

Kennedy Center News

January
2022



The Kennedy Center will be closed
Monday, January 17th.

MARTIN
LUTHER
KING



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,

Happy new year! I hope that 2022 brings great happiness to you. It certainly is amazing how quickly the time passes. In June of this year, I will celebrate 25 years with this department, of those 25 years I have been director for 23. It doesn't seem possible that all that time has passed since I first came to this department. I suppose over this year I will reflect on many different things and look to the future. I've already begun to think of so many people that have touched my life over the years. One such person passed away last month, his name was George Wagner. I'm sure that many of you remember George, he was 92 when he passed and not only did he have a good long life, he used that life to do an awful lot of good. Every time I saw George, I was happy to see him because he was an incredibly kindhearted person. He always had something nice to say. He had a tremendously positive attitude. He may not have had a lot of money or many of the things that are so precious in the eyes of the world, but he did have incredible riches; like great faith, incredible kindness, a positive demeanor and a terrific sense of humor. George loved the city of Quincy and he was very involved with so much that went on here. He spent many hours volunteering at Father Bill's Place, the library, and Sacred Heart church. He was a booster of North Quincy high school and an honorary member of the North Quincy high school Hall of Fame. Around St. Patrick's Day each year, I would go to the Fenno House and sing a few Irish tunes. George was always there and inevitably he would come up to me, thanked me and say you know you're doing something really great, and I would say what's that George? He would reply "you're making people happy." Well George you also made an awful lot of people happy! And I was fortunate enough to have been one of them.

2022 promises to be an exciting year for the Kennedy we will have some new programs and a few little surprises along the way! A very happy and healthy new year to each and everyone of you!

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



COLD AND FLU SEASON IS HERE!

Please consider the health of all if you have cough, cold or flu symptoms and stay home if you are not feeling well! Also, please use the hand sanitizer provided and use good hand washing hygiene to help keep the spread of germs to a minimum. Consider bringing a sweater to stay warm and comfortable while at the Center. Our concern is for your, health, safety and comfort!



Nails to You Manicures

Friday, January 21st 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.**



United Healthcare

Tuesday, January 18th at 10:00 A.M.

Got MassHealth Standard only or MassHealth Standard and Medicare? You could get more benefits at no cost to you. Stop by our event to enjoy: United Healthcare giveaways, Art projects, and find out if you are missing important health benefits. **Space is limited. Please call 617-376-1506 to reserve your spot.**



Quincy's Memory Café Hosted by Standish Village at the Kennedy Center Monday, January 24th 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.



Weigh To Go Tuesdays from 10 A.M - 11:00 A.M.

Reaching and maintaining a healthy weight is essential for your overall health. Join the Kennedy Center for a FREE program of 1 hour sessions aimed at helping you lose and maintain your weight. **Space is limited and registration is required. To register please call the Kennedy Center at 617-376-1506.**

THE KRAFT CENTER

for Community Health

Covid-19 Clinic

Saturday, January 29th 10:00 A.M. - 2:00 P.M.



The City of Quincy Health Department in partnership with The Kraft Center for Community Health and Mass General Brigham will be holding a Covid 19 Clinic at the Kennedy Center. 1st Dose, 2nd Dose, Boosters & Free Testing will be available for ages 5+ with parental consent. **Boosters Available: Pfizer. No appointment needed!**



Undeck the Halls Wednesday, January 12th at 10:00 A.M.

We are looking for volunteers to help us take down our Christmas, lights, trees and decorations at the Kennedy Center on Wednesday, January 12th at 10:00 A.M. With many hands, we can get this done quickly! **Please call 617-376-1506 to register.**



Alzheimer's Support Group

****New Day - Wednesday, January 26th 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

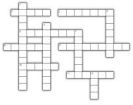
Subscriber Name _____

Address _____

City/Town, State, Zip _____



Thank you to **Hamel Lydon Chapel** for providing the delicious cake and ice cream for the monthly birthday party and also for holding the the monthly bereavement group. Thank you to the **Quincy Fire Department** for conducting the fire safety presentation. Thank you to everyone who has contributed to our food drive for the people who are struggling with food insecurity and for those who have contributed to our clothing drive for the homeless. Your contributions make a difference in the lives of others! Thank you to the **Friends of the Kennedy Center** for running the monthly bingo for our members. Thank you to the **Norfolk County Sheriff's Office** for the fall prevention class. Thank you to the **Quincy Police Department** for the delicious luncheon. Thank you to **Standish Village** for running the monthly Memory Café.



Group Crossword Puzzle

Wednesday, January 19th at 11:00 A.M.

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.**



Olde Kids on the Block

Friday, February 11th at 1:00 P.M.

Back by popular demand! A dance band with the big band style of the 50's and 60's. The have been called a "living museum" with a library of music that will have you humming and tapping your feet! **\$7 pp due at registration. Light refreshments will be served.**



Valentine's Luncheon

Monday, February 14th at 12:30P.M.

Love and friendships are in the air, lets celebrate this sweet day!! Join us for a catered luncheon and entertainment by the Villaneers. **Tickets are \$15PP due at registration and can be purchased at the Kennedy Center. Space is limited.**



Reduced Fare Senior MBTA Passes

Friday, February 4th at 10:00 A.M.

Grace Buscher will be at the Kennedy Center to 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 photo identification. **Registration is required. Please call 617-376-1506 to register.**



Winter Breakfast

Monday, February 28th at 10:00 A.M

Kick the winter blues! No better way to shake the winter blues and say good by to February! Enjoy a buffet breakfast at the Kennedy Center with friends. What a great way to start the day! **Tickets are \$10PP and can be purchased at the Kennedy Center.**



Acrylics Class

Tuesday, January 25th at 1:00 P.M.

Join Karen Kelly, a local crafter from Dedham in welcoming winter and painting a lovely, winter landscape on canvas. It is a fun, easy project, **NO** experience necessary and all materials are included. It is an easy project, yet it will not look it when you are through. You will leave class with a beautiful, one of a kind masterpiece. Please wear old clothes as creating can sometimes get messy! **\$18 pp due at registration. Space is limited.**



Bingo + Songs = Singo

Friday, January 21st 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.**



Friday is pizza day in the Café.

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



WORD SEARCH

- | | | | | |
|-----------|-----------|---------|-------------|---------------|
| CELEBRATE | COUNTDOWN | COZY | FIREPLACE | ICESKATING |
| ICY | JACKFROST | JANUARY | MIDNIGHT | NEWBEGINNINGS |
| NEWYEAR | PARTY | PENGUIN | RESOLUTIONS | SCARF |
| SLEDDING | SNOWMAN | TOAST | TRADITIONS | WINTER |

T P Y Y D P S R K G C T F S S
 E R Z R A T C W N S O S I G K
 G O A R A H O I G R U O R N E
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**FREE MOVIE
FRIDAYS****Free Movie Fridays at the Kennedy Center
Every Friday at 12:30**

January 7 - Mamma Mia! -Sophie has just one wish to make her wedding perfect: to have her father walk her down the aisle. Now she just has to find out who he is. Based on the Broadway smash hit and filled with ABBA songs you know and love, it's the feel-good experience that will have you singing and dancing over and over.

Running time 1 hour and 49 mins.

January 14 - The Bucket List - You only live once, so why not go out in style? That's what 2 cancer-ward roommates, an irascible billionaire (Jack Nicholson) and a scholarly mechanic (Morgan Freeman) decide to do when they get the bad news. They compose a bucket list and head off for the around the world adventure of their lives. **Running time 97 minutes.**

January 21 - The Devil Wears Prada - As assistant to impossibly demanding New York fashion magazine editor Miranda Priestly (Meryl Streep), young Andy Sachs (Anne Hathaway) has landed a job that "a million girls would die for." Unfortunately, her heaven sent appointment as Miranda's personal whipping girl might be the death of her! **Running time 109 minutes.**

January 28 - Hairspray - It's 1962 and change is in the air in Baltimore. Tracy Turnblad, a girl with big hair and big dreams, has only one passion in life - to dance on "The Corny Collins Show." When her chance arrives, she grooves her way into instant stardom and the eyes of teen dream Link Larkin (Zac Efron). With the help of friends and family, Tracy tries to show the world that all it takes to make a dream come true is a toe-tappin' beat and a little HAIRSPRAY! **Running time 117 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. - 12:00 P.M.

- Wednesday January 5th - iPhone/iPad
- Thursday January 6th - Zoom - 10:00 A.M - 11:00 A.M. - iPhone/iPad
- Wednesday January 12th - Internet
- Thursday January 13th - Individual appointment 9:00 A.M. - 12:00 P.M.
- Wednesday January 19th - Scams
- Thursday January 20th - Zoom - 10:00 A.M. - 11:00 A.M - Scams
- Wednesday January 26th - Purchasing Online
- Thursday January 27th - Individual Appointments 9:00 A.M. - 12:00 P.M.



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.



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.



This is an Intermediate Level Puzzle.

Exercise Your Brain!



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

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. Who wrote the classic horror book It?
2. What is hummus made from?
3. Which U.S. state is the largest?
4. Quebec is a province in Canada. What language do they speak there?
5. How many hearts does an octopus have?
6. Which country hosted the first Olympic Games in 1896?
7. Which fast food restaurant is known for it's Big Macs?
8. What are the colors on the Italian flag?
9. Which poet wrote the iconic poem "The Raven"?
10. Which famous artist painted the Mona Lisa?

Book Club



The January 6th meeting is at 1:30 P.M. The selection is **Christmas Shopaholic** by **Sophie Kinsella**. The February meeting will be held on February 3rd at 1:30. The selection is **The Vanishing Half** by **Brit Bennett**.



Men's discussion group meets the 2nd Thursday of each month at 10AM. The speaker for the January meeting is Senator John Keenan.

Rock Painting

Friday, January 14th at 1:30 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.**

Heart to Home Meals

Friday, January 28th at 12:30 P.M.



Come join Heart to Home for an introduction to their home delivery meal service. The team at Heart to Home will be providing a free hot lunch to introduce their product. The company provides a selection of over 160 healthy and nutritious meals, soups, and desserts, hand delivered by local drivers directly to homes. The service can be adapted to suit dietary preferences, with free delivery and no contract or minimum commitment. **Space is limited and registration is required. Please call 617-376-1506 to register.**

Charm Medical Supply

Wednesday, February 16th at 10:00 A.M.



Covered by Insurance? Thousands of healthcare supplies, including incontinence products, nutritional products and compression stockings could possibly be covered by insurance. Let Charm's knowledgeable customer service team handle all of your Medicare, Medicaid, or other private insurance paperwork, including obtaining doctors' prescriptions and letters of necessity, submitting paperwork and tracking renewals. **Space is limited. Please call 617-376-1506 to reserve your spot.**


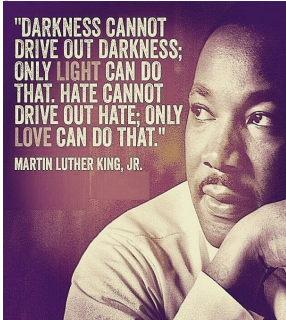



**Elizabeth Gearin
Mayor Thomas Koch**

**January 16th
January 22nd**



January 2022

Mon	Tue	Wed	Thu	Fri																																																																																	
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<p>10 930 Walking Club 10 Line Dancing (\$3) 10 Aging Strong 11 Scrabble 11:45 ZUMBA (\$3) 1 Balance Class (\$3) 1:30 Bingo</p>	<p>11 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 Rummikub</p>	<p>12 10 Knitting Group 10 Undeck the Halls 10 Protecting Your Assets 11 Blood Pressure 11 Volleyball 1:30 Computer Class 2 Corn hole</p>	<p>13 9 Individual Computer Appts. 9 Exercise (\$3) 10 Blood Pressure 10 Men's discussion 10 Mah-jongg 10 Sing Along 10:30 Strength Training (\$5) 11 Chess 12:30 Chair Yoga 1:30 Women's Discussion</p>	<p>14 9 ZUMBA (\$3) 10:30 Tai Chi (\$3) 12 Bridge 12:30 Free Movie The Bucket List 1 Cross Cultural Performance 1:30 Rock Painting</p>																																																																																	
<p>17 Kennedy Center will be closed.</p> 	<p>18 Piano lesson by appt S.H.I.N.E by appt. 9 Exercise (\$3) 10 Weigh to Go 10 Craft Class 10 Hand & Foot Card Game 10 Quilting 10:30 Strength Training(\$5) 1230 Chair Yoga (\$3) 1 Rummikub</p>	<p>19 10 Knitting Group 11 Blood Pressure 11 Volleyball 11 Group Crossword 11 Grab N' Go 1:30 Computer Class 2 Corn hole</p>	<p>20 9 Exercise (\$3) 10 Blood Pressure 10 Mah-jongg 10 Sing Along 10 Zoom Computer 10:30 Strength Training (\$5) 11 Trivia 11 Chess 12:30 Chair Yoga (\$3)</p>	<p>21 9 ZUMBA (\$3) 10 Nails to You 10:30 Tai Chi (\$3) 11 Simple Wills (by apt) 12 Bridge 12:30 Free Movie The Devil Wears Prada 1 Singo Bingo</p>																																																																																	
<p>24 Hearing Screenings 9:30 Walking Club 10 Line Dancing (\$3) 11 Scrabble 11:45 ZUMBA (\$3) 12:00 Memory Cafe 1 Balance Class (\$3)</p>	<p>25 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 Acrylics</p>	<p>26 10 Knitting Group 11 Blood Pressure 11 Volleyball 1 Alzheimer's support 1:30 Computer Class 2 Corn hole</p>	<p>27 9 Individual Computer Appts. 9 Exercise (\$3) 10 Blood Pressure 10 Mah-jongg 10 Sing Along 10:30 Strength Training (\$5) 11 Chess 12:30 Chair Yoga (\$3)</p>	<p>28 9 ZUMBA (\$3) 10:30 Tai Chi (\$3) 12 Bridge 12:30 Free Movie Hairspray 12:30 Heart to Home</p>																																																																																	
<p>31 9:30 Walking Club 10 Line Dancing (\$3) 11 Scrabble 11:45 ZUMBA (\$3) 1 Balance Class (\$3)</p>	<table border="1" style="width: 100%; text-align: center;"> <tr><td>6</td><td>8</td><td>2</td><td>5</td><td>4</td><td>1</td><td>7</td><td>3</td><td>9</td></tr> <tr><td>1</td><td>7</td><td>3</td><td>8</td><td>6</td><td>9</td><td>4</td><td>2</td><td>5</td></tr> <tr><td>9</td><td>5</td><td>4</td><td>7</td><td>2</td><td>3</td><td>1</td><td>6</td><td>8</td></tr> <tr><td>7</td><td>3</td><td>9</td><td>4</td><td>1</td><td>5</td><td>2</td><td>8</td><td>6</td></tr> <tr><td>8</td><td>4</td><td>1</td><td>6</td><td>3</td><td>2</td><td>9</td><td>5</td><td>7</td></tr> <tr><td>2</td><td>6</td><td>5</td><td>9</td><td>8</td><td>7</td><td>3</td><td>4</td><td>1</td></tr> <tr><td>5</td><td>1</td><td>6</td><td>2</td><td>9</td><td>4</td><td>8</td><td>7</td><td>3</td></tr> <tr><td>3</td><td>2</td><td>8</td><td>1</td><td>7</td><td>6</td><td>5</td><td>9</td><td>4</td></tr> <tr><td>4</td><td>9</td><td>7</td><td>3</td><td>5</td><td>8</td><td>6</td><td>1</td><td>2</td></tr> </table>	6	8	2	5	4	1	7	3	9	1	7	3	8	6	9	4	2	5	9	5	4	7	2	3	1	6	8	7	3	9	4	1	5	2	8	6	8	4	1	6	3	2	9	5	7	2	6	5	9	8	7	3	4	1	5	1	6	2	9	4	8	7	3	3	2	8	1	7	6	5	9	4	4	9	7	3	5	8	6	1	2	 <p>"DARKNESS CANNOT DRIVE OUT DARKNESS; ONLY LIGHT CAN DO THAT. HATE CANNOT DRIVE OUT HATE; ONLY LOVE CAN DO THAT." MARTIN LUTHER KING, JR.</p>	<p>Trivia Answers</p> <ol style="list-style-type: none"> 1. Stephen King 2. Chickpeas 3. Alaska 4. French 5. 3 6. Greece 7. McDonalds 8. Red, white, and green 9. Edgar Allen Poe 10. Leonardo Da Vinci 	 <p style="text-align: center;">HAPPY NEW YEAR 2022</p>
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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 Bingo
Monday, February 14th at 1:30 P.M.**

Join the Friends of the Kennedy Center for an afternoon of Bingo! Try your luck at Bingo and a chance to win a fabulous prize! Space is limited. Registration is required. Don't miss out on all the fun! **Please call 617-376-1506 to register.**



**Aging Strong
Monday, January 10th 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 January 10th 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.



Women's Discussion

Women's Discussion group meets the 2nd Thursday of each month at 1:30PM. **Women's discussion will resume in person Thursday, January 13th.** Roberta Cohen will now be leading the group discussion.



Protecting Your Assets Wednesday, January 12th 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. Please call 617-376-1506 to register.**

Trivia Time Thursday, January 20th at 11:00 A.M.

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.**



Grab N Go Lunch Wednesday, January 19th from 11:00 A.M. - 12:30 P.M.

Quincy Council on Aging recently received a nutrition grant through South Shore Elder Services with funds provided by the American Rescue Plan Act (ARPA). With this funding we will be using a portion for a Grab N Go lunch on Wednesday, January 19th between the hours of 11:00 A.M. and 12:30 P.M. Mignosa's Fruit Basket will be preparing a turkey wrap with a bag of chip for the lunch. **Space is limited and you must be a member of the Kennedy Center. Limit 1 per person. Registration is required, please call 617-376-1506.**
