



Kingston Council on Aging News

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

February 2012

**HOURS
OF OPERATION**
Monday - Friday
8:30 AM - 4:30 PM

STAFF

Linda Felix
Director

Dorothy Neal
Secretary/Dispatcher

Mary Lou Boman
Outreach & SHINE
Ralph Calderaro
SHINE

Janet Croce
Cook
Trudy Millman
OCES Site Manager

Anna Wallace
Citizen for Citizen

Steve Hayward
Custodian

Donald Drew
Barbara Odell
James Kaiser
Van Drivers

**COUNCIL ON AGING
BOARD**

Barbara Costa
Thomas Croce
Joan Hutchison
Dorothy Ocksrider
Dennis Randall
Margaret Riordan
Sylvia Vaz

**WE'RE CELEBRATING OUR FIRST ANNIVERSARY!
IT'S WINTER CARNIVAL WEEK AT THE SENIOR CENTER!**

Can you believe it's been a whole year since we moved into our new Senior Center? We're flourishing and growing by leaps and bounds! Programs have been expanded to appeal to many of Kingston's residents and are attracting seniors of all ages. Yes, the word is out that our beautiful new Senior Center is senior-friendly, lively and appealing; we just know how to have a great time here. This Center is the Town of Kingston's gift to its senior citizens and we want all of you to participate in its activities and help us to grow and create programs that appeal to all.

*Celebrate our first anniversary with an entire week of free (except for lunches) festivities and entertainment. Join friends and neighbors on February 13—17 for the COA's Winter Carnival. Following is a list of planned activities and daily dress: **Sign-ups are a MUST!***

Monday, Feb 13—**Spaulding Rehabilitation and Partners Home Care** will sponsor Spa Day @ 10 am -12 noon—Chair Yoga, Ask the Physical Therapist, therapeutic massages, nail manicures-wear comfy clothes/lounge wear/PJs.

Tuesday, Feb 14—**Life Care** will be sponsoring a Valentine Brunch @ 9:30—11 am (no lunch served). On the menu will be fresh fruit, waffles w/strawberries, omelets, home fries, beef stroganoff. A Seminar on Vitamins A & D will be presented @ 10 am—wear red!

Wednesday, Feb 15—At noon **Wingate** will sponsor Mr. DJ's Hollywood Quiz Show. This treat is just like being on television and will engage and entertain as we stroll down memory lane. Custom award ribbons are given to each contestant, along with trophies and prizes to winners—Wear Disney clothes/hats!

Thursday, Feb 16—**Diabetic Footwear & Foot Care** Workshop @ 10 am. Workshop will cover the Therapeutic Shoe Bill which includes info on who is eligible and what insurances are accepted. **Registry of Motor Vehicles** Seminar on Disability Placards @ 11 am. At 1 pm there's "Blizzard Bingo." Bring in a homemade baked good and receive two extra bingo cards. In addition to regular Bingo cash prizes, winners will receive a baked good. "Cover all" will receive a turkey. Wear New England sports clothes/hats (Yankee/Colts/LA Laker fans stay home!)

Friday, Feb 17—The Traveling Chef will be on board for our Anniversary Luncheon @ 11:30 am. The chef will present a Pasta Station with a choice of pasta (rotini, penne, linguini, egg noodles) topped with your choice of sauce (marinara, pesto, alfredo). Donation of \$2.50 **Comfort Keepers** will sponsor our Anniversary Party with entertainer Tony Funches @ 1 pm. Make your own sundae @ 1:30 pm—Wear a crazy hat!

The Council on Aging and its Board, The Friends and the members wish to extend their thanks to all our sponsors for their generosity and support.

Without our many friends, our Center would not be able to grow.

KNIT WITS - Mondays @ 10 am. A Knitting Circle for all knitting enthusiasts. Call to reserve your spot.

Wii - Mondays @ 3:30 PM. Join "Girl Scout, Julia Peterson and learn interactive video games.

QUILTING WITH LOUISE - First and Third Tuesdays, Feb 7 and 21 @ 9—3. We will learn to create a Victorian "Crazy Quilt." Learn how to design it, paper piece it and incorporate special embellishments adding interest to your creation. Collect fabric scraps, laces, beading and other embellishments to use in this heirloom OR just join us to work on your favorite project. Remember if it snows on our scheduled meeting date, stay home and quilt!

OIL PAINTING OPEN WORKSHOP—Wednesdays @ 9-11 am, -Bring your tools and paint along with other aspiring artists.

BLOOD PRESSURE SCREENING—Thursdays —1st Thurs @ 9-11 am provided by Life Care: 2nd & 4th @ 10:30—Noon: Partners Home Care; 3rd: @ 10-11 am Ask a Nurse

THERAPEUTIC CHAIR MASSAGE with Julia Reynolds from Spaulding Rehab Center -Thursdays @ 10 -11 am. Cost is \$1/Minute.

WINTER CARNIVAL WEEK MOVIES @ 1 PM

Feb. 13 - "In Her Shoes"

Feb. 14 - "You've Got Mail"

Feb. 15 - "The Lion King"

Enjoy Great Movies - Fridays @ Noon.

Feb. 3 - "Benji"

Feb. 10 "The Other Side of Heaven"

Feb. 24 "The Help"

REP. TOM CALTER Office Hours - Friday, Feb. 3 @ 12:30 pm.(1st Fri of each month) Call COA for appointment.

HEARING AID SCREENING AND TUNE-UP—Tuesday, Feb. 7 @ 9:15—10 am. (1st Tues of each month) Free hearing screenings and cleaning provided by Accuquest Hearing Centers.

ICE CREAM SOCIAL—Wednesday, Feb 8 @ 12:30 Ice cream with all the fixings. We don't count calories!!

PEDICARE CLINIC—Wednesday, Feb. 15 - Heidi Crowley, RN. Cost: \$28 Call for appt.

ASK A NURSE CLINIC—Thursday, Feb 16 10-11 am A Bayada Nurse will be available to answer your health-related questions. They can discuss any concern, big or small, that you may have.

BOOK CLUB - Third Tuesday, Feb 21 @ 10 am. Join Mary Lou Boman for a relaxing and social discussion on the member's monthly selected novel. New readers always welcomed.

MARDI GRAS HIGH TEA—Wednesday, Feb 22 @ 12:30 pm. Bring your favorite tea cup; tea always tastes better in your favorite cup.

LOSS OF AN ADULT CHILD - Mondays starting Feb 27 @ 1 -2:30 pm —Beacon Hospice is offering an 8-week Grief Support Group for anyone who has lost an adult child. Pre-registration is required by calling Scott Ciosek, Bereavement Coordinator @ Beacon Hospice 508-747-7222

The "Tax Man," Mr. Gardner, will be available February - April. Call 781-585-0512 for appointments

EXERCISE CLASSES

GET FIT WITH THE DIRECTOR - Mondays @ 9 am
Class taught by Linda at no cost.

ZUMBA- Mondays @ 4:30 pm. Intermediate Level.
\$3/class.

ZUMBA GOLD - Tuesdays @ 10 am. \$3/class.

STAY FIT & STRONG WITH CINDIE. Wednesdays @ 11 am—Noon \$5/class. A complete body workout!

TAI CHI WITH FANG-CHIH LEE. Thursdays @ 10:30 am. \$5/class.

CHAIR YOGA WITH INSTRUCTOR TARA IULA - Fridays @ 10 AM . \$5/class.

NEW EXERCISE CLASSES:

LITE WEIGHTS WITH TARA IULA Friday, Feb 10 & 24 @ 11 am—A strength and conditioning class using weights and therapeutic bands. \$4/class

BALLROOM DANCING WITH HENRY—Tuesdays, @ 2 pm—Join Henry for dancing, listening and sing-along. Let's have FUN! At no cost.

GAMES & CARDS

DOMINOES - Mondays @ 1PM. If you have your own set, please bring it with you.

CANASTA - Tuesdays @ 1PM

PINOCHLE - Monday and Wednesday @ 8:30AM

WHIST - Wednesday @ 1PM

CANDY BINGO—Thursdays @ 10 am—Bring your favorite candy bar! - Blizzard Bingo on Feb. 16

BINGO & CRIBBAGE - Thursdays @ 1PM

BRIDGE - Fridays @ 1PM - Activities Room.

Monday	Tuesday	Wednesday	Thursday	Friday
	*	Pinochle @ 8:30 am 1 Oil Painting Workshop @ 9-11 am *Hearing Aid Screening @ 10:30 Stay Fit & Strong @ 11 am Whist @ 1 PM	Blood Pressure Screening @ 9-11 2 Therapeutic Chair Massage 10-11am Tai-Chi @ 10:30am Bingo & Cribbage @ 1pm	Chair Yoga @ 10am 3 Movie @ Noon- "Benji" *Rep. Calter @ 12:30pm Bridge @ 1pm
Pinochle @ 8:30 am 6 Get Fit w/Director @ 9am Knit Wits @ 10 am Dominoes @ 1pm Wii @ 3:30 pm Zumba @ 4:30pm	Quilting w/Louise @ 9 am—3 pm 7 Hearing Aid Screening @ 9:15—10 am Zumba Gold @ 10am *Ice Cream Social @ 12:30pm COA Board Meeting @1pm NEW-Ballroom Dancing w/Henry - 2 pm Canasta @ 1pm *Shopping 12:30-2:30pm	Pinochle @ 8:30am 8 Oil Painting Workshop @ 9-11 am Stay Fit & Strong 11am-Noon Ice Cream Social @ 12:30 pm Whist @ 1pm	Friends of COA Meeting @ 10am 9 Blood Pressure Screening @ 10:30 am—Noon Therapeutic Chair Massage @10—11 am Tai-Chi @ 10:30am Bingo & Cribbage @ 1pm	Chair Yoga @ 10am 10 NEW: Lite Weights w/Tara Iula @ 11 am Movie @ Noon—"The Other Side of Heaven" Bridge @ 1pm
Spa Day @ 10 am—Noon 13 Pinochle @ 8:30 am Get Fit w/Director @ 9 am Knit Wits @ 10 am Movie @ 1 pm: "In Her Shoes" Wii @ 3:30 pm Zumba @ 4:30pm	*Valentine Brunch @ 9:30—11 am 14 Zumba Gold @ 10am *High Tea @ 12:30 Movie @ 1 pm: - "You've Got Mail" Canasta @ 1pm *Shopping 12:30-2:30pm NEW-Ballroom Dancing w/Henry - 2 pm	Mr. DJ's Quiz Show @ Noon 15 Movie @ 1pm: "The Lion King" Pinochle @ 8:30 am Oil Oil Painting Workshop @ 9-11 am *Valentine's Day Brunch @ 9:30 am Stay Fit & Strong 11am-Noon Whist @ 1pm *Pedicare Clinic	Diabetic Foot wear/ Care @ 10 am 16 Seminar on Disability Placards @ 11 am Blizzard Bingo @ 1 pm Therapeutic Chair Massage @ 10—11 am *Ask a Bayada Nurse @ 10-11 am *Attorney Vidette @ 12:30 pm Tai-Chi @ 10:30 am Cribbage @ 1pm	*Anniversary Luncheon @ 11:30 am 17 Entertainer Tony Funches @ 1 pm Make Your Own Sundae @ 1:30 pm Chair Yoga @ 10am Bridge @ 1pm
20 PRESIDENTS' DDAY SENIOR CENTER CLOSED	Quilting w/Louise @ 9 am—3 pm 21 Book Club @ 10am Zumba Gold @ 10am Canasta @ 1pm *Shopping 12:30-2:30pm NEW-Ballroom Dancing w/Henry - 2 pm	Pinochle @ 8:30am 22 Oil Painting Workshop @ 9-11 am Stay Fit & Strong @ 11am Mardi Gras High Tea @ 12:30 pm Whist @ 1pm	Therapeutic Chair Massage 10-11am 23 Blood Pressure Screening @ 10:30 am—Noon Tai-Chi @ 10:30am Bingo & Cribbage @ 1pm	Chair Yoga @ 10am 24 NEW: Lite Weights w/Tara Iula @ 11 am Movie @ Noon—"The Help" Bridge @ 1 pm
Pinochle @ 8:30am 27 Get Fit w/Director @ 9am Knit Wits @ 10am Loss of Adult Child @ 1—2:30 pm Dominoes @ 1pm Wii @ 3:30 pm Zumba @ 4:30pm	Zumba Gold @ 10am 28 Canasta @ 1pm *Shopping 12:30-2:30pm NEW-Ballroom Dancing w/Henry - 2 pm			*Need to call for reservation or appointment 781-585-0511 or 0512

Monday	Tuesday	Wednesday	Thursday	Friday
		Diced Chicken & Broccoli 1 Buttered Noodles Oatmeal Bread Peach Cup MOD: Peaches	Veal Bourignon 2 Roast Sweet Potato Green Beans & Tomato Double Fiber Bread Apple Cinnamon Muffin MOD: Cinnamon Graham KCOA Luncheon Garden Salad, Chicken Pot Pie, Desert	Reduced Sodium Hot Dog 3 Tater Tots, Coleslaw Mustard/Ketchup Hot Dog Roll Baked Apple Slices
Chicken Cacciatore 6 Mashed Potatoes Mixed Vegetables Multigrain Bread Pineapple	Roast Beef w/ Herb Gravy 7 Boiled Potato Green Beans Almondine Rye Bread Butterscotch Pudding MOD: SF Pudding	Swedish Meatballs 8 Egg Noodles Glazed Carrot Coins Whole Wheat Bread Fresh Pears	Fish Sticks w/ Tartar Sauce 9 Chuckwagon Corn & Spinach Pumpnickel Bread Lemon Grahams KCOA Luncheon Antipasto Salad, Baked Ziti, Meatballs Valentine Cake	Sweet & Sour Pork 10 Steamed Brown Rice Oriental Blend Veggie Oatmeal Bread Mandarin Oranges *Escarole Bean Soup
Meat Loaf 2/ Tomato Sauce 13 Garlic Mashed Potatoes California Blend Vegetables Rye Bread Cherry Pie MOD: Blueberry Graham	Buttermilk Chicken 14 Paprika Road Potato Honey Carrot Coins Whole Wheat Roll Strawberry Mousse MOD: SF Pudding ***Brunch served 9:30-11 am) (No Congregate Lunch Served)	Tuna Fish on Whole Wheat 15 **Vegetable Soup English Pea Salad Pears (in tray)	Stuffed Shells w/Meat Sauce 16 Broccoli, Carrots Multigrain Bread Fresh Apple KCOA Luncheon Meatloaf, Egg Noodles, Rolls Dessert	Turkey a la King 17 Herbed Potatoes Peas & Onions Garlic Dinner Roll Fruit Cocktail ***Anniversary Luncheon
PRESIDENTS DAY No Meals Served	20 Veal Rollatini 21 Basil Brown Rice Broccoli w/ Roasted Garlic Wheat Bread Peach Cup MOD: Peaches	HAPPY BIRTHDAY 22 Cheese Omelet Oven Brownd Potatoes Peppers & Onions Multigrain Bread Lemon Cake MOD: SF Lemon Cake	American Chop Suey 23 Parsley Carrot Coins, Rye Bread Pears 2-Compartment Tray KCOA Luncheon Chicken Croquettes w/Gravy Mashed Potatoes, Broccoli .Dessert	Potato Crunch Fish 24 Tartar Sauce Cauliflower, Peas Pumpnickel Bread Raisins
Teriyaki Chicken 27 Bowtie Pasta Oriental Vegetables Double Fiber Bread Pears	Italian Braised Beef 28 Buttered Noodles, Riviera Veggies Italian Bread Pineapple *Tomato Soup	Roast Turkey 2/Gravy 29 Sweet Potato Green & Wax Beans Whole Wheat Roll Fresh Orange	*Soup on 2/10 and 2/28 will be congregate only **Vegetable Soup on 2/15 will be served HDM and congregate ***Reervations at Must	Milk and margarine are served at every meal. Must make reservation w/ Trudy for congregate meals. Luncheon served promptly @ 11:30 am!

Michael P. Vidette, Jr., Esquire - Every third Thursday (Feb 16, 2012) - Free 15-minute consultation. Appointments start @ 12:30 pm - last appointment is @ 1 pm. Please call the KCOA @ 781-585-0511 or 0512, to set up your appointment with **Atty Michael Vidette**.

SENIOR GETAWAYS Presents

ERIN go BRAGH

Wednesday, March 7

at the Aqua Turf Club, Plantsville CT

All you can eat Family Style Luncheon:

Tossed Salad, Corned Beef and Cabbage, Pasta, Baked Scrod, Potatoes, Vegetables, Dessert

Enjoy Coffee & Donuts upon arrival.

Complimentary Glass of Beer or wine

Free Door Prize Tickets

Depart Hannaford @ 8 am—Arrive Aqua Turf @ 11 am

Depart Aqua Turf @ 3:30 pm—Arrive Home @ 6 pm

Payment must be received with Reservation

See Esther Comeau on Thursdays at the Senior Center

or Call Esther at 508-224-5199

The Kingston Friends

Friends meet at the Senior Center at 10AM every second Thursday.

Joan Holland - President

Mary Lou Boman - Vice President

Terry Quintal - Treasurer

Sylvia Phillips - Clerk

Gail Burgess - Director

Mary Boutin - Director

Barbara Odell - Director

Anne Fiore - Director

Membership Chairman/Sunshine Lady:

Ann Reid

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

Friends of the Council on Aging

The next meeting of the Friends of the Council on Aging will be Thursday, February 9 @ 10 am at the Kingston Senior Center.

*Donations to Friends of Kingston COA are always greatly appreciated. **IN MEMORY OF** or **IN HONOR OF**—(List names & amounts below)*

“Lunch Bunch” held its first outing at the Royal Garden in Kingston. A good time was had by all. Our next outing will be on Tuesday, March 13 @ 11:30 am at Ernie’s in North Plymouth for the Pizza Special. **Come join the fun!**

Kingston Council on Aging
30 Evergreen Street
Kingston, MA 02364

PRSRSTD
US POSTAGE PAID
PLYMOUTH, MA
PERMIT NO.80

RETURN SERVICE REQUESTED

WISHLIST FOR JANUARY

New Release Movies (DVD)
Tissues
Clorox Wipes

Rolls of Paper Towels
7 oz. Plastic Cold Cups