ Shredding 10 Knitting Group 11 Blood Pressure 11 Volleyball 1:30 Computers	22 9 Exercise 10 Chess & lessons 10 Mah-jongg 10 Sing-a-long 10 Blood pressure 10 Computers 10:30 Strength Training 12:30 Yoga 1 Coloring Group 1 Alzheimer’s Support Group	23 7 Adirondack Balloon Festival Trip 9 Zumba 10:30 Tai Chi 12pm Bridge 12:30 Free Movie The Martian																																																																																	
26 9:30 Walking Club 10 Line Dancing 10 Painting with Michael Domina 11 Scrabble 11:45 ZUMBA	27 S.H.I.N.E. by appt Piano Lessons by appt 9 Exercise 10 Quilting 10 Writing Class 10 Ballroom Dance 10 Hand & Foot Card Game 10:30 Computers 12:30 Yoga 2:00 Coastal Walk	28 S.H.I.N.E. by appt 9:30 Tai Chi 10 Knitting Group 10 Rob Romano/ Protecting Your Assets 11 Blood Pressure 11 Volleyball 1:30 Computers	29 9 Exercise 10 Chess & lessons 10 Mah-jongg 10 Sing-a-long 10 Blood pressure 10 Computers 10:30 Strength Training 12:30 Yoga 1 Coloring Group	30 8:30 Senior Conference 9 Zumba 10:30 Tai Chi 12pm Bridge 12:30 Free Movie																																																																																	