

Kennedy Center News

May
2024



The Kennedy Center will be closed on Monday, May 27th for Memorial Day.



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 does in person appointments on Tuesdays, John is in person on Wednesdays and Paul offers appointments over the phone on Mondays. Please call 617-376-1506 to make an appointment.

40th Annual Quincy Senior Olympics
May 6th - May 23rd

The Senior Olympics will kick off Monday, May 6th and run through Thursday, May 23rd!



Dear Friends,

I always look forward to May for so many reasons. Spring is upon us which means warmth and new life as our flowers and trees come into bloom. Also, we celebrate Mother's Day and I wish to take the opportunity to wish all the mothers, and all of you who may not have children of your own but have offered the tender kindness and love of a mother to those around you.

For us, the month of May also means the Senior Olympic Games will be taking place. This year's games are particularly important as we celebrate the 40th anniversary of their inception. Before this building was designated as the Kennedy Center, a center for our city's most mature citizens, it was the home of Beechwood on the Bay which was an intergenerational center. A gentleman named Don Strong who was the chairperson for that center approached then Recreation Director Barry Welch about having Senior Olympic Games. Thus, the Quincy Senior Olympics was born! If my memory serves me right that was a one-day event that has now grown into a series of events over a few weeks—those first games here in Quincy were the template for the Massachusetts Senior games.

Michelle Hanley, our current Recreation Director, has been the backbone of the games for many years. We are very fortunate to have her at the helm and the recreation staff which is nothing short of incredible. I can never say enough about the young people who put so much into making the games a success each year. These kids normally work with young children on our fields and playgrounds throughout the city and yet for those few weeks in May, they are sharing those talents with you.

It's always amazing to me to see how these kids form relationships with our senior athletes—asking them how their year went, and getting the scoop on their families. Likewise, the seniors get an update on how college is going, what year the kids are in, and what sports are they playing.

I am also pleased to recognize our team here at the Kennedy Center for all they do to help coordinate the games.

Of course, the most important part of the senior games is the athletes that compete in so many different venues. I have often said that it is a true inspiration to be part of these great games. Being a special anniversary there will be some special features to this year's games. However, I'm not going to write about them now you'll have to sign up and join the fun to find out what they are!

Thomas F. Clasby

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



Thank you to **Hamel Lydon** for holding the monthly bereavement group and the quarterly birthday party for our members! Thank you to the **Friends of the Kennedy Center/Quincy Rotary Club** for the hosting the monthly bingo, our members love it! Thank you to **Standish Village** for providing the monthly Memory Café at the Kennedy Center, it provides support and friendship for those living with memory loss and their caretakers and families. Thank you to **South Shore Elder Services Enrollment Advisor Nadia Montrond** for the monthly office hours here at the Kennedy center to help assist our members with their questions about MassHealth, SHINE, SNAP and other resources. Thank you to the **Friends of the Kennedy Center** for putting on the Red Sox Home Opener event, everyone who attended had a great time cheering on our home team! Thank you to **Caryn's Corner** for putting on the Spring Fashion Show for our Kennedy Center members, it's always fun to see the latest fashions!



**Norfolk County Sherriff Senior Outreach Programming
9 week program**

Tuesdays beginning May 7th at 12:00 P.M.

The Norfolk County Sherriff's office is holding a 9 week program covering a variety of topics including File of Life, Yellow Dot , Food Safety, Scam Prevention, Fall Prevention, and the Are You Okay Program. A different topic will be discussed each week.

. Space is limited. Registration is required. Please call 617-376-1506 to register.



**Birthday Card Making
Friday, May 3rd at 2:00 P.M**

Carrie from My Friends Call Me Martha will be here to teach a birthday card making workshop. No prior crafting experience necessary and you will learn to stamp the sentiment on each project and assemble the different pieces to make beautiful cards! **Class is \$5 per person and includes all supplies. Space is limited. Payment is due at time of registration.**

****Important Reminder - Please Read****

*****Just a reminder that sign ups for everything in the bulletin begin on the first business day of the month of that bulletin. For everything in the May bulletin, this will be Wednesday, May 1st. If the first of the month falls on a weekend or holiday, registration will be on the first business day that follows the 1st. *****

**** Out of fairness to all, registration for all events is limited to 2 names per person per event. This includes all events and trips. You can register yourself and one other member. This applies to both over the phone and in person registration. Every person registered must be a member of the Kennedy Center. ****

****If you are signing another member up, please have all of their information ready including phone number to register them. ****

****Please have all events that you wish to register for picked out and checks made out before getting in line or making the phone call to register, this will make the process move along faster for everyone.****

****Please do not leave messages regarding registration. Registrations left over the phone will not be accepted and your spot will not be reserved unless you speak directly with a Kennedy Center employee. ****



**Monthly Bereavement Support Group
Thursday, May 16th 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.





**Charles River Cruise
Tuesday, June 11th
\$111 per person**

Travel to Boston for a day of awe inspiring beauty in the form of incredible artisanship and some spectacular city views. The first stop is the Harvard Museum of Natural History in Cambridge. Exhibits such as Birds of the World, Marine Life, New England Forests, and Sea Creatures in glass are just some of the many to be explored. The next stop is lunch at the Cheesecake Factory, choose from over 30 entrée including pizza, salad, salmon, burgers and of course their famous cheesecake! After lunch we walk a short distance through to the other side of the building and get in line for the Charles Riverboat Sightseeing Cruise. The 70 minute cruise is fully narrated and the captain and crew will entertain and educate us while pointing out the historic and cultural sights of Boston and Cambridge. Some of these sights include Beacon Hill, Esplanade Park, Boston University, Harvard and MIT - not to mention the beautiful city skyline. **\$111 per person including all taxes and gratuities. Checks only. Checks payable to Landmark Tours. Payment due at time of registration. Must be a Kennedy Center member. Bus departs Squantum Point Park at 9:00 A.M. and returns at approximately 4:00 P.M. Tour company cannot guarantee refunds on any trip if you need to cancel .**



**Stress First Aid
Monday, June 3rd at 10:00 A.M.**



Learn how Stress First Aid (SFA) can help you to manage your stress and support others experiencing stress in a new way. Attend this 1.5 hour training and learn how to improve recovery from stress reactions, both in self and those in your lives. The goal of SFA is to identify stress reactions to help reduce the likelihood that stress outcomes develop into more severe or long term problem. This training is offered by Tufts Medical Center’s Debbie Lyn Toomey, MSN,RN, Injury Prevention Professional. **Space is limited and registration is required. Please call 617-376-1506 to register.**



**Specialty Strength
Wednesdays at 9:00 A.M.**

Surprise your muscles, improve your balance and stamina with a combination of exercises that will work for you. Bring a mat and try floor work. Bring resistance bands and understand this optional way of strengthening and lengthening your muscles. Learn to isolate muscle groups. Every “body” has different needs. **\$5 per person per class.**



**Bingo
Monday, May 13th at 1:00 P.M.**

Join the Quincy Rotary Club/Friends of The Kennedy Center for an afternoon of Bingo and a chance to win prizes! Registration is required. **Please call 617-376-1506 to register.**



**Acrylics
Tuesday, May 14th at 1:00 P.M.**

Join acrylics teacher Karen Kelley for an acrylics class. No painting experience required. **Cost is \$18. Payment is due at time of registration.**



QHD Smoking Cessation Program

The Quincy Health Department is offering free stop smoking counseling for anyone who would like to quit. Nicotine patches, gum and mints are available for those who medically qualify. For more information contact Christine Coscia, Tobacco Treatment Specialist at: 617-376-1233.



Tai Chi

Tai Chi will now be held on Mondays at 12:00 as well as Fridays at 10:30 A.M. The cost is \$3 per class.



**Birthday Party
Wednesday, June 12th at 1:30 P.M.**

You are invited to birthday celebration (all are welcome)! At Hamel-Lydon Chapel, we also believe in the celebration of life. So come join us at the Kennedy Center for cake and ice cream if it is your birthday! And even if it is not, come and join us for our celebration! Registration is required. **Please call 617-376-1506 to reserve your spot**



Transportation

The phone number for all transportation scheduling, questions and concerns is **617-376-1242**. Please leave your name and number if there is no answer and somebody will return your call. **Please do not leave transportation related messages on the 617-376-1506 line.**



**Therapy Gardens Chocolate Tasting
Wednesday, May 15th at 10:30 A.M.**

Eating chocolate releases endorphins that make you happy. Come try samples of craft, small batch chocolate, totally unlike the industrial, mass-produced chocolate you’ve had before. Also learn about the ingredients, processing, and where cocoa pods are grown from our own resident chocolate expert. We will also review the latest nutritional and health information. A very popular introduction! Great for all you chocoholics out there! **Registration is required. Space is limited. Please call 617-376-1506 to register.**



**Mindfulness
Monday, May 6th at 10:00 A.M.**

Mindfulness for Healthy Aging aims to educate and empower the aging adults with practical and powerful tools that can enhance their overall health and wellbeing. Come and learn mindfulness skills that have been proven to enhance longevity, reduce stress, improve attention span, and reduce pain. **Presented by Tufts Medical Center and Quincy Health Department. Space is limited and registration is required. Please call 617-376-1506 to register.**

**FREE MOVIE
FRIDAYS****Free Movie Fridays
at the Kennedy Center at 12:30 P.M.**

May 3rd - Top Gun - Tom Cruise soars as Maverick, the young, in your face fighter pilot with a need for speed, a lot to prove, and even more to learn. Forever ranking with the best action films of all time, Top Gun remains a high octane adrenaline rush. **Running time 109 minutes.**

May 10th - Mother's Day - Jennifer Aniston, Julia Roberts, Kate Hudson and Jason Sudeikis lead an incredible cast in a film that intersects the lives of a group of people maneuvering their way through a crazy week of difficult relationships and family dysfunction in the week leading up to Mother's Day. It's a comedy that will make you laugh, cry, and cheer! **Running time 1 hr. 59 mins.**

May 17th - Out to Sea - Jack Lemmon and Walter Matthau are joined by an all star cast in this hilarious high seas adventure. In search of lonely ladies with big bank accounts, happy go lucky Charlie cons his widower brother in law Herb into joining him on an all expenses paid luxury cruise - with them signed on as dance hosts! **Running time 106 minutes.**

May 24th - Book Club: The Next Chapter - The highly anticipated sequel follows our 4 best friends as they take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once in a lifetime cross country adventure. **Running time 1 hr. 47 mins.**

May 31st - Parental Guidance - Old school grandparents get more than they bargained for when they get stuck babysitting for their type-A daughter's over protected kids. But things go from hectic to hysterical when Artie realizes the kids are running the house with their newfangled technology. **Running time 105 minutes.**



Friday is pizza day in the Café.
We sell slices of fresh hot pizza for \$2 per slice! Come enjoy a slice!!!



WORD SEARCH

- | | | | | |
|-----------|-------------|------------|----------|-------------|
| BLOSSOMS | CINCODEMAYO | GARDEN | LADYBUGS | MEMORIALDAY |
| PLANTING | SPRING | BUMBLEBEES | DAISIES | GRADUATION |
| LAWNMOWER | MOTHERSDAY | PLANTS | SUNSHINE | BUTTERFLIES |
| FLOWERS | GREEN | MAY | PICNIC | REMEMBRANCE |

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





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

Tuesday Classes 1:00 - 2:30 P.M.

Individual Appointments Wednesday by appointment from 1:00-3:30

Individual Appointment times on Thursday by appointment 9:00 A.M. - 11:30 A.M.

Please Call 617-376-1506 to register.

Wednesday, May 1st - Individual Appointments

Thursday, May 2nd - Individual Appointments

Tuesday, May 7th - Iphone/Ipad Class

Wednesday, May 8th - Individual Appointments

Thursday, May 9th - Individual Appointments

Tuesday, May 14th - Chromebook Class

Wednesday, May 15th - Individual Appointments

Thursday, May 16th - No Computers

Tuesday, May 21st - Zoom - How to Use

Wednesday, May 22nd - Individual Appointments

Thursday, May 23rd - NO Classes

Tuesday, May 28th - Scams and Frauds

Wednesday, May 29th - Individual Appointments

Thursday, May 30th - Individual Appointments



1. What is the main ingredient in guacamole?
2. What is the name of the largest ocean on earth?
3. Who is the king of the gods in Greek mythology?
4. In what galaxy is our solar system located?
5. What is the rarest blood type among humans?
6. What is the term for a group of flamingos?
7. In what year did the Great Fire of London occur?
8. What is the largest bone in the body?
9. Before becoming President, Barack Obama served as a U.S. Senator from which state?
10. Who wrote "Pride and Prejudice"?



Book Club

Thursday, May 2nd at 1:30 P.M.

The book club meets the first Thursday of every month at 1:30 P.M. The Daring Ladies of Lowell by Kate Alcott is the choice for the May 2nd meeting. The Lioness of Boston by Emily Franklin will be the choice for the June meeting.



Men's Discussion

Thursday, May 9th at 10:00 A.M.

Men's Discussion Group meets the 2nd Thursday of each month at 10:00 A.M.



Women's Discussion

Thursday, May 9th at 1:30 P.M.

Women's Discussion Group meets the 2nd Thursday of each month at 1:30PM.



Looking for Volleyball Players!

Come join the Kennedy Center volleyball team! We play every Wednesday at the Kennedy Center from 11:00 A.M. - 1:00 P.M.



Creative Writing Seminar

Thursday, May 9th at 1:00 P.M.

Come and join us for a free informational session about a 6 week creative writing course taking place here at the Kennedy Center. The 6 week session begins May 16th. Whether you haven't written a word, have poems stashed in your desk drawer, or you want to tell the stories of your life, join us! In these classes, we will explore techniques to jump start your creativity, help you find your writer's voice, and enjoy the magic of writing. Notebooks and pens will be supplied, but bring your own if you prefer. **Cost of the seminar is free, cost of course is \$20 for the 6 weeks. Payment is due at time of registration. Space is limited and sign up is required. Please call 617-376-1506 to register for seminar.**



Tom Clasby
Kevin Nesti

May 17th
May 18th



May 2024

Mon

Tue

Wed

Thu

Fri

<p>Trivia Answers 1. Avocado 2. Pacific Ocean 3. Zeus 4. Milky Way 5. AB-Negative 6. Flamboyance 7. 1666 8. Femur 9. Illinois 10. Jane Austen</p>	<table border="1"> <tr><td>8</td><td>5</td><td>4</td><td>1</td><td>7</td><td>3</td><td>2</td><td>6</td><td>9</td></tr> <tr><td>3</td><td>9</td><td>1</td><td>2</td><td>4</td><td>6</td><td>7</td><td>5</td><td>8</td></tr> <tr><td>2</td><td>7</td><td>6</td><td>9</td><td>8</td><td>5</td><td>4</td><td>1</td><td>3</td></tr> <tr><td>1</td><td>6</td><td>5</td><td>4</td><td>9</td><td>2</td><td>8</td><td>3</td><td>7</td></tr> <tr><td>4</td><td>2</td><td>7</td><td>5</td><td>3</td><td>8</td><td>1</td><td>9</td><td>6</td></tr> <tr><td>9</td><td>8</td><td>3</td><td>7</td><td>6</td><td>1</td><td>5</td><td>2</td><td>4</td></tr> <tr><td>7</td><td>3</td><td>2</td><td>6</td><td>1</td><td>4</td><td>9</td><td>8</td><td>5</td></tr> <tr><td>6</td><td>1</td><td>9</td><td>8</td><td>5</td><td>7</td><td>3</td><td>4</td><td>2</td></tr> <tr><td>5</td><td>4</td><td>8</td><td>3</td><td>2</td><td>9</td><td>6</td><td>7</td><td>1</td></tr> </table>	8	5	4	1	7	3	2	6	9	3	9	1	2	4	6	7	5	8	2	7	6	9	8	5	4	1	3	1	6	5	4	9	2	8	3	7	4	2	7	5	3	8	1	9	6	9	8	3	7	6	1	5	2	4	7	3	2	6	1	4	9	8	5	6	1	9	8	5	7	3	4	2	5	4	8	3	2	9	6	7	1	<p>1 S.H.I.N.E by appt. 9 Specialty Strength (\$5) 10 Knitting Group 10 Blood Pressure 11 Volleyball 1 Ind. Comp Appts. 2 Corn hole</p>	<p>2 9 Exercise (\$3) 9 Ind. Comp. Appts. 10 Blood Pressure 10 Mah-jongg 10 Sing Along 10:30 Strength Training \$5 11 Chess 12:30 Chair Yoga 1:30 Book Club</p>	<p>3 9 Zumba (\$3) 9:30 Dominoes 10 Gather Health Craft 10:30 Tai Chi (\$3) 12 Bridge 12:30 Free Movie Top Gun 2 Card Making</p>
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In addition to our friendly visits and referral service, Paula Keaney and Marge Donaher are available to help you complete applications for various services. Applications can be confusing and overwhelming at times, Paula and Marge 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, schedule an appointment, 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. Paula is here Monday through Friday from 8:30-4:30. Marge is at the Kennedy Center Mondays from 10-3, and Wednesdays from 10-4:30. **If you wish to call, Paula can be reached at 617-376-1241. Marge can be reached at 617-376-1243.**



**Alzheimer's Support Group
Wednesday, May 22nd at 1:00 P.M.**

The Alzheimer's Support group meets 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.



**Quincy's Memory Café Hosted by Standish Village at the Kennedy Center
Monday, May 20th 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.



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.

****Important Notice****

Effective January 1, 2024, the membership fee for seniors living outside of Quincy will now be \$50 for a lifetime Kennedy Center membership.



This is an Intermediate Level Puzzle.

Exercise Your Brain!



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

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!!



**Pilgrim Belle Cruise
Monday, June 24th
\$117 per person**

Enjoy a delicious luncheon at the Hotel 1620, located right in the waterfront district of Plymouth. Lunch will be Salad, Roasted Turkey with Sage Dressing, Mashed potatoes, Butternut Squash, dessert, coffee or tea. Next you will experience one of Plymouth’s Top 5 attractions, the Plymouth Belle. Relax and unwind as you cruise through the calm waters of beautiful historic Plymouth Harbor. Your tour is informative and picturesque, 75 minutes in length, departing from Mayflower II State Pier. Points of interest include a mariner’s view of Plymouth Rock and Mayflower II, Duxbury Pier Lighthouse, Gurnet Point, Miles Standish Monument to name a few. After your cruise is over, you will have time to visit area shops and enjoy the scenery right on the waterfront. Price includes: Transportation, boat ride, lunch gratuities. **Must be a Kennedy Center member. Payment is due at time of registration. Checks only. Checks payable to Royal Tours. Departure from Squantum Point Park at 10:30 A.M and return at approximately 5:15 P.M. Tour company cannot guarantee refunds on any trip if you need to cancel .**



T.O.P.S.

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.



**Gather Health Craft
Friday, May 3rd at 10:00 A.M.**



Enjoy an hour of canvas painting w/ examples while you learn more about your health and how Gather can keep you healthy. **Registration is required. Please call 617-376-1506 to register.**



**Stress First Aid
Monday, June 3rd at 10:00 A.M.**



Learn how Stress First Aid (SFA) can help you to manage your stress and support others experiencing stress in a new way. Attend this 1.5 hour training and learn how to improve recovery from stress reactions, both in self and those in your lives. The goal of SFA is to identify stress reactions to help reduce the likelihood that stress outcomes develop into more severe or long term problem. This training is offered by Tufts Medical Center’s Debbie Lyn Toomey, MSN,RN, Injury Prevention Professional. **Space is limited and registration is required. Please call 617-376-1506 to register.**



**Protecting Your Assets
Wednesday, May 22nd at 10:00 A.M.**

Attorney Robert Romano will conduct his Estate Planning Essentials workshop at the Kennedy Center to discuss important issues that affect all seniors, including avoiding probate and protecting your assets from a nursing home. Come and learn about the 5 legal documents that all adults should have! Space is limited. **Registration is required. Call 617-376-1506 to register**

DRIVING SAFETY

**AAA Northeast
Monday, May 20th at 2:00 P.M.**

This program discusses the changes seniors need to consider in maintaining safe driving skills. A discussion of reasons driving skills deteriorate as we age and ways we can accommodate or overcome these changes. Advice on how one can compensate for these changes and drive safer for a longer amount of time. Registration is required. **Space is limited. Please call 617-376-1506 to register.**



Trivia

Friday, May 24th at 11:00 A.M.

Come play trivia and test your knowledge! Have some fun with friends and a chance to win a prize! **No registration is required.**



Scattergories

Friday, May 10th and Tuesday, May 21st at 11:00 A.M.

required.

Come play the word game Scattergories! If you don't know how to play, it is quick to pick up and easy to learn. Have some fun exercising your brain and make some new friends. **No registration**



Archie Richards

Friday, June 7th at 12:00 P.M.

We will sing Love Songs with Archie Richards. The songs begin with those from the 1890s, like Drink to Me Only with Thine Eyes and Down by the Old Mill Stream. We'll carry on with Heart and Soul and Stormy Weather and end with gorgeous songs of Jerome Kern, Richard Rodgers, and George Gershwin. You'll have the lyrics in hand. You already know the tunes. **Registration is required.** Please call 617-376-1506 to register.



Critical Home Repair Program

South Shore Habitat's Critical Home Repair Program offers assistance to qualified seniors who are struggling to maintain their home. The program focuses on repairs that address health, safety and code issues. There are eligibility requirements that must be met including household income, need, and willingness and ability to possibly pay a portion of the repairs. **For more information please contact Paula at the Kennedy Center at 617-376-1241.**



Diabetic Shoes

Wednesday, May 15th at 1:30P .M.

Attention, adults with foot problems and Diabetes! Is Medicare your primary insurance? If so, you are eligible to receive a pair of diabetic shoes and inserts free to you if you are diabetic! Also, other insurances cover this as well! Please bring your Medicare card and any other supplemental insurance cards as well and the completed doctor's order (pick up from Kennedy Center). **Space is limited and appointments are required. Must pick up doctor's order form at the Kennedy Center, this must be filled out by doctor prior to appointment. Any further questions please call Amy Baxter, National Diabetes Care 603-944-1311.**



Mayor Thomas P. Koch and the City of Quincy invite the community to save the dates for the upcoming 2024 monthly concert series on the Hancock Adams Common, "Celebrate a Musical Journey through the Decades". Musical performances will span songs from the 1940's through the 1990's and include a patriotic concert. The concerts include:

Music of the 40's & 50's on May 18th from 1:00 PM – 7:00 PM

Music of the 60's & 70's on June 22nd from 1:00 PM – 7:00 PM

A Patriotic Celebration on July 6th from 4:00 PM – 8:00 PM

Music of the 80's & 90's on August 17th from 3:00 PM – 8:00 PM

"The wide variety of music offers something for everyone to enjoy, said Mayor Thomas P. Koch. "It's a wonderful way to spend an afternoon or evening with friends and family out on the beautiful Hancock Adams Common."

All performances are free to the public. Seating will be available. Lawn chairs are allowed. Food & dessert trucks are scheduled for food and drink purchases with local restaurants open for business in and around the Hancock Adams Common and downtown Quincy.

Artists from the Quincy Arts Association will be on-site on the grass of the Common painting live during the show.



**Benefits Specialist
Thursday, May 9th and Thursday May 30th**

Benefits Support Specialist Nadia Montrond from South Shore Elder Services will be at the Kennedy Center to assist members with the following services: SNAP application, Senior MassHealth Application or renewal, MassHealth questions/concerns and Community Home Care Services/ Resources for seniors. **Appointments are required. Appointments will be 30 minutes long. Please call 617-376-1506 to make an appointment.**



**Mammogram Van
Thursday, May 30th**



Public Health
Prevent. Promote. Protect.
City of Quincy
Health Department

If you are due for your breast cancer screening, please join us on Dana-Farber's Mammography Van! The mammography van offers digital screenings (3D Mammography). The van comes to you, and our friendly, professional staff provides easy access to a vital screening. The entire process takes less than 20 minutes. Pre-registration is required, and most forms of insurance are accepted. To schedule your mammogram or learn more, please call 617-632-1974.



**Brookdale Quincy Bay Mini Masterpiece Class
Thursday, May 16th at 10:30 A.M.**

Mini Masterpiece Class, create a themed mini 5 X 5 canvas painting, no ART EXPERIENCE needed, just come for the creativity and fun. **Sponsored by Brookdale Quincy Bay. Space is limited. Please call 617-376-1506 to register.**



**Nails to You Manicures
Friday, May 10th and Friday, May 24th**

Join us for a manicure event at the Kennedy Center. Manicures will be \$20 payable to Nails to You on the day of the event. Nails to You will now be at the Kennedy Center twice a month for manicure appointments. LeeAnn will now be offering Dazzle Dry which is a healthy alternative to gel. It is long lasting, vegan, healthy and completely dry in 5 minutes. Dazzle Dry Manicures are \$25 and regular Manicures are \$20. **Please call 617-376-1506 to schedule your appointment.**



**Rock Painting
Friday, May 31st at 2:00 P.M.**

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.**



****Please Read****

Quincy Council on Aging staff share important information with our members using prerecorded calls. Please make sure your phone number is updated with us in the office if it has changed or you will not receive the calls. If you no longer have a house phone please update us with your cell phone. Caller Id will show Quincy Council on Aging 617-376-1506. It may take a minute for the message to play. Please listen to the message in it's entirety before calling the Center. If the message contains a lot of information, it may take a few minutes to show up in your voicemail or answering machine. Thank you for your cooperation.



South Shore Elder Services is looking for Volunteers!

Do you enjoy helping those in need? You can help seniors in your own community and feel great doing it! At South Shore Elder Services, we want to make sure no one goes without a meal, but we need your help to make this happen. Give us a call and find out what volunteering for Meals on Wheels is all about. Valid MA license and a reliable vehicle/CORI check, availability of 1-5 days a week Monday-Friday late morning, delivering meals to consumers doors. There is an especially great need for volunteers in the Hough's Neck area and also for meal delivery at Sawyer Towers and 1000 Southern Artery. **For more information call 781-848-3910x336**



Lions Club Free Vision Screening Saturday, May 4th from 8:00 A.M. to 4:00 P.M. At The Kennedy Center

A licensed Ophthalmologist, joined by experienced Lions Club volunteers, will be available in the Lions Eye Mobile to perform a simple eye exam with no drops administered. Many hidden eye problems have been detected at screenings and referrals to follow up vision health services will be encouraged. Whether you are experiencing symptoms or not, we hope you will take a few moments to participate in a screening. Your eyes will thank you! Feel free to bring any old prescription or reader glasses to donate. All are welcome.
