



Kingston Council on Aging News

30 Evergreen St
Kingston Senior Center
Kingston, MA, 02364
781-585-0511 or 0512

August 2011

HOURS OF OPERATION

Monday through Friday
8:30 AM - 4:30 PM

STAFF

Linda Felix
Director

Dorothy Neal
Secretary/Dispatcher

Mary Lou Boman
Outreach Worker

Janet Croce
Cook
Trudy Millman
OCES Site Manager

Anna Wallace
Citizen for Citizen

Donald Drew
Barbara Odell
Beverly Champignie
James Kaiser
Van Drivers

COUNCIL ON AGING BOARD

Al Barcella
Barbara Costa
Thomas Croce
Delia Ferreira
Margaret Riordan
Sylvia Vaz

The Council on Aging would like to dedicate the August Newsletter to our dear friend Hazel Foley. Hazel passed away Saturday, July 16, 2011 at the age of 89. She will be greatly missed, and meant so much to us all. Hazel served on the O.C.E.S. Board of Directors for over 20 years, the Kingston COA Board for over 15 years, along with volunteering at the KCOA in many ways. Last year Hazel received the President's Volunteer Service Award in 2010 from R.S.V.P. Hazel we love you and you will always be in our hearts.

Love, The COA Staff

OUR PAC TV "SENIOR MOMENTS" LOGO CONTEST

Tom Bolus, the Production Assistant from PAC TV is running a Logo Contest for our cable show, "Senior Moments". He is asking everyone from the KCOA to come up with a logo in the form of words and/or picture. The winner will receive a gift certificate, at the August 25th Thursday Luncheon. Please drop off your logo anytime at the front desk with your name and phone number. The new "Senior Moments" segment will air Mondays, Wednesdays & Fridays @ 9:00AM & 2:00PM on channel 14 Comcast and channel 41 Verizon.

"Lunch & Learn"

"Getting Your Affairs In Order"

Please join us for an educational and informative fun day. Vendors, Drawings, Free Lunch (Noon) , Prizes and Health Screenings.

Free Healthy Family Fun.

***Tuesday, August 9, 2011, 11:00AM-2:00PM
Please R.S.V.P. 781-585-0511 or 781-585-0512***

A New Gazebo Coming To The COA - Boy scout, Eric Hanson is working on his Eagle project providing us with a gorgeous screened-in gazebo, located here next to Bates Pond. Help us help Eric to achieve his goal by supporting his fund raising efforts.

Intergenerational Wii Sport Games - Every Monday @ 10:00AM . Join SLRHS students and learn how to bowl, box, and play baseball through interactive video games.

Sewing Drop-In - First Tuesday of the month: 9:00 - 3:00PM. Join Louise and her quilters.

Zumba Gold - is a specifically designed dance fitness program. It takes exciting Latin & international dance rhythms created in the original ZUMBA program and brings them to the active older adult, the beginner participant and others that may need modifications for success. Tuesdays, @ 10:00AM. \$3/class

Hearing Screening & Hearing Aide Cleaning/Tune-up - Wednesday, August 3rd @ 10:30AM

Candy Bingo - Every Thursday @ 10:00AM Bring your favorite candy bar. Special prize for "Cover All".

Friday At The Movies @ Noon - Call the COA to see what movie will be playing. For the summer, enjoy refreshing Blender Drinks, (Non-alcoholic) .

Ron Lovett -Those Great Songs of World War II - A fun & exciting performance featuring the actual voices of Frank Sinatra, Bing Cosby, Jimmy Durante, and others. Wednesday, August 10th @ 12:30PM No fee!

Rocky Nook Luncheon - Come join us once again for the luncheon at the Rocky Nook pavilion! We are fortunate for the Rocky Nook Association's hospitality providing us with a fun filled day with great food. The date is August 11th. Lunch will be served at 11:00AM Reservations can be made on August 4th.

Crafts By Chris - Tuesday, August 16th, 9:00-11:00AM Join the class and learn to make cute Curly Girly Pins, so you can make for yourself or give as gifts. Fee \$3 A fun craft you won't want to miss.

Traveling Chef - Wednesday August 17th, @ 11:30AM Your choice of sauces: Marinara, Pesto & Alfredo, with your choice of pasta. Rotini, Penne, Egg Noodle & Linguini. Make reservations early with Trudy. Fee \$2.50

James E. Coyle Senior Olympics - On August 18th our annual Senior Olympics and cook out will be held for the first time at our new Senior Center. Registration is at 9:00AM. The games begin at 10:00AM. Cook out @ Noon. Reservations needed!

Rockland Trust Seminar - Kevin Mantville, VP Financial Consult. Monday, August 22nd @ 10:30AM.

French Toast Breakfast - Wednesday, August 24th @ 9:30AM. The cost is \$2.00 (Dottie is Cooking!!)

"When Love Is Not Enough" - Comfort Keepers will be discussing different options for families faced with making decisions related to care for loved ones with Alzheimer's. Wednesday, August 24th @ 10:00AM.

Healthy Wealthy & Wise - Free health screenings, info, prizes & giveaways. If interested, please meet @ the Independence Mall "Food Court" on the fourth Wednesday of every month. Noon-2:00PM, August 24th!

Identity Theft & Scams - Sponsored by the Sheriff's Department. Thursday, August 25th @ 10:00AM

Getting To Know You - with Anna Wallace @ 10:00AM Friday, August 26th.

Ice Cream Social - Tuesday, August 30th @ 12:30PM. Oh... so good! Be among many friends and enjoy a delicious ice cream social with all of the fixings.

Beach Party Luncheon - Come dressed like you are going to the beach. Listen to entertainer, Joel Tenor, and sip slushies & make your own smores. Join in for the famous water balloon toss and have a great time. We will have a special raffle for all who participate. August 31st @ Noon. The cost is \$2.50

EXERCISE CLASSES

Get Fit With The Director - Mondays, @ 9:00AM Class taught by Linda at no cost.

Line Dancing - Wednesday @ 10:00 with Cat. Classes are \$4/class or \$12/month

Stay Fit & Strong -

Cindie on Wednesdays @ 11:00. Classes are \$5 This class is a complete body work-out.

Tai Chi - Thursdays, @ 10:30 with Fang-Chih Lee. Classes are \$5 or \$12/month.

Chair Yoga - Tara Iula is your instructor. Every Friday @ 10:00 - \$5/class or \$16/month

Walking Club - Walk with Mary Lou every Tuesday @ 10:00

Strength & Fitness Over 60 - Janet Enos is teaching an exercise class with therabands, a weighted exercise ball along with various pieces of equipment. Fridays @ 3:00. \$4/class or \$12/month

August 2011 Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Pinochle @ 8:30AM Get Fit w/ the Director @ 9:00 1 Wii @ 10:00-11:30AM Dominoes @ 1:00PM	Quilting w/ Louise 9:00-3:00 2 Walking Club w/ Mary Lou @ 10:00AM Zumba Gold @ 10:00AM Shopping 1:00-3:00PM	Pinochle @ 8:30AM 3 Line Dancing @ 10:00AM Hearing Screening @ 10:30AM Workout w/ Cindie @ 11:00AM Whist @ 1:00PM	SHINE 4 Candy Bingo 10:00AM Tai-Chi @ 10:30AM Thursday Luncheon @ Noon Bingo @ 1:00PM Cribbage @ 1:00PM	Chair Yoga @ 10:00AM 5 Movie @ Noon Bridge @ 1:00PM Strength & Fitness over 60 @ 3:00PM
Pinochle @ 8:30AM Get Fit w/ the Director @ 9:00 8 Wii @ 10:00-11:30AM Dominoes @ 1:00PM	Walking Club w/ Mary Lou @ 10:00AM 9 Zumba Gold @ 10:00AM Lunch & Learn 11-2 Shopping 1:00-3:00PM Board Meeting @ 1:00PM	Pinochle @ 8:30AM Line Dancing @ 10:00AM 10 Great WWII Songs @ 12:30 PM Workout w/ Cindie @ 11:00AM Whist @ 1:00PM	SHINE Candy Bingo 10:00AM 11 Tai-Chi @ 10:30AM Rocky Nook @ 11:00AM Bingo @ 1:00PM Cribbage @ 1:00PM	Chair Yoga @ 10:00AM Movie @ Noon 12 Bridge @ 1:00PM Strength & Fitness over 60 @ 3:00PM
Pinochle @ 8:30AM Get Fit w/ the Director @ 9:00 15 Wii @ 10:00-11:30AM Dominoes @ 1:00PM	Crafts By Chris 9-11 Zumba Gold @ 10:00AM 16 Walking Club w/ Mary Lou @ 10:00AM Shopping 1:00-3:00PM	Pinochle @ 8:30AM Pedi-Care w/Heidi 17 Line Dancing @ 10:00AM Workout w/ Cindie @ 11:00AM Traveling Chef/Pasta Sauté @ 11:30 Whist @ 1:00PM	SHINE Senior Olympics @ 9:00AM 18 Tai-Chi @ 10:30AM Attorney Vidette @ 12:30PM Bingo @ 1:00PM Cribbage @ 1:00PM	Chair Yoga @ 10:00AM Movie @ Noon 19 Bridge @ 1:00PM Strength & Fitness over 60 @ 3:00PM
Pinochle @ 8:30AM 22 Get Fit w/ the Director @ 9:00AM Wii @ 10:00-11:30AM Rockland Trust Seminar @ 10:30 Dominoes @ 1:00PM	Zumba Gold @ 10:00AM 23 Walking Club w/ Mary Lou @ 10:00AM Shopping 1:00-3:00PM	Pinochle @ 8:30AM 24 French Toast Breakfast @ 9:30 Comfort Keepers @ 10:00AM Line Dancing @ 10:00AM Workout w/ Cindie @ 11:00AM Whist @ 1:00PM	SHINE 25 Candy Bingo 10:00AM Identity Theft @ 10:00AM Tai-Chi @ 10:30AM Thursday Luncheon @ Noon Bingo & Cribbage @ 1:00PM	Chair Yoga @ 10:00AM 26 Movie @ Noon Bridge @ 1:00PM Strength & Fitness over 60 @ 3:00PM Getting To Know You @ 10:00AM
Pinochle @ 8:30AM 29 Get Fit w/ the Director @ 9:00AM Wii @ 10:00-11:30AM Dominoes @ 1:00PM	ZUMBA GOLD @ 10:00AM 30 Walking Club w/ Mary Lou @ 10:00AM Ice Cream Social @ 12:30PM Shopping 1:00-3:00PM	Pinochle @ 8:30AM 31 Line Dancing @ 10:00AM Workout w/ Cindie @ 11:00AM Beach Party Luncheon w/ Joel Tenor @ Noon		

August 2011 Luncheon Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Chili Con Carne 1 Carrot Coins Corn Bread Pears	Herbed Chicken 2 Mashed Potato Peas & Onions Whole Wheat Bread Pineapple	Fish Sandwich 3 Tartar Sauce Tater Tots Roasted Peppers Vanilla Pudding MOD: SF Pudding	KCOA Thursday Lunch 4 Ham & Cheese Sandwich Chips & Dessert O.C.E.S. Lunch Lasagna Spinach, Squash & Zucchini Pumpnickel Bread Apple Cinnamon Muffin MOD: Graham Crackers	Hawaiian Roast Pork 5 Lemon Rice Green Beans Rye Bread Peaches
Orange Dijon Chicken 8 Brown Rice Broccoli Whole Wheat Bread Fresh Plum	Turkey & Cheese Sub 9 w/ Lettuce, Tomato & Mayo Carrot Pineapple Salad Rice Pudding MOD: SF Pudding	Spaghetti & Meatballs 10 Roasted Summer Squash Three Bean Salad Garlic Roll Hot Cinnamon Apples	KCOA @ Rocky Nook (max 80) 11 O.C.E.S. Luncheon Scrod Au Gratin Sweet Potatoes Beets Multigrain Bread Snack 'n Loaf MOD: Lorna Doones	Cheeseburger Whole Wheat 12 Roll, German Potato Salad, Chuck Wagon Corn Ketchup Pears
Ham & Cheese Sandwich 15 Pasta Salad Broccoli Salad Multigrain Bread Raisins	Mac & Cheese 16 Tomato & Basil Green Beans Whole Wheat Bread Fruit Cocktail	KCOA Traveling Chef 17 Maple Mustard Pork Garlic Mashed Potato Summer Blend Veggies Pumpnickel Bread Peach Cake MOD: low sugar Cake	KCOA Senior Olympics 18 Hamburgers, Hot Dogs Potato Salad, Baked Beans & Dessert Beef Burgundy Orzo Rice Pilaf Cauliflower Rye Bread Mandarin Oranges	Orange Almond Chicken 19 Scalloped Potatoes Parslied Carrots Wheat Bread Choc Pudding MOD: SF Pudding
Stuffed Shells 22 Corn Green Beans Italian Bread Peach Mousse MOD: SF Pudding	Turkey Tetrazini Pasta 23 Zucchini & Tomato Whole Wheat Bread Applesauce	Spanish Pot Roast 24 Rice & Beans Brussel Sprouts Multigrain Bread Peaches	KCOA Thursday Lunch 25 Cheese Tortellini Salad Tuna Salad Sandwich, Chips & Dessert O.C.E.S. Lunch Lemon Chicken, Boiled Potato Peas & Carrots, Whole Wheat Bread Fortune Cookie & Juice	Tuna Salad 26 Macaroni Salad Cole Slaw Rye Bread Fresh Nectarine
Chicken Broccoli Ziti 29 Country Style Veggies Whole Wheat Bread Pineapple	Veal Parm 30 Wild Rice Blend Green & wax Beans Pumpnickel Bread Fresh pear	Pork w/ Gravy 31 Mashed Potato Honey Carrot Coins Rye Bread Butterscotch Pudding		

Michael P Vidette, Jr, attorney - Every third Thursday, (Aug 18, 2011), for a free fifteen minute consultation. The appointments start @ 12:30, and the last appointment @ 1:00 PM. Please call the KCOA @ 781-585-0511 or 0512, to set up your appointment with Attorney Michael Vidette.

\$5 FRIENDS MEMBERSHIP DUES \$5

*Please make checks payable to:
The Friends of the Kingston COA
Dues year 7/1/2011-6/30/2012*

MEMBERSHIP:

ARTIST of the MONTH

Rita Bento
Armando Enriquez
Marie Kaiser



Name: _____
Address: _____
Phone: _____
E-mail: _____

WISHLIST FOR AUGUST

- Blender**
- Clorox Wipes**
- Large Zip-Lock Bags**
- Windex**
- Coffee**

*Additional contributions made In Memory of: or
In Honor of:
(List names & amounts below)*

Kingston Council on Aging
30 Evergreen Street
Kingston, MA 02364

PRSRSTD
US POSTAGE PAID
PLYMOUTH, MA
PERMIT NO.80

The Kingston Friends

The FRIENDS of the KCOA held their Annual Luncheon Meeting & Election of Officers, for the incoming year starting July 1st @ Ernie's Restaurant. A good time was had by all.

- Joan Holland - President*
- Mary Lou Boman - Vice President*
- Terry Quintal - Treasurer*
- Sylvia Phillips - Clerk*
- Gail Burgess - Director*
- Mary Boutin - Director*

Membership dues is now payable to the Friends of the KCOA. The form is on this page.

*Kingston Senior Center
30 Evergreen Street
781-585-0511 or 0512*

RETURN SERVICE REQUESTED

Cards

- PINOCHLE - Every Mon & Wed @ 8:30AM**
- DOMINOES - Monday afternoons @ 1:00PM**
- WHIST- Every Wednesday @ 1:00PM**
- CRIBBAGE - Every Thursday @ 1:00PM**
- BRIDGE - Every Friday, @ 1:00PM**