

Kennedy Center News

April 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.

No winter lasts forever;
no spring skips its turn!



I hope everyone reading this is having a really great day.

If you are not, just know in every new minute that passes, you have an opportunity to change that!

-Gillian Andersen

Kennedy Center will be closed on Monday, April 18th due to Patriots Day Holiday



Dear Friends,

I especially enjoy writing my message to you in the spring. We are at last putting the winter behind us, although we really can't complain about this winter especially when we compare it to the winter of 2015. Springtime is a time for new beginnings. It's a time when the creation around us is coming to life. That is why it seems appropriate to me to extend an invitation to those of you who may not yet have joined us as members of the Kennedy Center to do so now. There are many exciting things coming up in the spring time.

Our annual Senior Olympics will be taking place beginning on Monday, May 9th, if you have not yet participated in the Senior Olympics I encourage you to join us. It's a great way to celebrate the spring by getting lots of fresh air, exercise and the chance to form new friendships. We also have new trips and programs planned.

For many Christians Easter came early this year so I trust you had an enjoyable one. For those of you who are Orthodox Christians and will be celebrating Easter on May 1 I send my warmest wishes for a happy Easter. Passover begins on April 22 this year and I extend a wish for a happy Passover to our Jewish friends.

This spring also marks new beginnings for some of our staff. Gayle Bellotti who so many of you know from our office is beginning a new job working with the senior community throughout Norfolk County through District Attorney Michael Morrissey's office. Gayle will certainly be missed, she did an outstanding job for us and I have no doubt that she will do the same for the DA. We all wish her the very best.

I am very happy to welcome Marie Ferent to our staff. Marie has already jumped into things here with both feet and I have no doubt that she is going to do an excellent job.

This spring please take time to smell the roses, enjoy the sunshine and if you encounter an April shower remember what they bring.

Happy Spring!

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  Like

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



Senior Olympics

\$15 pp Due
With Application

Monday, May 9th Opening ceremony through Thursday, May 19th

Applications available April 1st and due back by May 2nd can be picked up at the Kennedy Center, 440 East Squantum Street or the Recreation Office at 1 Merrymount Parkway. If you participated last year you will receive an application in the mail.



Bake Sale

Tuesday, April 5th 8:30 am - 2:30 pm

Delicious home baked goods. Proceeds benefit activities at the Kennedy Center.



Health Benefits of a Positive Attitude

Tuesday, May 10th at 10:30 am

Call 617-376-1506
to register

Presented by Karen Carroll of Cottage Caregivers You will learn the many benefits of positive thinking along with ways to stay positive. Light refreshments will be provided. Reg-



Elder Abuse

Thursday, May 19th at 10:30 am

Call 617-376-1506
To register

Presented by Jill Carr of South Shore Elder Services. Discussion will include Elder Abuse Law, definition, of abuse, where and what to report. Light refreshments will be provided. Registration required.



Meet the Author

Tuesday, May 17th at 10:30 am

Call 617-376-1506
to register.

Jeanette Scales, local author, will talk about her book "Boxes", which is a historical fiction novel centered around World War II. Light refreshments will be provided. Regis-



High Tea

Friday, May 6th at 1:00pm



Entertainment by Sarah Spasojevic, an exchange student from Berklee College of Music. Light lunch will be served. Tickets (\$5.00) are required for this event and are available at the Kennedy center. For more information please call the Kennedy center at (617)376-1506.

**FREE MOVIE
FRIDAYS**

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



April 1st Along Came Polly starring Ben Stiller, Jennifer Aniston and Debra Messing. A buttoned up newlywed finds his too organized life falling into chaos when he falls in love with an old classmate.

April 8th Grumpy Old Men starring Jack Lemmon, Walter Matthau, and Ann Margaret. A lifelong feud between neighbors since childhood only gets worse when a new female neighbor moves in across the street.

April 15th As Good As It Gets starring Jack Nicholson, Helen Hunt and Greg Kinear. A single mother/waitress, misanthropic author/artist form an unlikely friendship after the artist is in an accident.

April 22nd Forrest Gump starring Tom Hanks, Robin Wright and Gary Sinse. Forrest Gump, while not intelligent, has been present at many historical moments, but his true love jenny Curran eludes him.

April 29th An Officer and a Gentlemen starring Richard Gere, Debra Winger and David Keith. A young man completing his work at a Navy Flight school to become an aviator with the help of a tough gunnery sergeant and his new girlfriend.



Newport Playhouse

Thursday, June 23rd

\$89pp incl motor coach, delicious buffet, Broadway worthy show *Play it Again, Sam* and cabaret entertainment. After the show at the Newport Playhouse, 'the best buffet in R.I.' guests return back to the dining room which is transformed into a delightful Cabaret with laughter and songs. Payment due at registration, no exceptions



Cape Cod Lunch Train

Thursday, May 26th



\$89pp incl transportation, 2 hour narrated train ride aboard Cape Cod Central Railroad (voted one of the top dinner trains in US by TV Food Network), lunch incl Cape Cod Seafood Chowder and choice of Chicken Francaise and Vegetarian Manicotti. Weather permitting, shop in Hyannis. Payment due at registration, no exceptions.



HELP and Project Lifesaver/Lojack

Friday, April 22nd at 10 am

Call 617-376-1506
to register.

Join QPD to learn about two programs for seniors. **HELP**, a free program to locate missing people, is designed for those who function on their own but have moments of disorientation. **Project Lifesaver/Lojack**, a program with fees for those who require constant supervision, uses Lojack to locate missing loved ones with a 100% success.



Caryn's Corner Fashion Show

Monday, April 25th 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.



The American Lung Association Presents: COPD

April 19th at 10am

Come join the American Lung Association for a fun, interactive game of COPD Jeopardy! You will learn about COPD, its causes and treatments and strategies for coping with it. Call 617-376-1506 to register.



Who! Who! Who's Watching You? Owls of the World

April 20th at 1 pm



Everyone loves owls! Join the Wilsons for an up close encounter where you will learn signs, field marks and naturalist's skills you can use with wild owls. This intergenerational program welcomes you to bring your grandchildren, nieces and nephews and encourages participation with the owls. Light refreshments. Buy your ticket today! **\$3/senior, \$3/child.**



The United States Cadet Nurse Corps

Tuesday, April 12th at 10:30 am

Join Shirley Harrow, RN, US Cadet Nurse Corps of WWII, for an interesting slideshow and amazing stories, including her own personal experiences, about this group of women who volunteered to serve their country during WWII. Light refreshments. Space is limited. Registration required. Call 617-376-1506 to register.



Painting with Acrylics

April 8th at 10 am



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.



Computer Classes - April 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.

- April 7** **10am - 12pm Mac Computer** How it works. Email, Internet and everything about MAC
- April 28** **10am - 12pm Windows 10** The good, the bad and the ugly of Windows 10 will be covered

Seniors are often intimidated by technology. Join Grace for computer classes at the Kennedy Center - stim-



Dr. Nancy Emerson-Lombardo Presents Brain Nutrition Tuesday, April 26th at 10:30am

Dr. Emerson-Lombard of BU's Alzheimer's Center will explain a brain healthy diet and changes that can help reduce the risk of developing dementia and Alzheimer's. Space is limited. Call 617-376-1506 to register.



Shake, Rattle and Roll at our Senior Sock Hop Wednesday, April 27th at 2pm

Reminisce as you dance to old time favorites, enjoy light refreshments, raffles and a 50's costume contest. The fellas can rock the sock hop in retro attire like black slacks, white shirts, leather jackets, letter sweaters and loafers..and the ladies in their poodle skirts, petticoats, bobby socks and saddle shoes. Space is limited. **\$7 per person**



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.



The Kennedy Center is a Polling Place. Exercise, Ballroom Dance and Yoga will be cancelled on the following dates due to the Special Election in Ward 6.
Tuesday, April 5th & Tuesday, May 3rd.



PHOTOS

St. Patrick's Celebration
We had a great turnout for the St. Patrick's Day Celebration. A good time was had by all!

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.





Kennedy Center Book Club is a welcoming group that meets the first Thursday of each month at 1:30pm . April 7 we will discuss “Dead Wake: the Last Crossing of the Lusitania” by Erik Larson. May 5 we will discuss “All the Light We Cannot See” By Anthony Doer



**Watercolor Painting, with Michael Domina
May 16th - June 27th Mondays 10 am-12**

Call 617-376-1506
to register

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

Reminder

****There will be no meditation on Monday, April 11th, April 25th, May 2nd and May 9th. ****



Special thank you to Joe Codero for his generous donation of yarn. It will be of great help to our knitting group, particularly in their charitable efforts. We truly appreciate your support.



**Reduced Fare Senior T Passes
April 8th 10am-12pm**

Grace Buscher will take photos and assist attendees complete **new** reduced fare senior T pass applications. Applicants are required to bring a Massachusetts driver’s license or photo identification. Register at 617-376-1506.



The best preparation for tomorrow is doing your best today. **H. Jackson Brown, Jr.**
Never give up. Today is hard, tomorrow will be worse, but the day after tomorrow will be sunshine. **Jack Ma**

“Life is like riding a bicycle. To keep your balance, you must keep moving.”
~Albert Einstein



This is a
Intermediate
Level
Puzzle.

Exercise Your
Brain!



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



Wanted: Memories of South Quincy from long, long ago.

Did you grow up on **South Quincy**?

Are you a long term or lifetime resident of **South Quincy**?

Do you remember what it was like back in the day before **Crown Colony** or the highway?

You may have seen *Quinzee Memories*, a show that recently aired on QATV about North Quincy, specifically Atlantic, Norfolk Downs and Montclair in the past. That show generated a lot of interest. It is my intention to do a similar show about South Quincy and I need your stories, your memories. Some of the memories may center on events that continue and have become tradition. Others may only exist in our hearts and minds.

Tuesday, April 5, 2016, 1:00 - 4:00 P.M., Art Room

Film those who agree to tell their stories on camera. You can appear alone or with 2 or 3 friends.

Note:

The goal is to capture memories from all areas of Quincy. North Quincy was the beginning and **South Quincy is the next stop**

Questions.

Please contact me at QuinzeeMem@gmail.com or 617-328-3093 Thank you and remember
Maureen Conway



Tour of Pat Roche Hospice Home in Hingham Thursday, May 5th at 12:00

Please join us Thursday, May 5th for a private tour and luncheon of the Pat Roche Hospice Home in Hingham. The twelve bed hospice residence provides individuals with private rooms and private baths. There is a beautiful Tea Room, Music Room, chapel, spa and a lovely covered porch. The home has been open since October 2013. Space is limited. Please call to 617-376-1506 to register. **Bus leaves the Kennedy Center promptly at 11:30.**

TRIVIA



1. What nation was bounced from the Organisation of American States in 1962?
2. What continent has the fewest flowering plants?
3. What element begins with the letter "K"?
4. What country saw a world record 315 million voters turn out for elections on May 20, 1991?
5. What national holiday in Mexico has picnickers munching chocolate coffins and sugar skulls? .
6. What nation's military attached dynamite packs to Dobermans before sending them into Palestinian guerrilla hideouts?
7. What was the first planet to be discovered using the telescope, in 1781?
8. How many days does a cat usually stay in heat?
9. How many U.S. states border the Gulf of Mexico?
10. What's the ballet term for a 360-degree turn on one foot?
11. What did blind bank robber David Worrell use as a weapon when trying to rob a London bank? .
12. What Great Lake state has more shoreline than the entire U.S. Atlantic seaboard? .
13. What model appeared topless on the self-penned 1993 novel Pirate?
14. If you had Lafite-Rothschild on your dinner table, what would it be?
15. What is sushi traditionally wrapped in?
16. May Queen, Wisley Crab, Foxwhelps and Lane's Prince Albert are all species of what?
17. What is allspice alternatively known as?
18. What color is Absynth?
19. What flavor is Cointreau?
20. What was the most watched UK TV program of all time?



A smile costs nothing but gives much. It enriches those who receive without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. None is so rich or mighty that he cannot get along without it and none is so poor that he cannot be made rich by it. Yet a smile cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as he who has no more to give.

-- Author Unknown





Ha! Ha! Ha!



April Word Search

Spring Flowers

AMARYLLIS
CALLA
FREESIA
HOSTA
LILAC
ORCHID
SNOWDROP

AZALEA
COSMOS
GARDENIA
HYACINTH
LILY
PETUNIA
TULIP

BEGONIA
DAHLIA
GERANIUM
IMPATIEN
MARIGOLD
ROSE
ZINNIA

I	C	R	G	W	Z	K	M	N	T	O	L	A	U	F
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April 2016

Mon	Tue	Wed	Thu	Fri																																																																																				
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			<p>Trivia Answers</p> <p>1 Cuba 2 Antarctica 3 Krypton 4 India 5 The Day of the Dead 6 Israel. 7Uranus. 8 Five. 9Five.</p>	<p>11 His cane 12 Michigan 13Fabio. 14 Wine. 15 Edible seaweed. 16 Apples. 17Pimento. 18 Green. 19 Orange.20 Eastenders, when Den divorced Angie, which drew 20.10 million viewers on 25th December, 1986.</p>																																																																																				