



Kingston Council on Aging News

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

September 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
Joan Hutchison
Margaret Riordan
Sylvia Vaz

We are very fortunate to have two young men working extremely hard on their Eagle Scout project for the Council on Aging. Adam Creighton and other boy scouts have cleared a crushed stone path from the Senior Center parking lot to Bates Pond. He also has placed a granite bench for elders to enjoy the true beauty and the picturesque surroundings of Bates Pond. Please visit and enjoy this beautiful, peaceful and healing sanctuary as often as you can.

Eric Hanson is raising funds for a gorgeous screened-in Gazebo for all to enjoy. The 12 x 12 vinyl Gazebo will be located near Bates Pond as well. The "Reflection Gazebo" is for citizens to remember or recognize someone special in their lives with an engraved gold plate mounted on the inside of the Gazebo. Proceeds from the sale of the engraved plates will go directly to the construction of the Gazebo. (Suggested donation per plate is \$100.00.)

Please make check payable to "Eric Hanson", Eagle Scout Project Leader.

Many thanks to Adam, Eric and volunteer Boy Scouts for your hard work and dedication to our senior community.

Linda

50's/60's Sock Hop a must come to...See inside for details

****Medicare Open Enrollment is Changing!
New Dates: OCTOBER 15th - DECEMBER 7th***

The annual Medicare Open Enrollment (October 15 - December 7) is the time to enroll in or CHANGE your Medicare coverage for next year. State-certified SHINE (Medicare) Counselors can help you understand your plan, as well as other options you may have. Call now to schedule a SHINE appointment during the Open Enrollment.

In September, if you are a member of a Medicare Prescription Drug Plan or a Medicare Advantage Plan, you will be getting information in the mail about changes to your current plan. Be sure to save this information and bring it, along with your prescription drug list and Medicare card, to your SHINE appointment.

Remember: The Medicare Open Enrollment ends on December 7 !

Also to be mentioned... Julia Peterson.

Julia raised money through fundraising efforts to purchase and donate a Wii system to the Council on Aging for the Senior Center for her Girl Scout GOLD Award (which is comparable to the Boy Scout EAGLE Award).

Great job Julia. We will certainly get our workout!

Thank you for your hard work and dedication to our senior community.

OUR PAC TV "SENIOR MOMENTS"
LOGO CONTEST

Will be posted at Senior Center on Aug 25th

**Labor Day Holiday - Monday, September 5th
Senior Center and Council on Aging CLOSED.**

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

Wii - Tuesday's @ 10:00AM w/Rose Marie Guilfoxy.

**Weight Control Through Hypnosis - Tuesday, Sep-
tember 6th, 13th and 20th @ 10:30AM. The fee is
\$15.00.**

**Oil Painting Workshop - Starts Wednesday, Sep-
tember 7th @ 8:45 - 11:30AM.
A 10 week program ending November 9th.**

**Hearing Screening & Hearing Aide Cleaning/Tune-
up - Wednesday, September 7th @ 10:30AM.**

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

**"Powerful Tools for Caregivers" - Thursday, Sep-
tember 8th. Sign up Sheet.**

**Veteran's Home Care Benefits - Monday,
September 12th @ 10:30AM an educational
Presentation.**

**Canasta - will start Tuesday, September 13th @
1:00PM**

**Friday At The Movies - @ Noon - Call the COA to
see what movie will be playing.**

The movie for Friday, September 16th will be the
"Bucket List". DO YOU KNOW WHAT THE
BUCKET LIST IS ????

**2011 Senior Getaway Affordable Motorcoach Trip
INDIAN HEAD RESORT IN THE WHITE MOUNTAINS
Sunday, September 18th. Cost is \$69.00/pp. Lob-
ster Buffet Day Party...Cocktail reception, Enter-
tainment, Dancing, Free Photo and more. Enjoy the
fall foliage in the White Mountains.
CONTACT: Esther Comeau at 508-224-5199 for
complete information.**

**Crafts By Chris - Monday, September 26th, 9-11AM.
Make a Beaded Ornament for yourself or give as a
gift. \$3 fee. Also, Friday, the 16th & 23rd, 9-11
other beading Crafts to make.**

**Pancake Breakfast - Wednesday, September 20th
@ 9:30AM. The cost is \$2.00.**

**"Protecting Your Nest Egg" - Wednesday, Sep-
tember 20th @ 10:00AM. An informational seminar on
financial interests.**

**Friends Bake Sale - The Friends are sponsoring a
bake sale, Thursday, September 22nd @ 9AM.
Bakers needed, sign up sheet on bulletin board.
Please sign up with name and what you will be
bringing. A count is needed for table setup.**

**Ice Cream Social - Tuesday, September 27th @
12:30PM. Oh... so good! Be among many friends
and enjoy a delicious ice cream social with all of
the fixings.**

**Healthy Wealthy & Wise - @ Noon-2:00PM, Sep-
tember 27th. Free health screenings, info, prizes &
giveaways. If interested, please meet at the Inde-
pendence Mall "Food Court" on the fourth Wednes-
day of every month.**

**Rocking 50's/60's Sock Hop - Wednesday, September
28th. Sponsored by the Friends. The cost is \$5.00 in
advance or \$7.00 on day of event. Refreshments.**

**Discussing the Bucket List - with Anna Wallace
@ 10:00AM Friday, September 23rd. Hopefully you
have the chance to see the movie scheduled for Fri-
day, September 16th at noon.**

EXERCISE CLASSES

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

**Zumba Gold - Tuesdays @ 10:00 AM, \$3/class
Line Dancing - Wednesdays @ 10:00 with Cat.
\$4/class or \$12/month**

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

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

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

**Walking Club - Tuesdays @ 10:00 AM. Walk with Mary Lou.
Strength & Fitness Over 60 - Fridays @ 3:00 PM**

with Janet Enos. \$4/class or \$12/month.
An exercise class with therabands, a weighted exercise ball
along with various pieces of equipment.



Monday	Tuesday	Wednesday	Thursday	Friday
			SHINE Candy Bingo 10:00AM Tai-Chi @ 10:30AM Thursday Luncheon @ Noon Bingo & Cribbage @ 1:00PM	1 Chair Yoga @ 10:00AM Movie @ Noon Bridge @ 1:00PM Strength & Fitness over 60 @ 3:00PM 2
LABOR DAY HOLIDAY SENIOR CENTER CLOSED	Quilting w/ Louise 9:00-Noon Walking Club, Zumba Gold & Wii @ 10:00AM Weight Control through Hypnosis @ 10:30AM Shopping 1:00-3:00PM	Pinochle @ 8:30AM Oil Painting 8:45-11:30AM Line Dancing @ 10:00AM Hearing Screening @ 10:30AM Workout w/ Cindie @ 11:00AM Whist @ 1:00PM	SHINE Friends Bake Sale Candy Bingo 10:00AM Tai-Chi @ 10:30AM Thursday Luncheon @ Noon Bingo & Cribbage @ 1:00PM	8 Chair Yoga @ 10:00AM Movie @ Noon Bridge @ 1:00PM Strength & Fitness over 60 @ 3:00PM 9 15
Pinochle @ 8:30AM Get Fit w/ the Director @ 9:00 Veterans Homecare Benefits @ 10:30AM Dominoes @ 1:00PM	Quilting w/ Louise 9:00-Noon Walking Club, Zumba Gold & Wii @ 10:00AM Weight Control through Hypnosis @ 10:30AM Shopping 1:00-3:00PM Canasta @ 1:00PM Board Meeting @ 1:00PM	Pinochle @ 8:30AM Oil Painting 8:45-11:30AM Line Dancing @ 10:00AM Workout w/ Cindie @ 11:00AM High Tea @ 1:00PM Whist @ 1:00PM	SHINE Senior Olympics @ 9:00AM Candy Bingo 10:00AM Tai-Chi @ 10:30AM Thursday Luncheon @ Noon Attorney Vidette @ 12:30PM Bingo & Cribbage @ 1:00PM	22 Chair Yoga @ 10:00AM Movie @ Noon Bridge @ 1:00PM Strength & Fitness over 60 @ 3:00PM 16
Pinochle @ 8:30AM Get Fit w/ the Director @ 9:00 Dominoes @ 1:00PM	Quilting w/ Louise 9:00-Noon Crafts By Chris 9-11 Pancake Breakfast @ 9:30AM Walking Club, Zumba Gold & Wii @ 10:00AM Weight Control @ 10:30AM Protecting Nest Egg 10:00AM Canasta @ 1:00PM Shopping 1:00-3:00PM	Pinochle @ 8:30AM Oil Painting 8:45-11:30AM Pedi-Care w/Heidi Line Dancing @ 10:00AM Workout w/ Cindie @ 11:00AM Whist @ 1:00PM	SHINE Candy Bingo 10:00AM Tai-Chi @ 10:30AM Thursday Luncheon @ Noon Bingo & Cribbage @ 1:00PM	29 Chair Yoga @ 10:00AM Movie @ Noon Bridge @ 1:00PM Strength & Fitness over 60 @ 3:00PM Discussing the Bucket List @ 10:00AM 23
Pinochle @ 8:30AM Get Fit w/ the Director @ 9:00AM Dominoes @ 1:00PM	Quilting w/ Louise 9:00-Noon Walking Club, Zumba Gold & Wii @ 10:00AM Ice Cream Social @ 12:30PM Canasta @ 1:00PM Shopping 1:00-3:00PM	Pinochle @ 8:30AM Oil Painting 8:45-11:30AM Line Dancing @ 10:00AM Workout /Cindie@11:00AM 50's 60's Sock Hop @Noon. Whist @ 1:00PM	SHINE Candy Bingo 10:00AM Tai-Chi @ 10:30AM Thursday Luncheon @ Noon Bingo & Cribbage @ 1:00PM	30 Chair Yoga @ 10:00AM Movie @ Noon Bridge @ 1:00PM Strength & Fitness over 60 @ 3:00PM

Monday	Tuesday	Wednesday	Thursday	Friday
			Meals on Wheels Meatloaf w/tomato sauce KCOA Luncheon 1 Mac & Cheese Garden Salad, Pickled Beets Dessert	Herbed Chicken Lemon Bowtie Pasta Green Beans Garlic Roll 2 Peaches
Holiday 5 Senior Center Closed	Reduced sodium Hot Dog Ketchup/Mustard 6 Succotash Tater Tot Hot Dog Bun Mandarin Oranges	Lasagna w/meat sauce Corn Peas & Onions 7 Whole Wheat Bread Fresh Plum	Meals on Wheels Citrus Chicken 8 KCOA Luncheon Antipasto Salad Stuffed Shells & Meatballs Dessert	Beef Marsala Scalloped Potatoes Spinach 9 Rye Bread Pears
BBQ Pork Rib Herbed Potato Wedges 12 Ketchup Peas & Carrots Snowflake Roll Peaches	Chicken Salad German Potato Salad 13 Pickled Beet Salad Whole Wheat Bread Oatmeal Raisin Cookies MOD: Lorna Doones	Baked Fish w/Crumb Topping Summer Corn Salad 14 Zucchini & Tomatoes Pumpnickel Bread Watermelon Mousse MOD: SF Jell-o	Meals on Wheels Beef Stroganoff 15 KCOA Luncheon American Chop Suey, Green Beans Dessert	Roast Turkey w/Gravy Garlic Mashed Potatoes 16 Mixed Vegetables Multigrain Bread Fresh Apple
Sloppy Joe Tater Tot Green & Wax Beans 19 Hamburger Bun Butterscotch Pudding MOD: SF Pudding	Orange Ginger Beef w/Broccoli 20 Asian Vegetables Rye Bread Pineapple	Chicken Cacciatore Pesto Pasta 21 Scandinavian Blend Veggies Whole Wheat Roll Chocolate Chip Cake MOD: Low Sugar Cake	Meals on Wheels Jambalaya w/sausage, rice, 22 chicken & crabmeat KCOA Luncheon Chicken ala King, Mashed Potatoes, Peas & Dessert	Swedish Meatballs Egg Noodles 23 Green Beans Almandine Oatmeal Bread Peaches
Pork Stew w/ Vegetables Boiled Potatoes 26 Garlic Roll Orange Cranberry Muffin MOD: Grahams	Chicken Florentine Lemon Rice 27 Italian Blend Vegetables Rye Bread Vanilla Pudding MOD: SF Pudding	Seafood Salad Sandwich Hard Boiled Egg 28 Three Bean Salad Whole Wheat Bread Fresh Apple	Meals on Wheels Beef Steak w/Peppers & 29 Onions KCOA Luncheon Swedish Meat Balls, Egg Noodles, Carrots & Dessert	Eggplant Parmesan w/Meat Sauce Herbed Rotini Pasta Spinach Whole Wheat Roll Peaches



Michael P Vidette, Jr, attorney - Every third Thursday, (Sept 15, 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

Dick Stevens
Terry Lyons



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

WISHLIST FOR SEPTEMBER

- New Release Movies (DVD)
- Clorox Wipes
- Large Zip-Lock Bags
- Coffee
- Hot Chocolate
- Microwave Popcorn

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

The Kingston Friends

*Change of Meeting Location:
Beginning with the September 8th meeting, we will be meeting at the Town House in Room 101 at 10AM and continuing every 2nd Thursday thereafter.*

- 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*

Kingston Council on Aging
30 Evergreen Street
Kingston, MA 02364

PRSRSTD
US POSTAGE PAID
PLYMOUTH, MA
PERMIT NO.80

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