

# Kennedy Center News

June  
2022



Happy  
Father's  
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 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.

City of Quincy 71st Annual Flag Day Parade and Fireworks!  
Saturday June 11th at 7:00 P.M.



Dear Friends,

June is a special month for me. In June 1997, then Mayor Jim Sheets appointed me to be manager of transportation and housing for the City of Quincy's Elder Service Department. At that time Brian Buckley was the Council on aging director. My task as transportation manager was to augment the transportation service and implement what we would call the Trans Van program. The housing piece was to work on a very exciting project. That was the conversion of the former naval air station at the Squantum Gardens complex into housing for elders. I am very proud of the small role that I played and getting that accomplished. I am also extremely proud that our transportation program has developed into a model for many other communities in our state, and in those early days I worked with our current transportation manager, Jennifer Michelangelo to achieve this. Two short years later Brian Buckley became the city's Athletic Director, and I was appointed COA Director. Many of the seniors told me I was too young for the job. I was 35 years old. Well, here we are 25 years later, and nobody says that anymore.


Over those 25 years I had the pleasure of working with so many great people. I'm now on my third administration. I've had three wonderful assistants, Nancy DiPaolo, Linda Bowes and currently Marie Ferent who can practically finish my thoughts. I have such fond memories of so many wonderful volunteers like the late John Noonan, who was chairman of the COA board for many years, Mary K Bamford a long-time board member along with Frank Kearns, Jerry Wideman, Al Farquart, Dr. Joe McDermott, Lorraine Rooney, and Betty DeCristofaro. Long Time members of the staff Carol Lydon, Barbara Carl, Ann Lynch, Jeanie Lyman and Pat Vaca.

When we opened the Kennedy Center, we were blessed with John Boyle, Nick Panarelli, Kevin McVeigh, Shirley Jacobs, my mother and father Jane and Tom Clasby Sr., and Al and Kathy Cameron who are no longer with us. Joe Flynn and Bob Pistorino who manned the counter in those early days are still doing well but are no longer volunteering.

Among the greats was Cleta Tassinary whom our office suite is named after. Cleta was an incredibly hard worker and her loyalty to me is something that I will never forget. Other members of the staff were Dorothy Dow, Lena Thouth, and Barbara Pinio who all gone now. Enjoying retirement now are former long time staff members Carol Joyce, Kay Macpherson, Michelle Paige, Joe Lyons, and Bill Slatery.

Of course, I can't forget all the wonderful members of my present office and transportation staff as well as our volunteer and Board members. You mean more to me than I could ever express, and I am most grateful for all your hard work and service to the people of our community. Well, I suppose it's time for me to make a big announcement! So here it goes I plan on staying for at least 25 more!!!!

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](http://www.quincyma.gov/government/elderserv)  
Hours: Monday- Friday 8:30 – 4:30PM



### Trivia Wednesday, June 15th at 10:30 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.**



### Nails to You Manicures Friday, June 17th

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.**



### Mindfulness for Healthy Aging Monday, June 13th and Monday, July 11th 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 well being. Come to this 2 session 1.5 hour long program and learn simple 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.**



### Friends of the Kennedy Center Bingo Monday, June 13th 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**



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**617-318-3200**  
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### Celtic Angels Home Health Care



*Hi. I'm Milo. The Celtic Angels Home Health Care Mascot.*

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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 **Tufts Medical** for the Aging Strong program. Thank you to **Hamel Lydon** for providing the monthly bereavement group and the quarterly Birthday party. Thank you to the **Quincy Fire Department** and the **American Red Cross** for the emergency preparedness training program. Thank you to **Resources to Remember** for the informative event that was held here at the Kennedy Center. Thank you to **Standish Village** for the Brain Healthy Cooking demonstration. Thank you to **Jon Belber of Holly Hill Farms, Interfaith Social Services and Keohane Funeral Home** for the gardening workshop that provided gardening information and seedlings to all who attended.



### Quarterly Birthday Party Celebration Wednesday, June 15th 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.**



### Grease The Musical Thursday, July 7th

Depart from Pageant Field at 9:00 A.M. and travel to Meredith, New Hampshire where a full course luncheon will be served at the famous Hart's Turkey Farm. After



this delicious meal, you will then attend the Lakes Region Theatre's production of "Grease." Grease is the story of Sandy, the new girl in town and Danny, the school's coolest greaser, who have a secret summertime romance—but when they get back to school, everything is different. **You'll arrive home at 7:30 P.M after a delightful day of great cuisine and theater! Price is \$119 per person, payment is by check only. Checks made payable to Fox Tours. Must be a Kennedy Center member. Lunch choices are Roast Turkey, Sirloin of Beef, Baked Haddock.**



### Lake Winnepesaukee Cruise Monday, July 18th

Depart from Pageant Field at 9:00 A.M. and travel to beautiful Lake Winnepesaukee. Sailing from Weirs Beach, you'll delight in the beautiful vistas of the White Mountains from the decks of the 230 foot M/S Mount Washington as your cruise the famous Lake. You'll enjoy a relaxing, splendid day as your Captain sails from port to port. Comfortable deck chairs are available for your use on this scenic tour. Your narrated cruise of this immense Lake also includes a delicious, full course buffet luncheon. After your delightful cruise, you'll visit the Moulton Farm Market, where farm fresh vegetables, cakes, pies, and more are available for purchase. Your arrival time home will be approximately 5:30 P.M. **Price is \$109 per person, payment by check only made payable to Fox Tours. Must be a Kennedy Center member.**



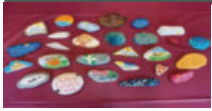
### Martha's Vineyard Tuesday, July 26th

Depart from Pageant Field at 8:00 A.M. and travel to Cape Cod. You will arrive in Falmouth to board your ferry, the Island Queen. Your 45 minute ride to Martha's Vineyard will be most invigorating as you make your way across Nantucket Sound. On arrival, a native guide will provide a tour onboard a sightseeing bus across the Island. From Oak Bluffs, famous for it's Victorian gingerbread cottages to Edgartown, you'll experience Martha's Vineyard's charm and beauty. You'll then visit Edgartown, where you will have time to enjoy this quaint village. Later your sightseeing bus will pick you up and return you to Oak Bluffs for the return ferry to Falmouth. A full course dinner featuring either grilled salmon or chicken parmigiana at Bertucci's are also included. You'll arrive home at approximately 7:30 P.M. After a wonderful day on beautiful Martha's Vineyard. **Price is \$129 per person, payment by check only. Checks made payable to Fox Tours. Must be a Kennedy Center member.**



### Quincy's Memory Café Hosted by Standish Village at the Kennedy Center Monday, June 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.



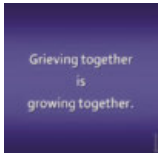
### Rock Painting Friday, June 24th at 1:30 P.M.

Come join us in the Art room and paint a rock with your own unique design! Paint supplies pro-



### Protecting Your Assets Thursday, June 16th 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.**



### Monthly Bereavement Support Group Thursday, June 23rd 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 Wednesday, June 22nd 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.



### Mayor's July 4th Luncheon Wednesday, June 29th at 12:00 P.M.

Join Mayor Tom Koch for a 4th of July luncheon at the Kennedy Center. Space is limited. Registration is required. Please stop by the Kennedy Center for tickets.



### 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.

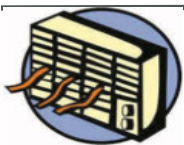
We sell slices of fresh hot pizza for \$2 per slice! Come enjoy a slice!!!



**WORD SEARCH**

- |            |            |            |            |           |
|------------|------------|------------|------------|-----------|
| BARBECUE   | BLUESKY    | FATHERSDAY | HIKING     | JUNE      |
| SUNGLASSES | VACATION   | BASEBALL   | BOATING    | GOLF      |
| HOTDOGS    | LEMONADE   | SUNSHINE   | WATERMELON | BEACH     |
| CAMPING    | HAMBURGERS | ICECREAM   | MOSQUITOES | SWIMSUITS |

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



It is that time of year again and the air conditioners will be turned on at the Kennedy Center. Please bring a sweater with you in case it is too cold for your liking.



# FREE MOVIE FRIDAYS

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



**June 3 - The Money Pit** - Evicted from their Manhattan apartment, Walter and Anna (Tom Hanks and Shelley Long) buy what looks like the home of their dreams - only to find themselves saddled with a bank account draining nightmare. Struggling to keep their relationship together as their rambling mansion falls to pieces around them, the 2 hapless homeowners watch in hilarious horror as everything - including the kitchen sink - disappears into The Money Pit. It's an outrageously entertaining comedy for everyone who's ever been deeply in love...or deeply in debt. **Running time 1 hr. 31 mins.**


**June 10 - The American President** - Michael Douglas portrays the widower Chief Executive who falls for a lobbyist (Annette Bening), then freefalls in the polls in this winning romantic comedy directed by Rob Reiner. Bustling staff members, a sneering opponent, state dinners, formal protocol, informal moments, global crises—all come into focus as Reiner and his star studded cast explore the balance between private romance and public Presidency. **Running time 115 minutes.**

**June 17 - The Father** - A man (Anthony Hopkins) refuses all assistance from his daughter (Olivia Colman) as he ages. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind and even the fabric of his reality. **Running time 97 minutes.**

**June 24 - I Can Only Imagine** - Dennis Quaid and Trace Adkins star in this inspiring true story behind MercyMe's beloved hit song. Running from a troubled home life and a broken relationship, Bart Millard (J. Michael Finley) found escape in music. Hitting the road in a decrepit tour bus, Bart and his band MercyMe set out on an amazing journey none of them could ever have imagined, in this uplifting, music-filled movie that beautifully illustrates the power of forgiveness and God's love. **Running time 110 minutes.**

 <p>29 Foster St, Quincy, MA 02169  <b>Phone: 617-302-2159</b>      Fax: 617-302-2031      Hours: 9-4      info@clarityofmindadp.com      www.clarityofmindadp.com  <b>Openings Available for Clients</b></p>	<h1>FREE AD DESIGN</h1> <p>WITH PURCHASE OF THIS SPACE</p> <p><b>CALL 800.477.4574</b></p>				
<p>Services We Offer</p> <table border="1"> <tr> <td> Skilled Nursing Care</td> <td> Therapy Services</td> <td> Assistance with ADLs</td> <td> Nutritional &amp; Dietary Services</td> </tr> </table>	 Skilled Nursing Care	 Therapy Services	 Assistance with ADLs	 Nutritional & Dietary Services	
 Skilled Nursing Care	 Therapy Services	 Assistance with ADLs	 Nutritional & Dietary Services		

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## 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.

Individual Appointment times - 9:00 A.M. - 11:30 A.M.

Wednesday, June 1st - iPad/iPhone

Thursday, June 2nd - Zoom - iPad/iPhone

Wednesday, June 8th - Common Scams

Thursday, June 9th - Individual Appointments

Wednesday, June 15th - What is Zoom? How do I download it and set it up?

Thursday, June 16th - Zoom on Zoom - Questions/Hosting/Setting up Accounts

Wednesday, June 22nd - Internet Browsers - What are they

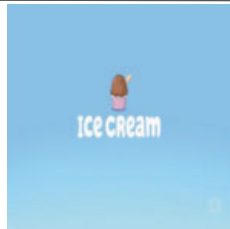
Thursday, June 23rd - Individual Appointments

Wednesday, June 29th - Siri, Alexa, Google - Virtual Assistants

Thursday, June 30th - Zoom - Virtual Assistants



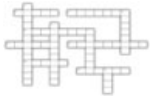
Attorney Crowninshield of Mahoney Law Group will be here the 3rd Friday of every month from 11:00 a.m. until 3:00 p.m. for Free Simple Wills. Please call 617-376-1506 to make an appointment or stop by the office at the Kennedy Center. Attorney Crowninshield has many years of experience and will work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



### Ice Cream Social

Friday, July 8th at 1:30 P.M.

Join us for an ice cream social sponsored by John Adams Healthcare. Space is limited and registration is required. Please call 617-376-1506 to reserve your



### Group Crossword Puzzle

Tuesday, June 21st at 1:00 P.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, call 617-376-1506 to register.



This is an Intermediate Level Puzzle.

Exercise Your Brain!



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

### 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. What is the largest lizard?
2. Europe is separated from Africa by which sea?
3. Botany is the scientific study of what?
4. Tanks were used in battle for the first time in which conflict?
5. What vitamin does the sun's ultraviolet rays help the skin produce?
6. Nepal is located on which continent?
7. What does a seismologist study?
8. What are the bones in the fingers called?
9. What company makes the Butterfinger bar?
10. What is the biggest artery in the human body?

### Book Club



The Book Club meets the first Thursday of each month at 1:30 P.M. The book for the June 2nd meeting is **Wish You were Here by Jody Picoult**. The book for the July 7th meeting is **Flying Angels by Danielle Steele**.



Men's discussion group meets the 2nd Thursday of each month at 10AM. The speaker for June will be **Alexandra Elliott, Curator Quincy Historical Society**.

### Women's Discussion



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



### Dehydration

**Tuesday, June 14th at 10:30 A.M.**

Join Quincy Health Department for a talk about dehydration. Topics will include prevention, the importance of consuming enough fluids, signs of dehydration, and how to keep yourself safe in the summer heat. **Registration is required.**

**Please call 617-376-1506 to reserve your spot.**



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**Dana Farber Skin Cancer Screening Van  
Friday, June 24th from 10:00 - 2:00 P.M.**



Join us for a free skin cancer screening by a dermatologist on the Dana Farber Blum Resource Van. The van will be located at the City of Quincy Health Department. **Registration is required. Please call 617-376-1275 to register and make your appointment.**




**Bob Connell  
Ginny Connolly**

**June 3rd  
June 30th**





June 2022

Mon	Tue	Wed	Thu	Fri																																																																																	
<p><b>Trivia Answers</b></p> <ol style="list-style-type: none"> <li>1. Komodo dragon</li> <li>2. Mediterranean Sea</li> <li>3. Plants</li> <li>4. World War I</li> <li>5. Vitamin D</li> <li>6. Asia</li> <li>7. Earthquakes</li> <li>8. Phalanges</li> <li>9. Nestle</li> <li>10. Aorta</li> </ol>		<ol style="list-style-type: none"> <li>1</li> <li>10 Knitting Group</li> <li>11 Blood Pressure</li> <li>11 Volleyball</li> <li>1:30 Computer Class</li> <li>2 Corn hole</li> </ol>	<ol style="list-style-type: none"> <li>2</li> <li>9 Exercise (\$3)</li> <li>10 Blood Pressure</li> <li>10 Mah-jongg</li> <li>10 Sing Along</li> <li>10 Zoom Computer Class</li> <li>10:30 Strength Training (\$5)</li> <li>11 Chess</li> <li>12:30 Chair Yoga</li> <li>1:30 Book Club</li> </ol>	<ol style="list-style-type: none"> <li>3</li> <li>9 Zumba (\$3)</li> <li>9:30 Vaccine Clinic</li> <li>10:30 Tai Chi (\$3)</li> <li>12 Bridge</li> <li>12:30 Free Movie</li> <li>The Money Pit</li> <li>12:30 Howie Newman Concert</li> </ol>																																																																																	
<ol style="list-style-type: none"> <li>6</li> <li>930 Walking Club</li> <li>10 Line Dancing (\$3)</li> <li>11 Scrabble</li> <li>11:45 ZUMBA (\$3)</li> <li>1 Podiatry</li> <li>Portland Maine Trip</li> </ol>	<ol style="list-style-type: none"> <li>7</li> <li>Piano lesson by appt</li> <li>S.H.I.N.E by appt.</li> <li>9 Exercise (\$3)</li> <li>930 Weigh to Go</li> <li>10 Hand &amp; Foot Card</li> <li>10 Quilting</li> <li>10:30 Strength Training (\$5)</li> <li>1230 Chair Yoga (\$3)</li> <li>1 Rummikub</li> <li>1 Craft Class</li> </ol>	<ol style="list-style-type: none"> <li>8</li> <li>10 Knitting Group</li> <li>11 Blood Pressure</li> <li>11 Volleyball</li> <li>11:30 2 Sisters</li> <li>1:30 Computer Class</li> <li>2 Corn hole</li> </ol>	<ol style="list-style-type: none"> <li>9</li> <li>9 Exercise (\$3)</li> <li>9 Individual Comp Appts.</li> <li>10 Men's Discussion</li> <li>10 Blood Pressure</li> <li>10 Mah-jongg</li> <li>10 Sing Along</li> <li>10:30 Strength Training (\$5)</li> <li>11 Chess</li> <li>12:30 Chair Yoga</li> <li>1:30 Women's Discussion</li> </ol>	<ol style="list-style-type: none"> <li>10</li> <li>9 ZUMBA (\$3)</li> <li>10:30 Tai Chi (\$3)</li> <li>11 Trivia</li> <li>12 Bridge</li> <li>12 QFD Cookout</li> <li>12:30 Free Movie</li> <li>The American President</li> </ol>																																																																																	
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<ol style="list-style-type: none"> <li>20</li> <li>9:30 Walking Club</li> <li>10 Line Dancing (\$3)</li> <li>11 Scrabble</li> <li>11:45 ZUMBA (\$3)</li> <li>12 Memory Cafe</li> </ol>	<ol style="list-style-type: none"> <li>21</li> <li>Piano lesson by appt</li> <li>9 Exercise (\$3)</li> <li>930 Weigh to Go</li> <li>10 Hand &amp; Foot</li> <li>10 Quilting</li> <li>10:30 Strength Training (\$5)</li> <li>1230 Chair Yoga (\$3)</li> <li>1 Rummikub</li> <li>1 Group Crossword</li> <li>Block Island Trip</li> </ol>	<ol style="list-style-type: none"> <li>22</li> <li>10 Knitting Group</li> <li>11 Blood Pressure</li> <li>11 Volleyball</li> <li>1 Alzheimer Support</li> <li>1:30 Computer Class</li> <li>2 Corn hole</li> </ol>	<ol style="list-style-type: none"> <li>23</li> <li>9 Exercise (\$3)</li> <li>9 Individual Comp Appts.</li> <li>10 Blood Pressure</li> <li>10 Mah-jongg</li> <li>10 Sing Along</li> <li>10:30 Strength Training (\$5)</li> <li>11 Chess</li> <li>12:30 Chair Yoga (\$3)</li> <li>1 Bereavement</li> </ol>	<ol style="list-style-type: none"> <li>24</li> <li>9 ZUMBA (\$3)</li> <li>10 Skin Cancer Screening</li> <li>10:30 Tai Chi (\$3)</li> <li>12 Bridge</li> <li>12:30 Free Movie</li> <li>I Can Only Imagine</li> <li>1:30 Rock Painting</li> <li>Encore Trip</li> </ol>																																																																																	
<ol style="list-style-type: none"> <li>27</li> <li>9:30 Walking Club</li> <li>10 Line Dancing (\$3)</li> <li>11 Scrabble</li> <li>11:45 ZUMBA (\$3)</li> </ol>	<ol style="list-style-type: none"> <li>28</li> <li>Piano lesson by appt</li> <li>S.H.I.N.E by appt.</li> <li>9 Exercise (\$3)</li> <li>930 Weigh to Go</li> <li>10 Hand &amp; Foot Card Game</li> <li>10 Quilting</li> <li>10:30 Strength Training (\$5)</li> <li>1230 Chair Yoga (\$3)</li> <li>1 Rummikub</li> </ol>	<ol style="list-style-type: none"> <li>29</li> <li>10 Knitting Group</li> <li>11 Blood Pressure</li> <li>11 Volleyball</li> <li>12 Mayor's Luncheon</li> <li>1:30 Computer Class</li> <li>2 Corn hole</li> </ol>	<ol style="list-style-type: none"> <li>30</li> <li>9 Exercise (\$3)</li> <li>10 Blood Pressure</li> <li>10 Mah-jongg</li> <li>10 Sing Along</li> <li>10 Zoom Computer Class</li> <li>10:30 Strength Training (\$5)</li> <li>11 Chess</li> <li>12:30 Chair Yoga (\$3)</li> </ol>	<table border="1"> <tr><td>8</td><td>9</td><td>7</td><td>3</td><td>5</td><td>4</td><td>1</td><td>6</td><td>2</td></tr> <tr><td>1</td><td>4</td><td>3</td><td>9</td><td>2</td><td>6</td><td>8</td><td>7</td><td>5</td></tr> <tr><td>5</td><td>2</td><td>6</td><td>7</td><td>8</td><td>1</td><td>4</td><td>9</td><td>3</td></tr> <tr><td>4</td><td>1</td><td>2</td><td>5</td><td>6</td><td>7</td><td>3</td><td>8</td><td>9</td></tr> <tr><td>7</td><td>3</td><td>9</td><td>8</td><td>4</td><td>2</td><td>5</td><td>1</td><td>6</td></tr> <tr><td>6</td><td>5</td><td>8</td><td>1</td><td>3</td><td>9</td><td>2</td><td>4</td><td>7</td></tr> <tr><td>9</td><td>7</td><td>5</td><td>4</td><td>1</td><td>3</td><td>6</td><td>2</td><td>8</td></tr> <tr><td>2</td><td>8</td><td>1</td><td>6</td><td>9</td><td>5</td><td>7</td><td>3</td><td>4</td></tr> <tr><td>3</td><td>6</td><td>4</td><td>2</td><td>7</td><td>8</td><td>9</td><td>5</td><td>7</td></tr> </table>	8	9	7	3	5	4	1	6	2	1	4	3	9	2	6	8	7	5	5	2	6	7	8	1	4	9	3	4	1	2	5	6	7	3	8	9	7	3	9	8	4	2	5	1	6	6	5	8	1	3	9	2	4	7	9	7	5	4	1	3	6	2	8	2	8	1	6	9	5	7	3	4	3	6	4	2	7	8	9	5	7
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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, 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. 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.**



**2 Sisters Senior Living Advisors  
Presents Choosing a Nursing Home  
Wednesday, June 8th at 11:30 A.M.**

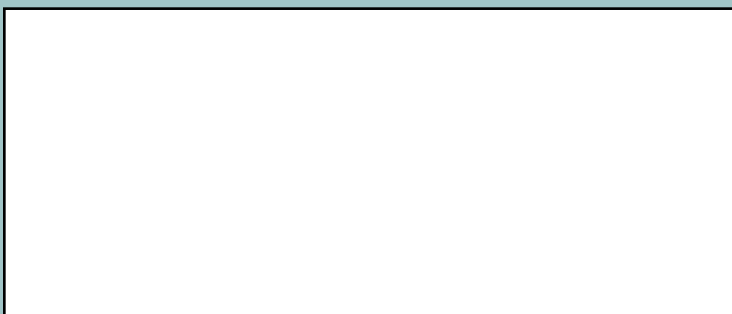
**SENIOR LIVING ADVISORS** Learn what questions to ask and what to look for during the process of this very important decision. Choose with confidence and the best care for your loved one. Participants will learn to interpret staffing ratios and other performance data, find and read Department of Public health survey deficiencies and citations, understand how MassHealth works in a nursing home and what is covered. **Space is limited and registration is required. Please call 617-376-1506 to register.**



**Craft Class  
Tuesday, June 7th at 1:00 P.M.**

Join instructor Karen Kelley for a wood welcome sign craft. **Cost is \$22 and includes supplies. Space is limited and registration is required. Payment is due at time of registration.**

**\*\* New Time\*\* Weigh to Go will now be held on Tuesdays from 9:30-10:30. Please call 617-376-1506 of interested in joining the program \*\***



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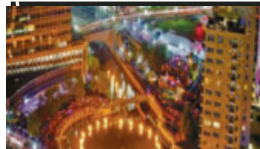
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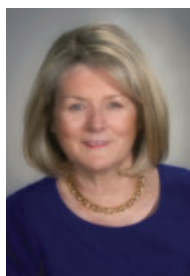
### Providence Waterfire and Newport Getaway August 13-August 14

Journey to Providence, Rhode Island for an overnight tour brimming with excitement and a fantastic experience of light and water at Waterfire on the riverfront in downtown Providence. You will arrive late afternoon and visit **Zooma Restaurant** located in the **Little Italy** district of town. There you will watch a demonstration as the “culinary artists” make the pasta for the day’s dishes. A wonderful 4 course Italian meal follows the demonstration. Next we will meet our professional guide who will take us on a 90 minute bus tour of Providence where we will see the neighborhoods, colleges, the Capital area and others. As dusk settles we will set up along the riverbanks for **Waterfire**. Torches, barges, and buoys are set alight along the River accompanied by a marvelous soundtrack and stunning visual effects. We will leave Providence after the show and head to our hotel, **The Crowne Plaza Providence - Warwick**. After breakfast we will head for Newport. We arrive on **Bellevue Avenue (Mansion Row)** where we will visit **The Elms**. This mansion was the summer home of Mr. & Mrs. Edwin Berwind and modeled after the mid 18th century **Chateau d’Asnieres** outside Paris. Afterwards, enjoy free time for lunch on own and shopping at **Bowen’s Wharf** downtown waterfront before heading home. **Price included transportation, lodging, 2 meals, mansion, one bag per person, all taxes and gratuities. \$404 per person double, \$494 single, \$384 triple. Payment due at time of registration. Checks only. Check made out to Landmark Tours. Must be Kennedy member to attend trip.**




### Guangzhou Association of Boston Cross Cultural Performance Friday, July 15th at 1:00 P.M.

Seize the opportunity to experience a one-of-a-kind, cross cultural performance! The singing and dancing troupe from the Guangzhou Association of Boston will perform for you traditional Chinese and Western songs, Tai Chi sword demonstrations, Sway Mambo Line Dance, Qi Pao dance and more **Please call 617-376-1506 to register.**



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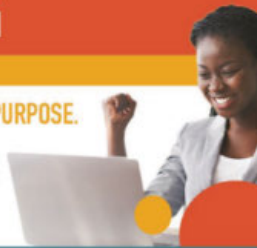


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