

SENIOR SPOTLIGHT

VERONICA B. SMITH
MULTI-SERVICE SENIOR
CENTER

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



March 2025



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

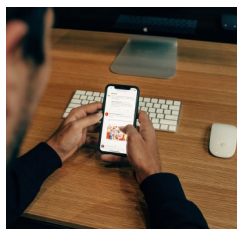
Volunteer Opportunities

Wellness

- **Pelvic Health & Urinary Leakage Presentation with Harvard Medical & Dr. Alexis Griffin Bonhomme**
Monday, March 3rd at 11:00
- **Blood Pressure Clinic with RN Tracy Quinn**
Wednesday, March 5th at 9:30
- **Boston Long Term Care Ombudsman Visit**
Wednesday, March 19th at 10:00
- **City Councilor Liz Breadon Office Hours**
Friday, March 21st at 9:45
- **Cognition Corner with Age Strong Staff**
Tuesday, March 25th at 1:00



NEW! Chinese Dance Class with
Philippina Loh
Tuesdays at 11:00 Beginning
March 18th



Identifying Misinformation on the Internet
With Boston Public Library
Thursday, March 20th at 11:00

The workshop will go over tangible tips and critical thinking skills we can employ to vet and verify information we see on our social media feeds and on the Internet.

Name: _____ Date: _____



Favorite Candy

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



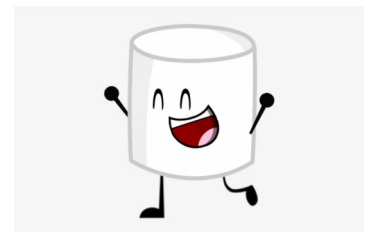
Word List:

CHOCOLATE
 TWIX
 PEANUT
 REESES
 BUTTERFINGER

GUMMY
 SNICKERS
 MINTS
 TAFFY
 STARBURST

CARAMEL
 JELLYBEAN
 LICORICE
 MMS
 JAWBREAKER

SKITTLES
 LOLLIPOP
 KITKAT
 MARSHMALLOW
 SOUR



SENIOR SPOTLIGHT

The Veronica B. Smith Senior Center
 Deputy CommissionerMelissa Carlson
 Executive DirectorLauren Basler
 Assistant DirectorJackie McLaughlin
 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

**VERONICA B. SMITH SENIOR CENTER
ST. PATRICK'S DAY LUNCHEON &
CELEBRATION!**

FRIDAY, MARCH 7TH

12:00

FOOD FROM THE CORRIB PUB

MUSIC FROM MOSSIE COUGHLAN

IRISH STEP DANCING

FUN FOR ALL!



WVBS RADIO PRESENTS
“A Return to the Airwaves”

Set your dial to WVBS & join your favorite radio players from the “Very Best Station” for a throwback to 1950's radio plays with live music & sound effects!

Wed. March 12, 2pm
Thurs. March 13, 6:30pm

★★★★★

RSVP by March 10
vbsseniorcenter@boston.gov
or 617-635-6120

Veronica B. Smith Senior Center
20 Chestnut Hill Ave., Brighton

AGE+ City of Boston
Age Strong Commission

MARCH

MONDAY	TUESDAY	WEDNESDAY
<p>3 9:30 Strength Training with Suzi 10:30 Zumba! 11:00 Guitar Class with Academia de Musica 11:00 Urinary Leakage Presentation with Harvard Medical School 12:00 Lunch 12:30 Chair Yoga with Tatiana 1:00 Cara Club 1:00 Tech Café Technology Assistance 1:30 Cornhole with Jackie! 2:00 Book Club: "A True Account"</p>	<p>4 9:30 Exercise with Jackie 12:00 Lunch 12:30 Tai Chi with Jamee 12:30 Knitting Group 1:00 FAT TUESDAY MARDI GRAS CELEBRATION WITH REVOLUTIONARY SNAKE ENSEMBLE! 1:30 Arts & Crafts</p>	<p>5 9:00 Yoga with La... 9:30 Blood Pressure C... 10:30 WVBS Radio Pla... 10:00 Breakfast Gather... 12:00 Lunch 1:00 SHINE (By Appt.) 1:00 Bingo 1:00 Guitar Class with... 1:00 Fit For Life with P... 2:00 "All Creatures Gr... 3:00 Pet Pals Visit from</p>
<p>10 9:30 Strength Training with Suzi 10:30 Zumba! 11:00 Judicial Outreach Month Outing to Brighton Courthouse 11:00 Guitar Class with Academia de Musica 12:00 Lunch 12:30 Chair Yoga with Tatiana 1:00 Cara Club 1:00 Tech Café Technology Assistance 1:30 WVBS Radio Players Sound Rehearsal NO CORNHOLE NO BOOK CLUB</p>	<p>11 9:30 Exercise with Jackie 12:00 Lunch 12:30 Tai Chi with Jamee 12:30 Knitting Group 1:30 Arts & Crafts 1:30 WVBS Radio Players Dress Rehearsal</p>	<p>12 9:00 Yoga with La... 10:00 Breakfast Gather... 12:00 Lunch 1:00 SHINE (By Appt.) NO GUITAR. BINGO 2:00 WVBS RA... PERFORM</p> 
<p>17 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 1:00 Tech Café Technology Assistance 1:30 Cornhole with Jackie 2:00 Book Club: "A True Account"</p>	<p>18 9:30 Exercise with Jackie 11:00 New England UFO's Presentation w/ Ronny LeBlanc 11:00 NEW! Chinese Dance Class w/ Philippina 12:00 Lunch 12:30 Tai Chi with Jamee 12:30 Knitting Group 1:30 Arts & Crafts 2:00 NEW! Poetry w/ Patti</p>	<p>19 9:00 Yoga with La... 10:00 Boston Long Te... 12:00 Lunch & March... 1:00 Bingo 1:00 SHINE (By Appt.) 1:00 Guitar Class with... 1:00 Fit For Life with P... 1:00-3:00 Tech Help w... 2:00 NEW! Drum Circle... 2:00 OPEN MIC!!</p>
<p>24 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 1:00 Tech Café Technology Assistance 1:30 Cornhole with Jackie 2:00 Book Club: "A True Account"</p>	<p>25 9:30 Exercise with Jackie 11:00 Sing-along with Anne Silverman! 11:00 NEW! Chinese Dance Class w/ Philippina 12:00 Lunch 12:30 Tai Chi with Jamee 12:30 Knitting Group 1:00 Cognition Corner with Corinne 1:30 Arts & Crafts 2:00 NEW! Poetry w/ Patti</p>	<p>26 9:00 Yoga with La... 10:00 Breakfast Gather... 12:00 Lunch 1:00 Bingo 1:00 SHINE (By Appt.) 1:00 Guitar Class with... 1:00 Fit For Life with P... 2:00 NEW! Drum Circle... 2:00 "All Creatures Gr...</p>
<p>31 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 1:00 Tech Café Technology Assistance 2:00 Book Club: "A True Account"</p>		

2025

WEDNESDAY	THURSDAY	FRIDAY
<p>6:00-7:00 Yoga Clinic with Tracy 8:00-9:00 Players Rehearsal 9:00-10:00 Singing</p> <p>Aaron Parks Department "Eat & Small" with Pasha Brodie</p>	<p>6:00-7:00 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Qi-Gong with Jamee 12:00 Lunch 1:00 Abigail by Gail Presents: "Heroines of the American Revolution"</p>	<p>7:00 NO ART CLASS TODAY NO BALLROOM DANCE TODAY NO YOGA TODAY 10:00 "KevTech" iPhone & iPad Tutorial 12:00 ST. PATRICK'S DAY LUNCHEON & CELEBRATION!</p> 
<p>6:00-7:00 Yoga Clinic with Tracy 8:00-9:00 Singing</p> <p>10:00-11:00 RADIO PLAYERS PERFORMANCE!</p> 	<p>13:00-14:00 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Qi-Gong with Jamee 12:00 Lunch 12:30 Visit from The Brimmer School! 6:30 WVBS RADIO PLAYERS PERFORMANCE!</p> 	<p>14:00-15:00 Art Class with Dawn 10:00-3:00 Age Strong Advocate Office Hours 12:00 Ballroom Dance with Michael! 12:00 Lunch 1:00 Movie Matinee w/ Popcorn: "Ezra" 1:00 WVBS Radio Players Cast Party! 2:00 Gentle Yoga on the Mat</p>
<p>6:00-7:00 Yoga Clinic with Tracy 8:00-9:00 Care Ombudsman 9:00-10:00 Birthday Party!</p> <p>Aaron Parks Department with Marissa and Pasha</p>	<p>20:00-21:00 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Presentation w/ Boston Public Library: "Identifying Misinformation on the Internet" 11:00 Qi-Gong with Jamee 12:00 Presentation Rehabilitation Grab and Go Luncheon 1:00 St. Patrick's Day Picture Bingo with Prizes!</p>	<p>21:00-22:00 Councilor Liz Breadon Office Hours 10:00 Art Class with Dawn 10:00 "KevTech" iPhone & iPad Tutorial 10:00-3:00 Age Strong Advocate Office Hours 12:00 Ballroom Dance with Michael! 12:00 Lunch 1:00 Movie Matinee w/ Popcorn: "Where the Crawdads Sing" 2:00 Gentle Yoga on the Mat</p>
<p>6:00-7:00 Yoga Clinic with Tracy 8:00-9:00 Singing</p> <p>Aaron Parks Department with Pasha and "Eat & Small"</p>	<p>27:00-28:00 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Japanese Folk Music Workshop w/ Mikiko 11:00 Qi-Gong with Jamee 12:00 Lunch 1:00 Word In A Word 6:00 Blue Cross Blue Shield of MA: "Supplement or Advantage Plans?"</p>	<p>28:00-29:00 Art Class with Dawn 11:00 Age Strong Shuttle to Pizza & Bowling at Flatbread! 12:00 Ballroom Dance with Michael! 12:00 Lunch 1:00 Movie Matinee w/ Popcorn: "Nyad" 2:00 Gentle Yoga on the Mat</p>
		

“Scene at the Center!”







**Fat Tuesday
Celebration With
King's Cake & Music
From the
Revolutionary Snake
Ensemble!
Tuesday, March
4th at 1:00**



**Abigail by Gail
"Heroines of the
American Revolution"
Thursday, March 6th
at 1:00
Gain an
understanding of how
ordinary women
contributed to
America's Freedom!**



**New England UFO's
Presentation with
Discovery Channel's
Ronny Le Blanc
Tuesday, March 18th
at 11:00
You would be surprised to
know
that New England and
central Massachusetts has
a long history of UFO
reports. Are we going to
find out that we are not
alone in the universe?**

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