

SENIOR SPOTLIGHT

VERONICA B. SMITH
MULTI-SERVICE SENIOR
CENTER

20 Chestnut Hill Avenue,

Brighton, MA 02135

Ph: (617) 635-6120

October 2024



Michelle Wu, Mayor
Age Strong
Commission

Emily Shea,
Commissioner

OUR SERVICES & PROGRAMS

Art Instruction

Information & Referral

Bingo

Group Games

Computer Tutoring

Collaborative Programs

Educational Workshops

Fitness Classes

Hot Lunch Program

Ballroom Dance Classes

Nutrition Program

Taxi Coupons

Free Health Screenings

Trips

Recreational Activities

Volunteer Opportunities

Wellness

- The Listening Space Is Back!

Please Check The Bulletin Board For Days, Times & Listeners

- "My Healthy Brain" Presentation with MGH
Thursday, October 3rd at 11:00

- City Hall on the Go Truck On Site

Wednesday, October 9th from 10:30-12:00

- **MEDICARE OPEN ENROLLMENT EVENT**
WEDNESDAY, OCTOBER 16TH FROM 10-3:30
PLEASE CALL TO MAKE AN APPOINTMENT

- Cognition Corner with Age Strong Staff
Tuesday, October 29th at 10:30

MONDAY, OCTOBER 14TH

CENTER CLOSED FOR INDIGENOUS PEOPLES DAY

**Flu Vaccine Clinic With Star Market
Pharmacy**

Wednesday, October 2nd from 10-12

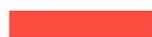
Keep Yourself Prepared This Flu Season!

Call To Make An Appointment

(617) 635-6120



AGE+



Community Conversation

Make Your Voice Heard!

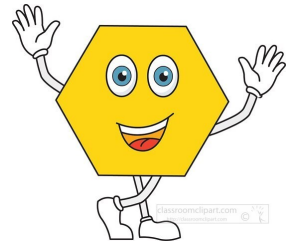
Thursday, October 10th from 1:00-2:30

**What Are the Needs Of Older Adults in
the Community? Let Age Strong Know!**

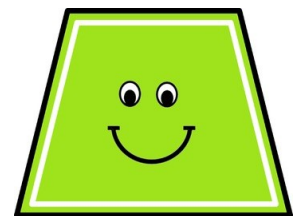
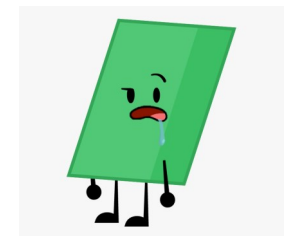
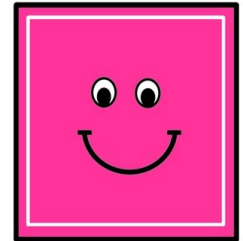
Name: _____

Date: _____

Shapes of all types!



T R A P E Z O I D E E G N T O V A L
 E A M T O N O R R U M B N V S R G T
 E H E M I S P H E R E E Q R N Z R S
 S G N I R R O E S P C U A O M I Q P
 E R I T I M L Q Y S A T R U A J E H
 M R L S B C U R E D S D I N D M E E
 I N M U R A A R R D E Z G E G A A R
 C O S I R M C I C H E L C A C R N E
 I G C E I A L R Y P E A U R U G O D
 R A I D L A O L A N G F B R B O G N
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 T H E X A G O N N O G A T C O R O O
 K I T E R C C Y L I N D E R X A A T
 N H E A R T P E N T A G O N R P A R



Word List:

ARROW
 CROSS
 DECAGON
 HEPTAGON
 OCTAGON
 PENTAGON
 QUADRILATERAL
 SEMICIRCLE
 TRAPEZIUM

CIRCLE
 CUBE
 DIAMOND
 HEXAGON
 OCTAHEDRON
 POLYHEDRON
 RECTANGLE
 SPHERE
 TRAPEZOID

CONE
 CUBOID
 HEART
 KITE
 OVAL
 PRISM
 RHOMBUS
 SQUARE
 TRIANGLE

CRESCENT
 CYLINDER
 HEMISPHERE
 NONAGON
 PARALLELOGRAM
 PYRAMID
 RING
 STAR
 TETRAHEDRON

SENIOR SPOTLIGHT

The Veronica B. Smith Senior Center

Deputy CommissionerMelissa Carlson
 Executive DirectorLauren Basler
 Assistant DirectorJackie McLaughlin

Board of Directors

Anthony D'IsidoroPresident
 Marisa AngilletaVice President
 Judy Rufo.....Secretary
 Curt Bletzer, Jennifer Christie, Eleanor Greene,

Mark Handley, Anna Leslie, John Reen, Kathy Reilly
R.S.V.P. Volunteers

**Janet Riordan, Shashi Gudapakam, Judy Gavin,
 Mary Villani, Loretta Carey, Shelly Ferrari, Mary
 Regan, Bob Tomposki, Pat O'Connor, Kevin
 Montague, Sandra Hudson, Tracie McCray, Diane
 Elliott**

*City of Boston Age Strong Commission | Boston City
 Hall Rm. 271 | Boston, MA 02201 | (617) 635-4366*

Octoberfest Luncheon
Sponsored by Presentation
Rehabilitation & Nursing
Monday, October 21st at
Noon
Come Enjoy Delicious
German
Cuisine, Music & Fun!



HALLOWEEN PARTY!
TUESDAY, OCTOBER
29TH AT 1:00
DJ GEORGE, COSTUME
CONTEST, DELICIOUS
TREATS AND PLENTY
OF TRICKS!



MONDAY

OCTOBER 2024



TUESDAY

WEDNESDAY

1 9:30 Exercise with Jackie
 11:00 Craft Your Own Festive Tea
 Workshop w/ Therapy Gardens
 12:00 Lunch
 12:30 Knitting Group
 12:30 Tai Chi with Jamee
 1:30 Arts & Crafts

2 9:00 Yoga with Be
 10:00 Breakfast Gather
 10-12 Star Market Flu
 12:00 Lunch
 1:00 Drum Circle with
 with Aaron, Bingo & S
 1:30 "Daniel's Den" Te
 2:00 "All Creatures Gr
 2:00 Brighton Farmers

7 9:30 Strength Training with Suzi
 9:30 Boston By Foot Walking Tour of the
 North End!
 10:30 Zumba!
 11:00 Guitar Class with Academia de Musica
 12:00 Lunch
 12:30 Chair Yoga with Tatiana
 1:00 Cara Club
 1:30 Cornhole in the Common!
 2:00 Book Club

8 9:30 Exercise with Jackie
 11:00 "Can You Hear Me Now?" Presentation
 with Stanley Forman
 12:00 Lunch
 12:30 Knitting Group
 12:30 Tai Chi with Jamee
 1:30 Arts & Crafts

9 9:00 Yoga with Be
 10:00 Breakfast Gather
 10:30-12 City Hall on t
 10:30 St. Elizabeth's H
 12:00 Lunch
 1:00 Drum Circle w/ Pa
 Aaron, Bingo, & SHINE
 1:30 "Daniel's Den" Te
 2:00 "All Creatures Gr
 2:00 Brighton Farmers

14
**INDIGENOUS PEOPLES
 DAY
 CENTER CLOSED**



15 9:30 Exercise with Jackie
 11:00 Anthony Sammarco:
 "Halloween in Boston"
 12:00 Lunch
 12:30 Knitting Group
 12:30 Tai Chi with Jamee
 1:30 Arts & Crafts

16 9:00 Yoga with Be
 10:00 Breakfast Gather
 10-3:30 Medicare Oper
 11:00 WVBS Radio Pla
 12:00 Lunch & Octobe
 1:00 Drum Circle w/ Pa
 Aaron, Bingo, & SHIN
 1:30 "Daniel's Den" Te
 2:00 "All Creatures Gr
 2:00 Brighton Farmers

21 9:30 Strength Training with Suzi
 10:30 Zumba!
 11:00 Guitar Class with Academia de Musica
 12:00 Octoberfest Luncheon
 Sponsored By Presentation
 Rehabilitation!
 12:30 Chair Yoga with Tatiana
 1:00 Cara Club
 1:30 Cornhole in the Common!
 2:00 Book Club

22 9:30 Exercise with Jackie
 11:00 Joe Malone Presents: "A Walk Down
 Memory Lane: Remembering Boston"
 12:00 Lunch
 12:30 Knitting Group
 12:30 Tai Chi with Jamee
 1:30 Arts & Crafts

23 9:00 Yoga with Be
 10:00 Breakfast Gather
 11:00 WVBS Radio Pla
 12:00 Lunch
 1:00 Drum Circle with
 Aaron, Bingo, & SHIN
 1:30 "Daniel's Den" Te
 2:00 "All Creatures Gr
 2:00 Brighton Farmers

28 9:30 Strength Training with Suzi
 10:30 Zumba!
 11:00 Guitar Class with Academia de Musica
 12:00 Lunch
 12:30 Chair Yoga with Tatiana
 1:00 Cara Club
 1:30 Cornhole in the Common!
 2:00 Book Club



29 9:30 Exercise with Jackie
 10:30 Cognition Corner with Corinne
 11:00 Halloween Cupcake Decorating w/
 Damask Cakes!
 12:00 Lunch
 1:00 HALLOWEEN PARTY WITH DJ



GEORGE!



30 9:00 Yoga with Be
 10:00 Breakfast Gather
 11:00 WVBS Radio Pla
 12:00 Lunch
 1:00 Drum Circle with
 Aaron, Bingo, & SHIN
 1:30 "Daniel's Den" Te
 2:00 "All Creatures Gr
 3:00 Pet Pals Visit from

WEDNESDAY	THURSDAY	FRIDAY
<p>with ring Vaccine Clinic</p> <p>Pasha, Guitar Class FINE (By Appt.) Technology Help & More! eat & Small” s Market</p>	<p>3 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 MGH My Healthy Brain Presentation 11:00 Qi-Gong with Jamee 12:00 Lunch 1:00 “Colonial Life: Tools of Survival” Presentation w/ Abigail 2:30 Seniors Clean Up Walk 6:00 Blue Cross/ Blue Shield Workshop: Health Plan Options</p>	<p>4 9:30 Blood Pressure Clinic 10-3 Age Strong Advocate Office Hours 10:00 Art Class with Dawn 10:00 Kevtech iPhone & iPad Tutorial 10:30 Joy Walk with Jackie 11:00 Creative Writing with Anthony 12:00 Ballroom Dance Class with Michael! 12:00 Lunch 1:00 Movie Matinee w/ Popcorn: “E.T.” 2:00 Gentle Yoga Class on the Mat</p>
<p>with ring the Go Truck Health Forum</p> <p>Pasha, Guitar Class w/ E (By Appt.) Technology Help & More! eat & Small” s Market</p>	<p>10 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Dan Dunn Presents: “Candy We Love” 11:00 Qi-Gong with Jamee 12:00 Lunch 1:00-2:30 Age Strong Community Conversation– Make Your Voice Heard!</p>	<p>11 10:00 Art Class with Dawn 11:00 Creative Writing with Anthony 12:00 Ballroom Dance Class with Michael! 12:00 Lunch 1:00 Movie Matinee w/ Popcorn: “Hocus Pocus” 2:00 Gentle Yoga Class on the Mat</p>
<p>with ring n Enrollment ayers Rehearsal r Birthday Party! Pasha, Guitar Class w/ E (By Appt.) Technology Help & More! eat & Small” s Market</p>	<p>17 NO EXERCISE TODAY 10-11:30 Live Jazz Music Session 11:00 Qi-Gong with Jamee 12:00 Lunch</p> <p>WILSON BUS LINE OUTING TO HART’S TURKEY FARM & CASTLE IN THE CLOUDS</p>	<p>18 9:45 Councilor Breadon Office Hours 10-3 Age Strong Advocate Office Hours 10:00 Art Class with Dawn 10:00 Kevtech iPhone & iPad Tutorial 10:30 Corner Art Room Outing 11:00 Creative Writing with Anthony 12:00 Ballroom Dance Class with Michael 12:00 Lunch 1:00 Body Butter Workshop with Renee from Amal Creams 2:00 Gentle Yoga Class on the Mat</p>
<p>with ring ayers Rehearsal</p> <p>Pasha, Guitar Class w/ E (By Appt.) Technology Help & More! eat & Small” s Market</p>	<p>24 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Qi-Gong with Jamee 12:00 Lunch 1:30 Wheel of Fortune</p>	<p>25 10:00 Art Class with Dawn 10:30 Joy Walk with Jackie 11:00 Creative Writing with Anthony 12:00 Ballroom Dance Class with Michael 12:00 Lunch 1:30 St. Columbkille’s Choir Halloween Songs & Craft! 2:00 Gentle Yoga Class on the Mat</p>
<p>with ring ayers Rehearsal</p> <p>Pasha, Guitar Class w/ E (By Appt.) Technology Help & More! eat & Small” n Brodie</p>	<p>31 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Qi-Gong with Jamee 12:00 Lunch 1:30 Pumpkin Decorating! 2:30 Pumpkin Pie Social!</p> <p></p>	<p></p>

“Scene at the Center!”





BOSTON SENIORITY

Age Strong Commission City of Boston Mayor Michelle Wu

September 2024
Issue 8
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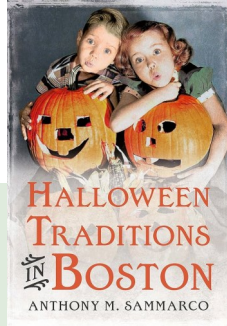
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... and more!

FREE PUBLICATION

AGE+ City of Boston
Age Strong Commission





**Craft Your Own Festive
Tea Workshop with
Therapy Gardens!
Tuesday, October 1st at
11:00**

**Make Your Own Tea to
Take Home From A
Selection of Herbs and
Spices!**

**Anthony Sammarco
Presents:
"Halloween in Boston"
Tuesday, October 15th
at 11:00**

**Join This Noted Historian
& Author for A Look at
Halloween Traditions.
Come In Costume For
Your Chance to Win A
Prize!**

Refreshments Provided

**Body Butter
Workshop With Amal
Creams!
Friday, October 18th
at 1:00**

**Make A Fresh
Cucumber Splash
With Aloe &
Lavender!**

VERONICA B. SMITH

MULTI-SERVICE SENIOR-CENTER

20 Chestnut Hill Avenue | Brighton, MA 02135

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