

Kennedy Center News



March
2022



S.H.I.N.E. (Serving Health Insurance Needs of Elders)
A Quincy COA S.H.I.N.E. counselor is here to assist you with questions regarding Medicare, Prescriptions Advantage, Part D, etc. Catherine is back in the building for in person appointments and Paul offers appointments over the phone.. Please call 617-376-1506 to make an appointment.



Dear Friends,

I suppose the first thing that comes to mind when we think of March is St. Patrick's Day, and I'm glad that so many of you will be able to attend our annual St. Patrick's Day event. Two years ago, it was the last event we were able to hold before the shutdown came, which changed life for all of us.

For me March is also a reminder that the spring and summer are just around the corner. This of course means that warmer and longer days will soon be upon us. Just as we come through the winter as it gives way to spring, I'm hoping that we have seen the worst of this virus and what lies ahead of us is far better than what we have experienced in the past.

Over the next year we will be launching a series of programs and materials on senior safety and ways to develop mechanisms to help us cope with and alleviate the inevitable stress which we encounter in times such as these. I believe that by sharing our experiences we can develop strategies to help us navigate through difficult times.

I know one of the things that you missed terribly was the senior Olympics which always takes place in spring-time, specifically in May. I have had some conversation with the recreation director Michelle Hanley, and we are hoping to reinstate the games.

All and all I am optimistic about what lies ahead and I am greatly looking forward to a springtime filled with warmth and sunshine!

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 – 4:30PM



Bingo + Songs = Singo
Friday, March 18th at 1:00 P.M.

Singo with Jim the DJ! This is not your Grandma’s bingo! Singo is bingo where we replace the numbers with your favorite songs. Test your musical knowledge and luck. Have some fun and win some prizes! Sing, dance laugh, Singo is all about a good time. Light refreshments will be served. \$5PP due at time of registration.



Nails to You Manicures
Friday, March 18th from 10:00 A.M - 4:00 P.M.

Join us for a manicure event at the Kennedy Center. Manicures will be \$15 payable to Nails to You on the day of the event. **Please call 617-376-1506 to schedule your appointment.**



Fashion Show
Monday, April 4th 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. Clothing modeled on the runway will surely delight our guests. After the models strut their stuff on the runway, Caryn will demonstrate fashion trends and fashion “how-tos”. Registration required. Call 617-376-1506. Light refreshments.



Thank you to **Standish Village** for providing the monthly Memory Café at the Kennedy Center which provides support and friendship for those living with memory loss and their caretakers and family. Thank you to the **Friends of the Kennedy Center** for putting on the monthly bingo for our Kennedy Center members. Thank you to the **Quincy Health Department, the Kraft Center for Community Health, Mass General**

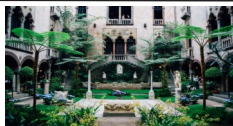
Brigham and Manet Community Health for putting on the Covid 19 vaccination clinics for our community. Thank You **Quincy Health Department** for the Healthy Heart Presentation. Thank you **Charm Medical** for the informative presentation on Health Insurance and Medical Supplies. Thank you **Tufts Medical** for the Aging Strong program.



**Encore
Monday, April 25th**



Travel with your friends to New England’s newest and most extravagant showcase, The Encore Boston Casino. You will receive a Casino Bonus of \$20 slot play on arrival. \$30 per person includes transportation and \$20 bonus slot play. Checks made payable to Fox Tours. Bus will leave at 9:00 a.m. from Pageant Field, 1 Merrymount Parkway. Bus will return to Pageant Field at approximately 4:00 p.m. after a fantastic trip to Encore. Payment is due in full at time of registration. Must be a Kennedy Center member to participate in trips. Fox Tours is requiring that all travelers have a valid vaccination card in order to travel.



**Isabella Stewart Gardner Museum
Wednesday, April 27th**



Depart at 9:00 AM from Pageant Field to Venezia Restaurant for lunch, choose your entrée, Baked Haddock, Chicken Parmesan or Steak Tips. Your next stop will be the Isabella Gardner Museum where you will be accompanied by a Museum Tour Guide who will provide a commentary as you explore the museum. \$99PP includes Silver Fox Motorcoach, lunch and tour of museum. Payment is due in full at time of registration. Must be a Kennedy Center member to participate in trips. Fox Tours is requiring that all travelers have a valid vaccination card in order to travel.



**Newport Playhouse Presents
“The Carol Burnett Show”
Thursday, April 14th**



Depart at 9:00 AM from Pageant Field on your luxury Silver Fox Coach to Newport, Rhode Island. After a sightseeing drive along Newport’s beautiful Ocean Drive to view Narraganset Bay and the fabulous homes, you are off to the Wyndham Hotel where you will enjoy a delicious buffet luncheon, a terrific comedy, “The Carol Burnett Show”, and a fun filled Cabaret performance. “The Carol Burnett Show” produced Emmy award winning comedy in a variety of wholesome skits. After the show you will enjoy a captivating Cabaret. Sit back, laugh, and enjoy! You will arrive back home at approximately 6:00 PM after a wonderful day in Newport, Rhode Island. Trip is \$119.00 PP due at time of registration. Must be a Kennedy Center member to participate in trips. Fox Tours is requiring that all travelers have a valid vaccination card in order to travel.



**Aging Strong
Monday, March 14th at 10:00 A.M.**

The City of Quincy Health Department is partnering with Tufts Medical Center to offer a free once a month program called Aging Strong! The program will start on February 14th from 10am - 11am. The program will cover various topics such as: winter safety, healthy habits, preventing scams and etc! Please call 617-376-1506 to register.



Quincy's Memory Café Hosted by Standish Village at the Kennedy Center Monday, March 21st at 12:00 P.M.

Brought to you by Julie Williamson, Director of Communications for Standish Village Assisted Living & Compass Memory Support, Quincy's Memory Café welcomes those living with memory loss or dementia and their care partners, family and friends. . While Memory Café is open to anyone in the community, any guest who requires a personal care attendant must have a caregiver present. Please call 617-376-1243 to register for the café or with any questions.

St. Patrick's Day Craft Tuesday, March 8th at 1:00PM



Join Karen Kelly, our acrylics instructor for a St. Patrick's themed wreath making class. All supplies will be provided to you. **The class is \$22PP due at time of registration. Stop by the Kennedy Center to register, space is limited.**



Quarterly Birthday Party Celebration Wednesday, March 16th at 1:30 P.M.

At Hamel-Lydon Chapel, we also believe in the celebration of life. Come join us at the Kennedy Center for cake and ice cream if it's your birthday or even if it's not, come and join us for our celebration! Sponsored by Hamel-Lydon Chapel. **Reservations are required. Please call 617-376-1506 to reserve your spot.**



Monthly Bereavement Support Group Thursday, March 24th at 1:00 P.M.

All are welcome. This is a monthly group which provides a space of sharing and support for those who are grieving the loss of a loved one. Sponsored by Hamel-Lydon Chapel Cremation Service of Massachusetts. **Registration is required. Please call 617-376-1506 to register.**



Alzheimer's Support Group

****New Day - Wednesday, March 23rd at 1:00 P.M.****

The Alzheimer's Support group will now meet on the 4th **Wednesday** of the month at 1:00 P.M. For more information about the group, please call Marge Donaher at 617-376-1243.

Would you like to have our newsletter mailed to your home?

Please detach the form below and mail it along with your \$6 check made payable to:

**Quincy Council on Aging
440 East Squantum Street
Quincy, MA 02171.**

Cost is \$6.00 for one year.



Kennedy Center Newsletter Home Mailing Form

Subscriber Name _____

Address _____

City/Town, State, Zip _____



Friday is pizza day in the Café.

We sell slices of fresh hot pizza for \$2 per slice! Come enjoy a slice!!!



On behalf of “*Maura’s Hopeful Mission*” and our homeless neighbors in the Mass. and Cass neighborhood of Boston, we send a great big **THANK YOU** to the **Kennedy Center members and staff** who donated coats, shoes, blankets, gift cards, and more. Over a hundred gifts were received over November and December and every one of them found its way to provide warmth and comfort to someone. **Quincy Seniors are truly great!!!**

WORD SEARCH

BAGPIPES	CELTIC	GAELIC	IRELAND	LEPRECHAUN
RAINBOW	SPRING	BLARNEY	CLOVER	GOLD
IRISH	LUCKY	SAINT	WINDY	CABBAGE
CORNEDBEEF	GREEN	JIG	PARADE	SHAMROCK

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

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

March 4 - Respect - Starring Jennifer Hudson - Respect follows the rise of Aretha Franklin's career from a young child singing in her father's church choir to her international superstardom. Respect is the remarkable true story of the music icon's journey to find her voice and become the Queen of Soul. **Running time 2 hrs. 25 mins.**

March 11 - Walk the Line - Singer, rebel, outlaw, hero. With is driving freight train chords, steel eyed intensity and a voice as dark as the night, the legendary "Man in Black" revolutionized music - and forged his legacy as a genuine American icon. Starring Golden Globe nominees Joaquin Phoenix and Reese Witherspoon. **Running Time 135 minutes.**

March 18 - Seabiscuit - Seabiscuit stars Tobey Maguire, Jeff Bridges and Chris Cooper. Based on the inspiring story of 3 men - a jockey, a trainer and a businessman - and the undersized racehorse who took the entire nation on the ride of a lifetime. **Running time 2 hrs. 25 mins.**

March 25 - The Great Debaters - Denzel Washington directs and stars with Academy Award winner Forest Whitaker in this film. Inspired by a true story, Washington shines as a brilliant but politically radical debate team coach who uses the power of words to transform a group of underdog African American college students into an historical powerhouse that took on the Harvard elite. **Running time 2 hours 4 minutes.**



Computer Classes - \$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*



Computer Classes Grace Buscher
Wednesdays from 1:30 - 2:30 and Thursdays from 10:00 A.M. - 11:00 P.M.

- Wednesday, March 2 - iPhone/iPad**
- Thursday, March 3 - Zoom - iPhone/iPad**
- Wednesday, March 9th - iPhone/iPad**
- Thursday, March 10th - Zoom-Email**
- Wednesday, March 16th - Antivirus software**
- Thursday, March 17th - Individual appointments**
- Wednesday, March 23rd - Downloading Apps**
- Thursday, March 24th - Zoom - Downloading Apps**
- Wednesday, March 30th - Email**
- Thursday, March 31st - Individual Appointments**



Attorney Crowninshield of Mahoney Law Group will be here the 3rd Friday of every month from 11:00 a.m. until 3:00 p.m. for Free Simple Wills. Please call 617-376-1506 to make an appointment or stop by the office at the Kennedy Center. Attorney Crowninshield has many years of experience and will work with you to execute the documents you need.



Trivia Time

Friday, March 11th at 11:00AM

Come play trivia and test your knowledge! Have some fun with friends and a chance to win a prize! Space is limited and registration is required. Please call 617-376-1506 to register.



This is an Intermediate Level Puzzle.

Exercise Your Brain!



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

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!!



1. Which Dutch artist painted “Girl with a Pearl Earring”?
2. Lateral Epicondylitis is a condition commonly known by what name?
3. I Know Why the Caged Bird Sings’ is the autobiography about the early years of what inspirational African American writer and poet?
4. How many eyes does a bee have?
5. What did the crocodile swallow in Peter Pan?
6. What is allspice alternatively known as?
7. Who invented scissors?
8. What is the most common letter in the English alphabet?
9. Who said “float like a butterfly and sting like a bee”?
10. What is the name for the group of men who elect a Pope?



Book Club

For the March 3rd meeting we chose a mystery: The Last Thing He Told Me by Laura Dave. The April meeting will take place April 7th and the selection will be Naturalist by Edward O. Wilson.



Men’s discussion group meets the 2nd Thursday of each month at 10AM. The speaker for March 10th will be Robert Lynch, Director of Public Relations, DAV.



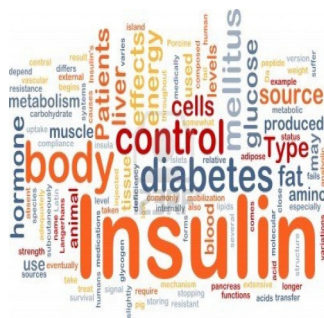
Women’s Discussion

Women’s Discussion group meets the 2nd Thursday of each month at 1:30PM. . Roberta Cohen will now be leading the group discussion.



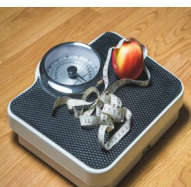
Rock Painting Friday, March 25th at 1:30PM

Come join us in the Art room and paint a rock with your own unique design! Paint supplies provided. Registration is required. Please call 617-376-1506 to register.



Living with Diabetes Tuesday, March 22nd at 1PM

Join the Quincy Health Department for a presentation on living with Diabetes. In the U.S. one in four people over 60 have diabetes. Information on how to take care of your diabetes over the long term, so you can avoid or delay complications and live a long, happy, and active life. **Call 617-376-1506 to register. Space is limited**



Looking for Losers! T.O.P.S. (Taking Off Pounds Sensibly) Chapter 38, Quincy, is looking for new members. The “weigh-in” and meeting is on Thursdays, 10:30 A.M. - 12:00 P.M. at the Thomas Crane Public Library, 1st Floor Conference Room, 40 Washington Street, Quincy (across from the Quincy Post Office). For further information call Jean at 617-825-8093.



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|---------------|------------|
| Joanne Hall | March 19th |
| Denise Conlon | March 23rd |
| Ed Burke | March 24th |
| Paula Keaney | March 31st |



March 2022

Mon	Tue	Wed	Thu	Fri																																																																																	
Trivia Answers 1. Vermeer 2. Tennis Elbow 3. Maya Angelou 4. Five 5. An alarm clock 6. Pimento 7. Leonardo da Vinci 8. E 9. Muhammed Ali	1 Piano lesson by appt S.H.I.N.E by appt. 9 Exercise (\$3) 10 Hand & Foot Card 10 Weigh to Go 10 Quilting 10:30 Strength Training(\$5) 1230 Chair Yoga (\$3) 1 Rummikub	2 10 Knitting Group 11 Blood Pressure 11 Volleyball 1:30 Computer Class 2 Corn hole	3 9 Exercise (\$3) 10 Blood Pressure 10 Mah-jongg 10 Sing Along 10 Zoom Computer Class 10:30 Strength Training (\$5) 11 Chess 12:30 Chair Yoga (\$3) 1:30 Book Club	4 9 Zumba (\$3) 10:30 Tai Chi (\$3) 12 Bridge 12:30 Free Movie Respect																																																																																	
7 930 Walking Club 10 Line Dancing (\$3) 11 Scrabble 11:45 ZUMBA (\$3) 1 Balance Class (\$3) 1 Podiatry	8 Piano lesson by appt S.H.I.N.E by appt. 9 Exercise (\$3) 10 Hand & Foot Card 10 Weigh to Go 10 Quilting 10:30 Strength Training(\$5) 12 Rotary Luncheon 1230 Chair Yoga (\$3) 1 Wreath Craft Class	9 10 Knitting Group 11 Blood Pressure 11 Volleyball 1:30 Computer Class 2 Corn hole	10 9 Exercise (\$3) 10 Blood Pressure 10 Men's discussion 10 Mah-jongg 10 Sing Along 10 Zoom computer 10:30 Strength Training (\$5) 11 Chess 12:30 Chair Yoga 1:30 Women's Discussion	11 9 ZUMBA (\$3) 10:30 Tai Chi (\$3) 11 Trivia 12 Bridge 12:30 Free Movie Walk the Line 1 Cross Cultural																																																																																	
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21 930 Walking Club 10 Line Dancing (\$3) 11 Scrabble 11:45 ZUMBA (\$3) 12 Memory Café 1 Balance Class (\$3) Encore Trip	22 Piano lesson by appt S.H.I.N.E by appt. 9 Exercise (\$3) 10 Weigh to Go 10 Hand & Foot Card Game 10 Quilting 10:30 Strength Training(\$5) 1230 Chair Yoga (\$3) 1 Rummikub 1 Living with Diabetes	23 10 Knitting Group 11 Blood Pressure 11 Volleyball 1 Alzheimer's Support 1:30 Computer Class 2 Corn hole	24 9 Exercise (\$3) 10 Zoom Computer 10 Blood Pressure 10 Mah-jongg 10 Sing Along 10:30 Strength Training (\$5) 11 Chess 12:30 Chair Yoga (\$3) 1 Bereavement Support	25 9 ZUMBA (\$3) 10:30 Tai Chi (\$3) 12 Bridge 12:30 Free Movie The Great Debaters 1:30 Rock Painting																																																																																	
28 9:30 Walking Club 10 Line Dancing (\$3) 11 Scrabble 11:45 ZUMBA (\$3) 1 Balance Class (\$3)	29 Piano lesson by appt S.H.I.N.E by appt. 9 Exercise (\$3) 10 Weigh to Go 10 Hand & Foot Card Game 10 Quilting 10:30 Strength Training(\$5) 1230 Chair Yoga (\$3) 1 Rummikub	30 10 Knitting Group 11 Blood Pressure 11 Volleyball 1:30 Computer Class 2 Corn hole	31 9 Exercise (\$3) 9 Individual Computer Appts. 10 Blood Pressure 10 Mah-jongg 10 Sing Along 10:30 Strength Training (\$5) 11 Chess 12:30 Chair Yoga (\$3) 2:00 red Sox Opener	<table border="1" style="width: 100%; text-align: center; border-collapse: collapse;"> <tr><td>7</td><td>2</td><td>3</td><td>4</td><td>6</td><td>9</td><td>5</td><td>1</td><td>8</td></tr> <tr><td>5</td><td>1</td><td>4</td><td>8</td><td>2</td><td>3</td><td>7</td><td>9</td><td>6</td></tr> <tr><td>8</td><td>6</td><td>9</td><td>5</td><td>7</td><td>1</td><td>2</td><td>4</td><td>3</td></tr> <tr><td>9</td><td>4</td><td>6</td><td>2</td><td>8</td><td>7</td><td>1</td><td>3</td><td>5</td></tr> <tr><td>1</td><td>5</td><td>2</td><td>9</td><td>3</td><td>4</td><td>6</td><td>8</td><td>7</td></tr> <tr><td>3</td><td>8</td><td>7</td><td>1</td><td>5</td><td>6</td><td>4</td><td>2</td><td>9</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>3</td><td>1</td><td>2</td><td>9</td><td>5</td><td>4</td></tr> <tr><td>2</td><td>9</td><td>5</td><td>7</td><td>4</td><td>8</td><td>3</td><td>6</td><td>1</td></tr> <tr><td>4</td><td>3</td><td>1</td><td>6</td><td>9</td><td>5</td><td>8</td><td>7</td><td>2</td></tr> </table>	7	2	3	4	6	9	5	1	8	5	1	4	8	2	3	7	9	6	8	6	9	5	7	1	2	4	3	9	4	6	2	8	7	1	3	5	1	5	2	9	3	4	6	8	7	3	8	7	1	5	6	4	2	9	6	7	8	3	1	2	9	5	4	2	9	5	7	4	8	3	6	1	4	3	1	6	9	5	8	7	2
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Outreach

In addition to our friendly visits and referral service, Marge Donaher and Paula Keaney are available to help you complete applications for various services. Applications can be confusing and overwhelming at times, Marge and Paula can assist with the process. If your Driver's license is up for renewal with the Registry of Motor Vehicles, they can assist with the process online, or fill out and print the forms before you visit the registry to save you time. They can also help navigate and find information needed on the Alzheimer's Website. Marge is at the Kennedy Center Mondays from 10-3, Wednesdays from 10-4:30 and Thursdays from 10-3. Paula is here Monday through Friday from 8:30-4:30. **If you wish to call, Marge can be reached at 617-376-1243 and Paula can be reached at 617-376-1241.**



**Friends of the Kennedy Center Red Sox Home Opener
Thursday, March 31st at 2:00 PM
(waiting on MLB confirmation)**

Join the Friends of the Kennedy Center for a fun filled afternoon. Enjoy the first home game on TV along with hot dogs and popcorn and door prizes. This is a FREE event sponsored by the Friends of the Kennedy Center for members only.
Call 617-376-1506 to register.



**Joe's Craz-zy Critters
Friday, April 22nd at 1:00PM**

Joe's Craz-zy Critters Shows are fun educational reptile shows with a close-up, hands-on approach to learning while having a blast. The shows feature creatures from all around the world. You will love this close up experience with our Craz-zy Critters and you will learn something about these amazing animals and why they are important to our world. Don't miss this fun, intergenerational event! **Bring your Grandchildren, nieces, nephews \$5 per adult, children are free but must be accompanied by an adult. Payment due at time of registration.**





Dana-Farber
Cancer Institute

**Kraft Family Blood Donor Center
Blood Drive**

Friday, March 18, 2022 9:30A.M. –4:00P.M.

Sponsored by the City of Quincy

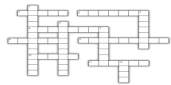
The Blood Drive will be held at the Kennedy Center, 440 E. Squantum St, Quincy. Appointments recommended, walk-ins taken as time allows. For appointments logon to tinyurl.com/QuincyM2022. For eligibility questions email BloodDonor@partners.org or call 617-632-3206. As a special thank you, donors receive a Kraft Family Blood Donor Center Hooded Sweatshirt!



Protect Your Identity Shredding

Friday, April 8th 10-12PM at the Kennedy Center

Seniors are invited to safely dispose of sensitive and personal documents to further protect themselves from identity theft and fraud. Visit the Kennedy Center and shred tax, financial, legal and other documents free of charge. Truck will be located in our back lot. Call 617-376-1506 to register.



Group Crossword Puzzle

Wednesday, March 16th 11-12:30

Come join us at the Kennedy Center to take on a giant-sized Crossword Puzzle as a team! Work together to solve crossword puzzles. **Space is limited. Registration is required. Please call 617-376-1506 to register.**