

# Kennedy Center News

October 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.



The Kennedy Center will be closed on Monday, October 11th in observance of Columbus Day.



Dear Friends,

Last month we honored John Boyle, who volunteered in so many capacities here at the Kennedy Center. Because John is no longer able to come down on a regular basis we knew that many of his friends wished for the opportunity to thank him and wish him well. Mayor Koch made a special presentation declaring August 26<sup>th</sup> "John Boyle Day". In my remarks I mentioned how many strong friendships John had formed since we opened our doors in 2009. As I reflect on this, it is amazing to me how many folks have formed incredible friendships since we opened our doors. I can think of many instances but two in particular in which I assumed that these people had known each other for many years because of the way they spoke of each other's families, their homes and gatherings they had attended together outside of the Kennedy center. You can imagine my surprise when I found out that they had met here at the Kennedy Center.

One of the goals we had in mind when we opened our doors was to form social networks. I had no idea those kinds of bonds would be formed between people. It is truly heartwarming. If you haven't yet become a member, I encourage you to do so and assure you there are many friends here that you just haven't met yet.

Welcome Fall!

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](http://www.quincyma.gov/government/elderserv)  
Hours : Monday - Friday 8:30 a.m.– 4:30 pm



**The Fabulous Reagle Players Christmas Spectacular  
Sunday, December 4th at 10:30AM**

Depart from the Kennedy Center to The Reagle Theater in Waltham. Enjoy the holiday tradition, "It's Christmas Time". A wonderful cast of dancers and musicians, the "Christmas Time" show is a spectacle of sight and sound. After the show you are off to dinner at the Chateau Restaurant nearby. Entrees are Baked Haddock St. Germaine, Broiled Marinated Chicken and Chicken Parmigiana with Penne. Meal also includes garden salad, Italian bread & butter, delicious dessert and beverage. **\$119.00 PP due at registration.** Space is limited.



**Veteran's Tribute Luncheon  
Wednesday, November 9th at 12:30**

We are very proud to honor veterans who have served our country and those currently serving. **John Adams Rehabilitation Center** will provide a free, delicious spaghetti and meatball lunch with salad, fresh rolls and dessert.

Registration required.

**Please call 617-376-1506. Space is limited.**



**Tour of Gillette Stadium  
Friday, November 4th at 9:30**

Depart from the Kennedy Center at 9:30 to Gillette Stadium for a guided tour. (Pay for your own lunch). Return to the Kennedy Center at approximately 2:30. **Space is limited.**

**Call to register at 617-376-1506.**



**Caryn's Corner Fashion Show  
Monday, October 24th at 1:30pm**

Join us for a free fashion show and demonstration with fashion expert Caryn Smith, owner of Caryn's Corner, a popular boutique of beautiful, trendy and comfortable clothing and stylish accessories. After the models strut their stuff, Caryn will demonstrate fashion 'how-tos.' **Register today at 617-376-1506.**



**Olde Kids on the Block  
Friday, November 4th at 1PM**

Enjoy an afternoon of music with Olde Kids on the Block band, a dance band in the style of the big bands of the 50's and 60's. They have been called a "living museum" with a library of music that will have you humming and tapping your feet! **\$7PP** due at time of registration. Light refreshments.



**Matter of Balance  
Friday, October 14th @ 10:30**

Join Christine Dipalo, C.O.T.A. and Mary Ellen McDonough, P.T., Marina Bay Skilled Nursing & Rehab for a lecture on balance. What is balance? How do we assess it? Learn how to keep it, what to do not to lose it! Helpful information to prevent those all too common falls as we get older. Coffee and donuts will be served.

**Call to register 617-376-1506.**



## Protecting Your Assets Thursday, October 27th @ 10AM

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



## Election Day Tuesday, November 8th

**\*\*All classes in the gym canceled for voting.\*\***

**There will be a bake sale at the Kennedy Center from 8AM-3PM all proceeds go toward activities at the Kennedy Center.**



## 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 coloring 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.**



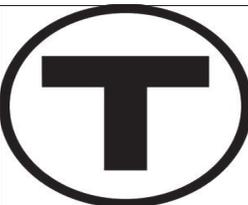
## Senior Activities at Fore River Clubhouse

**16 Nevada Road, Quincy, MA**

Chair Yoga Wednesdays at 1PM

Line Dancing Thursdays at 10:30AM

Sing-a-long Fridays at 10AM



## Reduced Fare Senior T Passes Friday, November 4th from 10-12

Grace Buscher will take photos and assist attendees with completing new reduced fare senior T pass applications. Applicants are required to bring a Massachusetts driver's license or phot identification. Registration is required.



## Sketching Class with Bob Farrell 6 week session beginning Monday October, 17th at 1PM

Join Bob Farrell for sketching classes at the Kennedy Center. Students will be guided toward the goal of seeing with an artist's eye to capture their environment. The emphasis on this course will be having fun, developing a new life-enhancing daily habit and focusing on the process of drawing rather than the product. Students are asked to bring a pen with black ink to class. \$25 PP, **Payment is due at time of registration.**

## Alzheimers "Coping with Early Memory Loss"

**Tuesday, October 18th @ 10:30**

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.**



## **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.*

**October 6th– Mac Computer– Mac computer and the desktop.**

**October 13th - Cell phones and tablets– learn about smartphones and have questions answered about your own phone. We will review the overall basics of a smart phone and then spend time addressing your questions.**

**October 20th– Scanning– Questions and answers. Come to class with your individual questions on cell phones, digital cameras, computers or tablets. Questions taken on a first come first served basis.**

**October 27, 2016– Advanced Word - Word processing based on Microsoft Word. Learn what features the program has and how to use them. Learn what you can do with word processing.**

**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.**



### **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, Elizabeth or Catherine. Appointments are available Monday, Wednesday, Friday from 9-12.



### **A Caregiver's Message**

**Monday, November 7th at 10AM**

Quincy Council on Aging's Assistant Director Linda Bowes, will talk about her experience as an Alzheimer's caregiver. Linda's husband Tom was diagnosed with Alzheimer's four years ago at the age of 62. She will talk about the ups and downs of the journey. Her story is one for caregivers as well as family members and friends of those with Alzheimer's Disease.

**Please call the Kennedy Center to register 617-376-1506**



### **Kennedy Center Book Club, meets 1st Thursday of each month at 1:30**

October 6th "The Red Coat" by Dolly Carlson. November 3rd "The Lilac Girls" by Martha Hall Kelly. December 1st "The Man Called Ove" by Frederick Backman.



### **Women's Discussion Group November 10th at 1:30PM**

Guest speaker Donna Brock, Ambassador for Road Scholar, a program that provides learning adventures, not an ordinary traveling experience.



### Sand Art Class Friday, November 18th at 10AM

\$20PP Includes all supplies. Janet Harrold, our Acrylic instructor will be teaching class. You will leave with a beautiful creation to display or give as a gift! Payment due at registration.



### Chinese Mah-jong for Beginners Thursdays from 10-12

Similar to the card game rummy, mah-jong is a game of skill, strategy and calculation and involves a degree of chance.



### 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 Tuesdays at 10AM

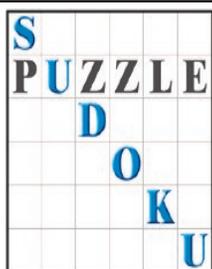
Learn the American card game related to Canasta. An instructor will teach you this fun game in which the players are dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up.

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



### Painting with Acrylics Friday, October 14th 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!



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

### 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!!**

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## **FREE MOVIE FRIDAYS** Free Movie Fridays at the Kennedy Center Every Friday at 12:30pm



**October 7th - The Martian-** starring Matt Damon-2015 breathtaking sci-fi adventure of an American astronaut presumed dead and left by his crew during a manned mission to Mars. Still alive he must now find a way to contact earth and survive on a barren planet with meager supplies in the hope that an international team of scientists can devise a rescue plan to bring him home.

**October 14th– The Blind Side–** starring Sandra Bullock, a well-to-do Leigh Anne Tuohy(Sandra Bullock) takes in a homeless teen, Michael that knows everything about the streets and projects of Memphis and little about football. He Tuohys have found something just as life changing; a beloved new son and brother, A real-life story of family and of Michael’s growth into a blue-chip football star.

**October 21st - In the Heart of the Sea–** starring Chris Hemsworth takes place in the winter of 1830 aboard the whaling ship, Esex. Experience the harrowing aftermath as the pummeled crew battles storms, starvation, and despair, and the men are forced to do the unthinkable in order to survive. This real life disaster inspired Herman Melville’s Moby-Dick.

**October 28th—The Gift–** Cate Blanchett, Giovanni Ribisi and Keanu Reeves, Annie, a widow and mother of three makes her living by foretelling others futures though her own has become cloudier than even she can see. Threatened by a client’s violently jealous husband and plagued by visions of missing girl., Annie is unwittingly pulled into a thicket of lies and deception in which her extraordinary gift could be used against her and get her killed.



### **Note Card Craft Class** **Friday, October 21st at 10Am**

Join Elizabeth Gearin for a fun, relaxing class creating your own cards. All supplies will be provided. You will leave with five cards personally created by you to give to family and friends. **\$5PP due at registration.**

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# TRIVIA

1. Name of the woman who refused to give up her seat on a bus in Montgomery, Alabama in 1955?
2. Which smoky-voiced singer sang Too Young in 1951?
3. Tony and Maria were the lead characters in what Broadway musical that premiered in 1957?
4. What type of hat/cap did both Davy Crockett and Daniel Boone wear on TV in the 50's?
5. What famous cowboy of the 1950's was really named Leonard Style?
6. Who was assassinated in November 1963?
7. What new type of telephone was invented in 1963?
8. Who played the role of Norman Bates in the 1960 horror movie psycho?
9. In which year did the Woodstock Festival take place?
10. What famous TV series debuted in 1966 with these words..."Space the final frontier..."?



Thank you **Su Madan, Director, Owner of ComForCare** and **Kristin Heuwold, Director of Community Relations** for treating our members to delicious and healthy smoothies! Thank You **Jack and Peg Kelly** for weeding out front of the Kennedy Center. Thank you **Joann Burke** for your generous donation of yarn. Our knitting class will be busy all winter! Thank you to all that contributed to the success of our Senior Conference. Thank You **Randy Veraguas** from **Atria Senior Living** for the Coastal walk and talk. Thank You **Jennifer Hadley**, Regional Manager South Easton MA Alzheimer's Association. For your class on Coping with Early Memory Loss. Thank You **Lorraine Sumner**, for introducing Hand and Foot card game to our members!

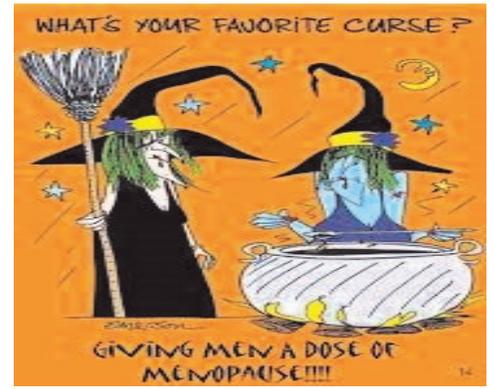


Jack Kelly October 3rd  
 Carol Lydon Oct 10th  
 JC Borneo Oct 31st





# Ha! Ha! Ha!



## Word Search

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|-----------|-----------|----------|----------|---------|
| CAULDRON  | COSTUME   | FRIGHT   | GHOST    | GOBLIN  |
| GRAVEYARD | HALLOWEEN | HAUNTED  | HAYRIDES | MUMMY   |
| PUMPKINS  | SCREAM    | SKELETON | SPIDER   | SPIRITS |
| SPOOKY    | VAMPIRE   | WEREWOLF | WITCH    | ZOMBIE  |

S C Y T N F M H T E E R C P M  
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# October 2016

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17 <b>Foot Screenings by appt</b> 9:30 Walking Club 10 Line Dancing <b>10 Painting with Michael Domina</b> 11 Scrabble 11:45 ZUMBA <b>1 Sketching with Bob Farrell</b>	18 S.H.I.N.E. by appt Piano Lessons by appt 9 Exercise 10 Quilting 10 Hand & Foot Card Game 10:30 Ballroom Dance 10:30 Computers <b>10:30 Coping With Early Memory Loss</b> 12:30 Yoga <b>2 Healthy Eating</b>	19 S.H.I.N.E. by appt 9:30 Tai Chi 10 Knitting Group 11 Blood Pressure 11 Volleyball 1:30 Computers	20 9am Exercise 10 Chess/lessons 10 Mah-jongg 10 Sing-a-long 10 Computers 10 Blood Pressure 12:30 Yoga 1 Coloring Group	21 S.H.I.N.E. by appt Simple Wills by Appt 9 Zumba <b>10 Card making</b> 10:30 Tai Chi 12pm Bridge 12:30 <b>Free Movie</b> <b>In the Heart of the Sea</b>																																																																																	
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31 9:30 Walking Club 10 Line Dancing <b>10 Painting with Michael Domina</b> 11 Scrabble 11:45 ZUMBA <b>1 Sketching with Bob Farrell</b> 	<p><b>Please note.....there will NOT be a New Year's Eve Party this year due to scheduling conflicts.</b></p>		<table border="1"> <tr><td>5</td><td>7</td><td>2</td><td>6</td><td>1</td><td>4</td><td>3</td><td>8</td><td>9</td></tr> <tr><td>4</td><td>3</td><td>1</td><td>8</td><td>7</td><td>9</td><td>5</td><td>2</td><td>6</td></tr> <tr><td>8</td><td>9</td><td>6</td><td>5</td><td>2</td><td>3</td><td>7</td><td>1</td><td>4</td></tr> <tr><td>9</td><td>1</td><td>7</td><td>2</td><td>3</td><td>6</td><td>4</td><td>5</td><td>8</td></tr> <tr><td>2</td><td>6</td><td>4</td><td>9</td><td>8</td><td>5</td><td>1</td><td>7</td><td>3</td></tr> <tr><td>3</td><td>8</td><td>5</td><td>1</td><td>4</td><td>7</td><td>9</td><td>6</td><td>2</td></tr> <tr><td>1</td><td>5</td><td>9</td><td>3</td><td>6</td><td>8</td><td>2</td><td>4</td><td>7</td></tr> <tr><td>6</td><td>4</td><td>3</td><td>7</td><td>5</td><td>2</td><td>8</td><td>9</td><td>1</td></tr> <tr><td>7</td><td>2</td><td>8</td><td>4</td><td>9</td><td>1</td><td>6</td><td>3</td><td>5</td></tr> </table>	5	7	2	6	1	4	3	8	9	4	3	1	8	7	9	5	2	6	8	9	6	5	2	3	7	1	4	9	1	7	2	3	6	4	5	8	2	6	4	9	8	5	1	7	3	3	8	5	1	4	7	9	6	2	1	5	9	3	6	8	2	4	7	6	4	3	7	5	2	8	9	1	7	2	8	4	9	1	6	3	5	Trivia Answers 1. Rosa Parks 2. Nat King Cole 3. West Side Story 4. Coonskin 5. Roy Rogers 6. John F. Kennedy 7. Touch-tone 8. Anthony Perkins 9. 1969 10. Star Trek
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