

SENIOR SPOTLIGHT

VERONICA B. SMITH
MULTI-SERVICE SENIOR
CENTER

20 Chestnut Hill Avenue,
Brighton, MA 02135
Ph: (617) 635-6120



December 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

- **St. Elizabeth's Community Health Forum**
Wednesday, December 4th at 10:30
- **Blood Pressure Clinic with RN Tracy Quinn**
Friday, December 13th at 9:30
- **Cognition Corner with Age Strong Staff**
Tuesday, December 31st at 10:30
 - **Tech Café Technology Assistance**
Mondays at 1:00– December 3rd and 10th
- **“Daniel’s Domain” Technology Assistance**
Wednesdays at 1:30– Dec. 4th, 11th & 18th

WEDNESDAY, DECEMBER 25TH CENTER CLOSED FOR CHRISTMAS DAY



“What Is An Advance Directive?”
Presentation with Carol Valcourt from
Patient Presence

Thursday, December 19th at 1:00

Review What Hospice Care Is, What A Doula Is, Advance Directives, And How To Have End-Of-Life Conversations With Loved Ones



Todd Goodwin Presents:
“Santa Sightings”

Monday, December 2nd at 11:00

How Many Times Has Todd Been Mistaken For Santa Claus? Come And Find Out!

Name: _____ Date: _____

What's in Your Holiday Fruitcake?

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



Word List:

- | | | | |
|-----------|----------|-----------|-----------|
| RAISINS | CURRENTS | SULTANAS | CANDIED |
| PEEL | NUTS | WALNUTS | ALMONDS |
| PECANS | SPICES | CINNAMON | NUTMEG |
| ALLSPICE | CLOVES | FLOUR | BUTTER |
| SUGAR | EGGS | LEAVENING | MILK |
| BRANDY | RUM | CHERRIES | FRUITCAKE |
| PANETTONE | STOLLEN | MARZIPAN | |



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*

HOLIDAY CONCERTS AT VBS!

THE MODERNISTICS JAZZ TRIO

TUESDAY, DECEMBER 3RD AT 11:00

**BOSTON CONSERVATORY “BOCO
CABARET”**

MONDAY, DECEMBER 9TH AT 1:00

**JAMES MICHAEL: “THE BROADWAY
BARITONE”**

**THURSDAY, DECEMBER 19TH AT
11:00**



**BE A PART OF THE VBS CAROLING
GROUP!**

**REHEARSALS: TUESDAYS–
DECEMBER 3RD AND 10TH AT 1:00
TUESDAY DECEMBER 17TH AT 1:00–
WE HEAD OUT TO SPREAD HOLIDAY
CHEER ACROSS BRIGHTON!**
**NO PRIOR EXPERIENCE OR SINGING
EXPERIENCE NECESSARY TO SPREAD
CHEER!**



DECEMBER

MONDAY	TUESDAY	WEDNESDAY
<p>2 9:30 Strength Training with Suzi 10:30 Zumba! 11:00 Todd Goodwin: "Santa Sightings" 11:00 Guitar Class with Academia de Musica 12:00 Lunch 12:30-2 Allston Brighton Community Plan 12:30 Chair Yoga with Tatiana 1:00 Tech Café Technology Assistance 1:00 Cara Club 1:30 Cornhole with Jackie! 2:00 Book Club: "Vanderbilt"</p>	<p>3 9:30 Exercise with Jackie 11:00 THE MODERNISTICS HOLIDAY SHOW! WITH REFRESHMENTS 11:00 Flamenco Dance Class w/ Yosi 12:00 Lunch 12:30 Knitting Group 12:30 Tai Chi with Jamee 1:00 VBS CAROLERS REHEARSAL! 1:30 Arts & Crafts</p>	<p>4 9:00 Yoga with Be 10:00 Breakfast Gather 10:30 St. Elizabeth's C Forum 11:00 WVBS Radio Pla 12:00 Lunch 1:00 Bingo 1:00 Guitar Class with 1:00 SHINE (By Appt.) 1:30 "Daniel's Domain 2:00 "All Creatures Gr</p>
<p>9 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 BOCO CABARET HOLIDAY SHOW! 1:00 Tech Café Technology Assistance 1:00 Cara Club 1:30 Cornhole with Jackie! 2:00 Book Club: "Vanderbilt"</p>	<p>10 9:30 Exercise with Jackie 11:00 Flamenco Dance Class w/ Yosi 12:00 Lunch 12:30 Knitting Group 12:30 Tai Chi with Jamee 1:00 VBS CAROLERS REHEARSAL! 1:30 Arts & Crafts</p>	<p>11 9:00 Yoga with Be 10:00 Breakfast Gather 11:00 WVBS Radio Pla 12:00 Lunch 1:00 Bingo 1:00 Guitar Class with 1:00 SHINE (By Appt.) 1:30 "Daniel's Domain 2:00 "All Creatures Gr 3:00 Pet Pals Visit from</p>
<p>16 11:00 Guitar Class with Academia de Musica 12:00 VBS HOLIDAY PARTY!!! FOOD FROM CARLO'S CUCINA MUSIC FROM D'VINCI SOUL!!</p>	<p>17 9:30 Exercise with Jackie 11:00 Flamenco Dance Class w/ Yosi 11:00 CURIOUS CREATURES VISIT! 12:00 Lunch 12:30 Knitting Group 12:30 NO TAI CHI TODAY 1:00 VBS CAROLING THROUGH THE NEIGHBORHOOD! 1:30 Arts & Crafts</p>	<p>18 9:00 Yoga with Be 10:00 Breakfast Gather 11:00 WVBS Radio Pla 12:00 Lunch & Decem 1:00 Bingo 1:00 Guitar Class with 1:00 SHINE (By Appt.) 1:30 "Daniel's Domain 2:00 "All Creatures Gr</p>
<p>23 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 with Jackie! 2:00 Book Club: "Vanderbilt"</p>	<p>24 9:30 Exercise with Jackie 12:00 Lunch 12:30 NO KNITTING GROUP 12:30 Tai Chi with Jamee 1:00 Christmas Eve Cookies, Candles, & Carols 1:30 NO ARTS & CRAFTS</p>	<p>25</p> <p style="text-align: center;">CHRISTMAS CENTER</p> 
<p>30 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 with Jackie 2:00 Book Club: "Vanderbilt"</p>	<p>31 9:30 Exercise with Jackie 10:30 Cognition Corner with Corinne 12:00 Lunch 12:30 Knitting Group 12:30 Tai Chi with Jamee 1:00 New Years Eve Mini-Countdown, Cake & Resolutions! 1:30 Arts & Crafts</p>	

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WEDNESDAY	THURSDAY	FRIDAY
<p>with ring Community Health</p> <p>ayers Rehearsal</p> <p>Aaron</p> <p>" Technology Help eat & Small"</p>	<p>5 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Japanese Seasonal Songs w/ Mikiko 11:00 Qi-Gong with Jamee 12:00 Lunch 1:00 HOLIDAY COOKIE DECORATING WITH DAMASK CAKES! 2:30 Holiday Bingo!</p>	<p>6 10:00 Art Class with Dawn 10:00 "Kevtech" iPhone & iPad Tutorial 11:00 Computers 101 w/ Vernessa 12:00 Ballroom Dance Class w/ Michael 12:00 Lunch 1:00 Positive Affirmations Workshop w/ Bob 1:00 Holiday Movie Matinee w/ Hot Chocolate: "Elf" 2:00 Gentle Yoga Class On the Mat</p>
<p>with ring ayers Rehearsal</p> <p>Aaron</p> <p>" Technology Help eat & Small" n Brodie</p>	<p>12 NO EXERCISE WITH JACKIE TODAY 10-11:30 Live Jazz Music Session 11:00 Qi-Gong with Jamee 12:00 Lunch</p> <p>WILSON BUS LINES OUTING TO PUBLICK HOUSE INN AND OLD STURBRIDGE VILLAGE!</p>	<p>13 9:30 Blood Pressure Clinic w/ Tracy 10:00 Art Class with Dawn 10-3 Age Strong Advocate Office Hours 10:00 "KevTech" iPhone & iPad Tutorial 11:00 Computers 101 w/ Vernessa 12:00 Ballroom Dance Class with Michael 12:00 Lunch 1:00 SECRET SANTA HOLIDAY SWAP!! 1:30 ST. COLUMBKILLE'S CHOIR & CRAFT! 2:00 Gentle Yoga Class on the Mat</p>
<p>with ring ayers Rehearsal ber Birthday Party!</p> <p>Aaron</p> <p>" Technology Help eat & Small"</p>	<p>19 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 James Michael: "The Broadway Baritone" Concert! 11:00 Qi-Gong with Jamee 12:00 Presentation Rehabilitation Grab & Go Luncheon 1:00 "What Is An Advance Directive?" Presentation w/ Carol from Patient Presence 2:00 Word In A Word</p>	<p>20 9:45 Councilor Liz Breadon Office Hours 10:00 Art Class with Dawn 10-3 Age Strong Advocate Office Hours 11:00 Age Strong Shuttle Outing to The Snowport 12:00 Ballroom Dance Class with Michael 12:00 Lunch 1:00 Holiday Movie Matinee w/ Hot Chocolate: "The Holiday" 2:00 Gentle Yoga Class on the Mat</p>
<p>CHRISTMAS DAY CLOSED</p> 	<p>26 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Qi-Gong with Jamee 12:00 Lunch 1:30 Game Time!</p>	<p>27 10:00 Art Class with Dawn 12:00 Lunch 12:00 Ballroom Dance Class with Selina 1:00 Holiday Movie Matinee w/ Hot Chocolate: "Love Actually" 2:00 Gentle Yoga Class on the Mat</p>

“Scene at the Center!”







**HOLIDAY COOKIE
DECORATING WITH
DAMASK CAKES
THURSDAY,
DECEMBER 5TH AT
1:00
DECORATE (AND EAT!)
A SWEET HOLIDAY
TREAT!**



**VBS HOLIDAY PARTY!
MONDAY, DECEMBER
16TH AT 12:00
FOOD FROM CARLO'S
CUCINA, MUSIC FROM
D'VINCO SOUL,
HOLIDAY TREATS AND
A VISIT FROM SANTA!
RSVP: (617) 635-6120
DON'T MISS ONE OF
OUR BIGGEST AND
BEST PARTIES OF THE
YEAR!**



**CURIOUS
CREATURES VISIT!
TUESDAY,
DECEMBER 17TH AT
11:00
MEET A BEARDED
DRAGON, SNAKE,
CHINCHILLA,
TORTOISE, BUNNY &
MORE!**

VERONICA B. SMITH

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