



Kingston Council on Aging News

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

October 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 & SHINE
Ralph Calderaro
SHINE

Janet Croce
Cook
Trudy Millman
OCES Site Manager

Anna Wallace
Citizen for Citizen

Steve Hayward
Custodian

Donald Drew
Barbara Odell
Beverly Champignie
James Kaiser
Van Drivers

**COUNCIL ON AGING
BOARD**

Al Barcella
Barbara Costa
Thomas Croce
Joan Hutchison
Margaret Riordan
Sylvia Vaz

As many of you know, a tree hit the back of the Grand Room of the new Senior Center. Project Manager, Dan Polatta, stated there is no structural damage to the building but there is \$40,000.00 cosmetic damage to the building.

On a better note; I would like to welcome Steve Hayward, our newly hired junior custodian. We are thrilled to have him and welcome him to our COA family.

I would also like to welcome SHINE Counselor, Ralph Calderaro, to the Kingston COA team. He will volunteer his services on Monday's and Wednesday's. He will assist Outreach and SHINE Counselor, Mary Lou Boman, who has been dedicated to providing her services to Kingston elders on Tuesday's and Thursday's over the past years. We are fortunate to have SHINE Counselors available to serve elder's needs every day except Friday's.

Linda

ANNOUNCEMENT

Representative Tom Calter will have office hours here at the Senior Center on the first Friday of each month at 12:30PM.

Rep. Calter will be available for scheduled meetings.

Please call the Kingston COA for an individual appointment.

OCTOBERFEST

Entertainer, Paul Weller, will be playing German music for your enjoyment and we will provide light refreshments. Cost of event is \$5.00 or \$7.00 day of event.

SHINE PROGRAM

Please note the continuing emphasis on letting you know about changes to Medicare Open Enrollment.

NEW DATES FOR THE MEDICARE OPEN ENROLLMENT

It is of the utmost importance that everyone on Medicare is made aware of the earlier enrollment period. After December 7th, they WILL NOT be able to change their Medicare plans for next year.

Mary Lou

Knit Wits - Mondays @ 10:00AM. The COA will start a Knitting Circle for all knitting enthusiasts. Please call & reserve your spot.

ZUMBA - Mondays @ 4:30PM. An intermediate level class beginning October 3rd. \$3.00/Seniors.

Price is Right & Pizza - Monday, October 17th @ 3:30PM, (Every 3rd Monday). Join Girl Scout, Julia Peterson & learn how to bowl, box, play baseball & other interactive video games. Enjoy delicious pizza too!

Scary Halloween Tea Party - Monday, October 31st @ 1:00PM. Prize for the best dressed costume.

Quilting with Louise - Tuesdays, 9:00 - Noon. (1st Tues. of Month, 9-3PM only.) Quilting questions and helpful quilting tips. Fun project is making a Halloween wall hanging - several to choose from or bring a pattern of your choice. Come join in the fun and share your creativity!

Crafts by Chris - Tuesdays, 9:00AM-11:00AM Tentative dates 10/11 or 18. Call to confirm date.

Book Club - Every Third Tuesday @ 10:00AM

Wii Sports Games - Tuesdays @ 10:00AM. Join Rose Marie Guilfooy and learn how to bowl, box and play baseball through interactive video games.

"Meet & Greet" Sam Jonsson - Tuesday, October 4th, 10:00AM-Noon.

Hypnosis Relaxation - Tuesday, October 4th @ 10:30AM. Cost is \$5.00.

Ice Cream Social - Tuesday, October 11th @ 12:30PM / Free. Ice cream with all the fixings. Yum Yum!

Dog Behavior 101 - Tuesday, October 18th @ 10:30AM. Why your dog does certain things. How to get them to "listen" to you!

Oil Painting Workshop - Wednesdays @ 8:45-11:30AM. A 10 week program ending November 9th.

French Toast Breakfast Wednesday, October 19th @ 9:30AM. The cost is \$2.00.

Optimal Balance - Wednesday, October 19th @ 10:00AM.

Octoberfest - Wednesday, October 26th @ Noon. Cost is \$5.00. Entertainment & Refreshments.

Kema Evacuation Transportation Thursday, October 6th @ 11:00AM.

What OCES Does For You - Thursday, October 13th @ 11:00AM

"Senior Safety" - Thursday, October 27th @ 11:00AM.

Dress Up For Halloween - Thursday, October 27th (before lunch) @ 11:00AM. Get out your favorite Halloween Costume & come down for fun & excitement. Prizes for best Costume!

Rep. Tom Calter Office Hours - First Friday of Month @ 12:30PM. By Appointment.

Enjoy Great Movies - Fridays @ Noon. Oct. 7th, "Sea Biscuit", Oct. 14th, "Grumpier Old Men", Oct. 21st, "Hanging Up", Oct. 28th, "My Girl" Subject to Change.

Maintaining Your Memory - Friday, October 14th @ 10:30AM. Healthy and Fun Strategies. A fun presentation by Visiting Angels for elders and their family members, including tips to improve your memory, how dancing can keep you fit, and what foods may improve your memory.

CPR & First Aid Certification - Friday, October 21st, 10:00AM-Noon. Cost is \$10.00.

White Elephant Sale - Friday, October 21st, 10:00AM - 2:00PM in the Grand Room. Call "The Friends" for more details, 508-243-4352/Joan or 774-454-6806/Terry.

Poetry Readings - with Anna Wallace on the 4th Friday, October 28th @ 10:30AM. Bring your favorite poem.

2011 Senior Getaway Affordable Motorcoach Trip LUNCHEON AT EAST HILL FARM in Vermont. Saturday, October 22nd. Cost is \$62.00/pp. CONTACT: Esther Comeau at 508-224-5199 for complete information.

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**OUR PAC TV "SENIOR MOMENTS" LOGO CONTEST**

Winner IS..... **Laurel Culley**  
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EXERCISE CLASSES

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

Zumba - Mondays @ 4:30PM. Intermediate Level. \$3.00/class.

Walking Club - Tuesdays @ 10:00AM. Walk with Mary Lou.

Zumba Gold - Tuesdays @ 10:00AM. \$3/class.

Line Dancing - Wednesdays @ 10:00AM with Cat. \$4/class or \$12/month.

Stay Fit & Strong - Wednesdays @ 11:00AM with Cindie. \$5/class. This class is a complete body work-out.

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

Chair Yoga - Fridays @ 10:00AM with instructor Tara Iula. \$5/class or \$16/month.

Strength & Fitness Over 60 - Fridays @ 2:30PM with Janet Enos. \$4/class or \$12/month. An exercise class with therabands, a weighted exercise ball along with various pieces of equipment.

Michael P. Vidette, Jr, attorney - Every third Thursday, (October 21, 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

Laurel Culley
Rita Vento
Diane Wilson



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

WISHLIST FOR OCTOBER

New Release Movies (DVD)
Clorox Wipes
Large Zip Lock Bags
Coffee
Microwave Popcorn
Napkins

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

The Kingston Friends

*Friends meet at the Town House
in Room 101 at 10AM
every second Thursday.*

Kingston Council on Aging
30 Evergreen Street
Kingston, MA 02364

PRSRSTD
US POSTAGE PAID
PLYMOUTH, MA
PERMIT NO.80

**“WHITE ELEPHANT”
SALE**

Friday, October 21st.

10:00AM—2:00PM

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

RETURN SERVICE REQUESTED

GAMES & CARDS

Dominoes - Mondays @ 1:00PM. If you have your own set, please bring it with you.
Canasta - Tuesdays @ 1:00PM
Pinochle - Wednesday @ 8:30AM
Whist - Wednesday @ 1:00PM
Candy Bingo - Thursdays @ 10:00AM. Bring your favorite candy bar.
Bingo & Cribbage - Thursdays @ 1:00PM
Bridge - Fridays @ 1:00PM / Activities Room.