



Kingston Council on Aging News

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

January 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

LESSONS FOR THE NEW YEAR

*Go placidly amid the noise & haste, remember you will find peace in silence
Be on good terms with all persons. Speak your truth quietly & clearly; listen to others,
they too have their story.*

*If you compare yourself with others, you may become vain & bitter, for always there
will be greater and lesser persons than yourself.*

Enjoy your achievements as well as your plans.

*Keep interested in your own life, however humble; it is a real possession in the
changing fortunes of time.*

*You are a child of the universe, no less than the trees & the stars; you have a right to
be here.*

*Therefore, be at peace and whatever your labors & aspirations; in the noisy confusion
of life keep peace with your soul.*

No matter what life has in store, strive to be happy & make the best of each day.

Have a Happy and Healthy 2012!

Linda

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**Applications for fuel assistance through the Ichabod Washburn Benevolent Fund  
are now available online or at the Kingston Public Library, the Council on Aging  
and the Town Clerk's Office.**

**In accordance with the Will, single or widowed women "of good character"  
who are residents of Kingston may apply. The deadline to apply is January 31, 2012.  
Distribution of funds will be made in March 2012.**  
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ESSENTIALSKILLS FOR ALZHEIMER CARE:

IT STARTS WITH COMMUNICATION—Friday, Jan. 27 @ 9:30—11:30 AM

Presented by Jill Seiler-Moon, Alzheimer's Association in collaboration with OCES.

Good communication is essential when providing care for a family member in mid-to-later stage dementia and there are many proven techniques that caregivers can learn to improve day-to-day life for those with dementia and reduce their own stress. Learn how to communicate in a way that minimizes frustrations, decreases anxiety and avoids disagreements.

Designed with family caregivers in mind. No professional caregivers please.

Pre-registration is required. Please call 800-272-3900 or go to www.alz.org/MANH

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**SAVE FEBRUARY 17th to help the Senior Center celebrate its One-Year Anniversary  
with a special luncheon party and entertainment by Tony Funches!**

**THE KINGSTON COA WILL BE CLOSED ON JANUARY 16, 2012**

**KNIT WITS - Mondays @ 10 AM.** A Knitting Circle for all knitting enthusiasts. Please call & reserve your spot. 781-585-0512

**Wii & PIZZA - Mondays @ 3:30 PM.** Join "Girl Scout, Julia Peterson and learn interactive video games. Then enjoy delicious pizza.

**CRAFTS WITH CHRIS - Tuesdays @ 9AM.**  
Cost is \$3. Projects to be announced.

**QUILTING WITH LOUISE - First and Third Tuesdays, Jan 3 and 17 @ 9 - 3.** Create a Victorian "Crazy Quilt." Learn how to design the quilt, paper piece it and incorporate special embellishments adding interest to your creation. Start collecting 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!

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

**OIL PAINTING OPEN WORKSHOP—Wednesdays @ 9-11 AM, Jan. 11, 18 and 25 @ 9—11 AM**—Bring your tools and paint along with other aspiring artists.

**Enjoy Great Movies - Fridays @ Noon.**

**Jan. 6** - "Mona Lisa Smile"  
**Jan. 13** "Hanging Up"  
**Jan. 20** "Tropic Thunder"  
**Jan. 27** "Losing Isaiah"

**HEARING AID SCREENING AND TUNE-UP—**  
**Wednesday, Jan. 4 @ 10:30 AM.** Free hearing screenings and free minor repairs to hearing aids are provided by a Board-certified specialist

**REP. TOM CALTER Office Hours - First Friday of the Month, Jan. 6 @ 12:30 PM.** Call COA for an appointment.

**ICE CREAM SOCIAL—Tuesday, Jan. 10 @ 12:30 PM.** Come and enjoy ice cream with all the fixings.

**HIGH TEA—Tuesday, Jan.17 @ 12:30 PM—**Enjoy a spot of tea and dessert and enjoy the companionship of COA friends

**BREAKFAST - Wednesday, Jan. 18 @ 9:30 AM.**  
This month it's delicious French Toast w/sausage, OJ, fruit, coffee and service with a smile. Cost is \$2.

**WOMEN AND CARDIAC ISSUES—Wednesday, Jan. 18 @ 10 AM—**CAPE COD VISITING NURSES ASSN presents an interesting seminar for all women about healthy lifestyles, and heart attack symptoms and warning signs. Women's signs and symptoms are quite different than men's. Good information for all!

**BOOK CLUB - Third Tuesday, Jan. 19 @ 10 AM.**  
Join Mary Lou Boman for a relaxing and social discussion on the member's monthly selected novel. New readers always welcomed.

**ASK A BAYADA NURSE - Tuesday, Jan. 19 @ 10—11 AM.** A nurse from Bayada Nurses Home Care Specialists will be here to answer your health-related questions. Discuss any concern, big or small, in privacy with confidentiality assured. No appointment needed.

**LUNCH BUNCH AT ROYAL GARDEN—Tuesday, Jan 24 @ 11:45 AM** Please note: you will order off the menu with separate checks.

Following lunch @ 12:30 will be a presentation by Mobility Plus entitled **EXERCISE AND ARTHRITIS.**

**NOT SO NEWLY WED GAME @ 12:30 PM. Wednesday, Jan. 25.** If you're a married couple and want to participate, see Linda. Sign up for lunch with Trudy and stay for a very entertaining afternoon with funny Lisa Budge Johnson from the Plymouth County Sheriff's Dept. Donation of \$2.50.

**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.

**LINE DANCING WITH CAT - Wednesdays @ 10 AM**  
\$4/class.

**STAY FIT & STRONG WITH CINDIE. Wednesdays @ 11 AM** \$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.

**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 @ 10AM.** Bring your favorite candy bar.

**BINGO & CRIBBAGE - Thursdays @ 1PM**

**BRIDGE - Fridays @ 1PM -** Activities Room.

*Monday*

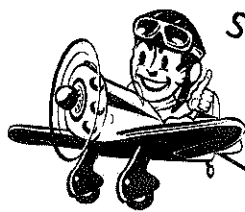
*Tuesday*

*Wednesday*

*Thursday*

*Friday*

|                                                                                                                                          |    |                                                                                                                                                                                           |    |                                                                                                                                                                                                                |    |                                                                                                                                                                                                    |    |                                                                                                                          |    |
|------------------------------------------------------------------------------------------------------------------------------------------|----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|--------------------------------------------------------------------------------------------------------------------------|----|
| <p>Pinochle @ 8:30 am<br/>Get Fit w/Director @ 9 am<br/>Knit Wits @ 10 am<br/>Dominoes @ 1 pm<br/>*Wii @ 3:30 pm<br/>Zumba @ 4:30 pm</p> | 2  | <p>*Crafts w/Chris @ 9 am<br/>Quilting w/Louise @ 9 am—3 pm<br/>Zumba Gold @ 10 am<br/>Canasta @ 1 pm<br/>*Shopping 1-3pm</p>                                                             | 3  | <p>Pinochle @ 8:30 am<br/>Line Dancing @ 10 am<br/>*Hearing Aid Screening @ 10:30<br/>Stay Fit &amp; Strong @ 11 am<br/>Whist @ 1 PM</p>                                                                       | 4  | <p>Therapeutic Chair Massage 10-11am<br/>Tai-Chi @ 10:30am<br/>Bingo &amp; Cribbage @ 1pm</p>                                                                                                      | 5  | <p>Chair Yoga @ 10am<br/>Movie @ Noon—“Mona Lisa Smile”<br/>*Rep. Calter @ 12:30pm<br/>Bridge @ 1pm</p>                  | 6  |
| <p>Pinochle @ 8:30am<br/>Get Fit w/Director @ 9am<br/>Knit Wits @ 10am<br/>Dominoes @ 1pm<br/>*Wii @ 3:30 pm<br/>Zumba @ 4:30pm</p>      | 9  | <p>*Crafts w/Chris @ 9am<br/>COA Board Meeting @1pm<br/>Zumba Gold @ 10am<br/>*Ice Cream Social @ 12:30pm<br/>Canasta @ 1pm<br/>*Shopping 1-3pm</p>                                       | 10 | <p>Pinochle @ 8:30am<br/>Oil Paint Workshop @ 9-11 am<br/>Line Dancing @ 10am<br/>Stay Fit &amp; Strong w/Cindie 11am-Noon<br/>Whist @ 1pm</p>                                                                 | 11 | <p>Friends of COA Meeting @ 10am<br/>Therapeutic Chair Massage @10<br/>Tai-Chi @ 10:30am<br/>Bingo &amp; Cribbage @ 1pm</p>                                                                        | 12 | <p>Chair Yoga @ 10am<br/>Movie @ Noon—“Hanging Up”<br/>Bridge @ 1pm</p>                                                  | 13 |
| <p><b>MARTIN LUTHER KING DAY</b><br/><br/><b>KINGSTON COA CLOSED</b></p>                                                                 | 16 | <p>*Crafts w/Chris @ 9am<br/>Zumba Gold @ 10am<br/>*High Tea @ 12:30<br/>Canasta @ 1pm<br/>*Shopping 1-3 pm</p>                                                                           | 17 | <p>Pinochle @ 8:30am<br/>Oil Paint Workshop @ 9-11 am<br/>*Breakfast @ 9:30 am<br/>Line Dancing @ 10am<br/>Stay Fit &amp; Strong w/Cindie 11am-Noon<br/>Whist @ 1pm</p>                                        | 18 | <p>Tai-Chi @ 10:30am<br/>Book Club @ 10 am<br/>Chair Massage @ 10 am<br/>*Ask a Bayada Nurse @ 10-11 am<br/>*Attorney Vidette @ 12:30 pm<br/>Tai-Chi @ 10:30 am<br/>Bingo &amp; Cribbage @ 1pm</p> | 19 | <p>Chair Yoga @ 10am<br/>Movie @ Noon—“Tropic Thunder”<br/>Bridge @ 1pm</p>                                              | 20 |
| <p>Pinochle @ 8:30am<br/>Get Fit w/Director @ 9am<br/>Knit Wits @ 10am<br/>Dominoes @ 1pm<br/>Wii @ 3:30pm<br/>Zumba @ 4:30pm</p>        | 23 | <p>*Crafts w/Chris @ 9am<br/>Book Club @ 10am<br/>Zumba Gold @ 10am<br/>*Lunch at Royal Garden @ 11:45<br/>*Exercise and Arethritis @ 12:30 am<br/>Canasta @ 1pm<br/>*Shopping 1-3 pm</p> | 24 | <p>Pinochle @ 8:30am<br/>Oil Paint Workshop @ 9-11 am<br/>Line Dancing @ 10am<br/>Fit &amp; Strong w/Cindie @ 11am<br/>*Lunch @ 11:30 am followed by<br/>*Not so Newly Wed Game @ 12:30 am<br/>Whist @ 1pm</p> | 25 | <p>Therapeutic Chair Massage 10-11am<br/>Tai-Chi @ 10:30am<br/>Bingo &amp; Cribbage @ 1pm</p>                                                                                                      | 26 | <p>*Essential Skills for Alzheimer Care<br/>@ 9:30-11:30 am@ Noon<br/>Movie @ Noon—“Losing Isaiah”<br/>Bridge @ 1 pm</p> | 27 |
| <p>Pinochle @ 8:30am<br/>Get Fit w/Director @ 9am<br/>Knit Wits @ 10am<br/>Dominoes @ 1pm<br/>*Wii @ 3:30 pm<br/>Zumba @ 4:30pm</p>      | 30 | <p>*Crafts W/Chris<br/>Zumba Gold @ 10am<br/>Canasta @ 1pm<br/>*Shopping 1-3 pm</p>                                                                                                       | 31 |                                                                                                                                                                                                                |    |                                                                                                                                                                                                    |    | <p><b>*Need to call for reservation or<br/>appointment<br/>781-585-0511 or 0512</b></p>                                  |    |



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| <i>Monday</i>                                                                                                                   | <i>Tuesday</i>                                                                                                              | <i>Wednesday</i>                                                                                                                      | <i>Thursday</i>                                                                                                                                                                     | <i>Friday</i>                                                                                                                           |
|---------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| <b>HAPPY NEW YEAR</b> 2<br>No meals served.                                                                                     | Turkey a la King 3<br>Buttered Penne Pasta<br>Broccoli<br>Rye Bread<br>Butterscotch Pudding<br>MOD: SF Pudding              | Salisbury Steak 4<br>Garlic Mashed Potato<br>Italian Green Beans<br>Pumpernickel Bread<br>Apple Crisp<br>MOD: SF Apple Crisp          | OCES: Chicken Piccata 5<br>Roasted Potatoes, Vegetable<br>Double Fiber Bread, Peach Cup<br>KCOA Luncheon<br>Homemade Vegetable Soup<br>Roast Beef Wrap<br>Dessert                   | Fiesta Fish w/Tartar Sauce 6<br>Corn w/ Black Beans<br>Glazed Beets<br>Multigrain Bread<br>Fresh Apple                                  |
| Meatball Sub 9<br>Peppers and Onions<br>Honey Carrot Coins<br>Cream of Broccoli Soup***<br>Chocolate Pudding<br>MOD: SF Pudding | Honey Mustard Chicken 10<br>Mashed Potato<br>Peas Onions<br>Wheat Bread<br>Apple Pie<br>MOD: Graham Crackers                | Whole Grain Stuffed Shells 11<br>Meat Sauce<br>Spinach<br>Cauliflower<br>Rye Bread<br>Pears                                           | Sloppy Joe w/Hamburger Bun 12<br>Corn, Green Beans<br>Fruit Cocktail<br>KCOA Luncheon<br>Antipasto Salad<br>Chicken Cacciatore<br>Roasted Potatoes. Dessert                         | Cranberry Glazed Pork 13<br>Herbed Potatoes<br>Peas & Carrots<br>Whole Wheat Roll<br>Raisins                                            |
| <b>MARTIN LUTHER KING DAY</b> 16<br>No Meals Served                                                                             | Seafood Salad 17<br>Minestrone Soup**<br>Orzo Broccoli Salad<br>Pumpernickel Bread<br>Peaches<br>MOD: Peaches               | Meatloaf 18<br>Parm Mashed Potatoes<br>Carrot Raisin Salad<br>Garlic Dinner Roll<br>Fresh Baked Apples*<br>(HDM: Hot cinnamon apples) | Salmon Boat w/Dill Sauce 19<br>Egg Noodles, Peas<br>Multigrain Bread<br>Mandarin Oranges<br>KCOA Luncheon<br>Clam Chowder, Cole Slaw<br>Seafood Sandwich<br>Dessert                 | Beef Marsala 20<br>Confetti Brown Rice<br>Country Style Veggies<br>Whole Wheat Bread<br>Vanilla Pudding<br>MOD: SF Pudding              |
| Potato Crunch Fish 23<br>Tartar Sauce<br>Scalloped Potatoes<br>Peas and Carrots<br>Wheat Bread<br>Pears                         | Roast Turkey 24<br>Roasted Sweet Potato<br>Green Beans Almondine<br>Whole Wheat Roll<br>Pistachio Mousse<br>MOD: SF Putting | Cheese Lasagna w/Meat Sauce 25<br>Spinach<br>Lasagne Rolls<br>Italian Bread<br>Coconut Brownie<br>MOD: LS Brownie                     | Italian Herbed Chicken 26<br>Wild Rice Blend<br>Butternut Squash. Rye Bread<br>Peach Cup MOD: Peaches<br>KCOA Luncheon<br>Roast Pork Loin, Scalloped Potato<br>Green Beans. Dessert | Roast Pork au jus 27<br>w/Apple Slices<br>Bowtie Pasta<br>Capri Vegetables<br>Multigrain Bread<br>Escarole Bean Soup***<br>Fresh Orange |
| Chicken Coq au Vin 30<br>Au gratin Potatoes<br>Parslied Carrots<br>Whole Wheat Roll<br>Tapioca Pudding<br>MOD: SF Pudding       | Mac & Cheese 31<br>Au Gratin Tomatoes<br>Peas<br>Pumpernickel Bread<br>Fresh Pear                                           | *Fresh Baked Apples are congregate only Home delivered receive Hot Cinnamon Apples                                                    | **Minestrone Soup on 1/17 will be served home and congregate<br>*** Soup on 1/9 and 1/27 will be congregate only                                                                    | Milk and margarine are served at every meal.                                                                                            |

# GOT CATARACTS?

*Strecker Eye Center*

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Michael P. Vidette, Jr., Esquire - Every third Thursday (Jan 19, 2012) - Free 15-minute consultation. Appointments start @ 12:30 PM and last appointment is @ 1 PM. Please call the KCOA @ 781-585-0511 or 0512, to set up your appointment with Atty Michael Vidette.

**FUEL ASSISTANCE YEARS 2011 AND 2012**

**APPLICATIONS ARE NOW BEING ACCEPTED IN THE OUTREACH OFFICE**

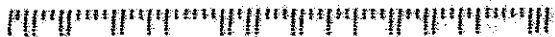
Income limits for one person \$31,218 and \$40,824 for two people.

**Acceptable Documentations**

- A letter from the source
- An Official Statement of Benefits
- Copy of the Check (SSI, SSA only)
- Copy of a Benefit Check Stub (Retirement/Pension, Veteran's Benefits) must show gross amount.
- Electric Bill, Gas Bill and Telephone Bill
- Vendors: Oil Bill or Gas Bill

**CALL FOR AN APPOINTMENT 781-585-0511**

**A GREAT BIG THANK YOU TO LOUISE WILSON AND HER QUILTING CLASS** for making quilted holiday items that were sold and raised almost \$200 for the KCOA!



2025439302 R024

**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, January 12 @ 10 AM at the Kingston Senior Center.

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

**What a wonderful Thanksgiving and Christmas we celebrated in our new Senior Center. Thank you for all you contributed this past year. We are fortunate to come here and enjoy so many activities together. Start 2012 by dropping by and having a cup of coffee, meet some old or new friends, and participate in one of our fun programs.**

*Produce Market will be back on Thursday, January 5.*

**Kingston Council on Aging  
30 Evergreen Street  
Kingston, MA 02364**

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Windex**

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7 oz. Plastic Cold Cups**