



## *City of Quincy, Massachusetts*

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### **Mayor Reminds Seniors To Use Kennedy Center To Beat Heat**

QUINCY – Mayor Thomas Koch is advising seniors to take advantage of the City’s fully air-conditioned Kennedy Center this week as temperatures are expected to rise above 90 degrees later in the week.

The Kennedy Center, the City’s first Senior Center opened in 2009 at the renovated former Myles Standish School on East Squantum Street, is open Monday through Friday 8:30 a.m. to 4:30 p.m. The building is air-conditioned throughout, and hosts a number of activities for seniors every day, including a game room, gymnasium, computers, library and an entertainment lounge.

“Thousands of our seniors have utilized this facility since we opened two years ago, and it’s an enjoyable, comfortable and safe place to beat the heat,” Mayor Koch said.

The City today also issued tips provided by the National Weather Service on staying safe during the hot weather:

- Avoid strenuous physical activities during the hottest part of the day.
- Wear lightweight, light-colored clothing to reflect heat and sunlight.
- Drink plenty of water to stay hydrated. Stay away from alcohol and caffeine, which can contribute to dehydration.
- Stay in air-conditioned places. If you do not have an air-conditioned home, spend time at a library, store or other air-conditioned building during the hottest parts of the day.
- Don’t get too much sun. A sunburn reduces the body’s ability to dissipate heat.