

SENIOR SPOTLIGHT

VERONICA B. SMITH
MULTI-SERVICE SENIOR
CENTER

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

December 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

- **Age Strong Advocate Office Hours**
Mondays– December 15th and 29th from 10:30-3
- **Smiles for Life Presentation with Tufts Dental**
Wednesday, December 17th at 11:00
- **Wellness Workshop with Charlette Parker-Edwards, LICSW: “Heart & Home: Stories of the Holidays”**
Wednesday, December 17th at 2:15
- **City Councilor Liz Breadon Office Hours**
Friday, December 19th from 9:45-11:00
- **Cognition Corner w/ Age Strong Staff**
Tuesday, December 30th at 10:30
 - **THURSDAY, DECEMBER 25TH**
CHRISTMAS DAY CENTER CLOSED



**Make Your Own Festive Holiday
Seasoning**
Tuesday, December 2nd at 11:00
**From Traditional to Festive Holiday
Blends! Explore A Variety of Herbs,
Spices, & Teas**



The Modernistics Holiday Show
Monday, December 15th at 1:00
**Come & Enjoy Some Holiday Tunes
With This Accomplished Jazz trio!**

Name: _____ Date: _____

Go Fish!

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Word List:

TILAPIA
TUNA
SWORDFISH
WHITEFISH
TILEFISH
TROUT
SUNFISH
SALMON
HERRING
LOBSTER

TIGERFISH
BASS
BOWFIN
PERCH
COBIA
CRAPPIE
DOGFISH
GROUPER
MACKEREL
MARLIN

TUNA
BLUEFISH
BREAM
CARP
COD
CRAYFISH
FLOUNDER
HADDOCK
KINGFISH
SNAPPER

BARRACUDA
PIKE
TROUT
CATFISH
EEL
STURGEON
SEABASS
HALIBUT
LIONFISH



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, Tracie McCray, Diane Elliott

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



Holiday Tea at Castle Hill on the Crane Estate

Dates:
December 16th, 17th, & 18th
12:00-5:30pm

The Details

Step into the grandeur of New England's past this holiday season with a visit to Castle Hill on the Crane Estate, a breathtaking National Historic Landmark overlooking the Atlantic Ocean.

Visiting Castle Hill at Christmas is a time-honored tradition, and this year's celebration highlights the beauty of the natural world. As you explore the Great House, you'll encounter 18 festively decorated spaces adorned with themes of birds, flowers, snowflakes, and more.

After your tour, take a well-deserved respite from the holiday rush with an elegant Christmas Tea in the Great House. Enjoy a delightful assortment of teas, savories, and sweets served by costumed staff, just as if the Crane family were welcoming you in 1929.

Conclude your visit with a stop at the Crane Estate Gift Shop—perfect for holiday shopping and unique keepsakes.

How to Book

Please see Lauren to pay by credit card

Cost

*\$125 per person
includes taxes & fees*

Have Questions?



E-mail us: contact@keolismassadventures.com Call Us: 857-366-2577

**Please Call Lauren at (617) 635-6120 To Pay
By Credit Card**

VERONICA B. SMITH SENIOR CENTER HOLIDAY PARTY! THURSDAY, DECEMBER 11TH

AT 12:00

**FOOD FROM CARLO'S
CUCINA, MUSIC FROM D'VINCI
SOUL, AND HOLIDAY CHEER TO
SPARE!**

**DON'T MISS THE BIGGEST
PARTY OF THE YEAR!**

RSVP: (617) 635-6120



| MONDAY | TUESDAY | WEDNESDAY |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1 9:30 Strength Training w/ Suzi 10:30 Zumba! 11:00 Guitar Class w/ Academia de Musica 12:00 Lunch 12:30 Chair Yoga w/ Beth 1:00 Tech Café 1:00 Cara Club 1:30 Cornhole w/ Jackie 2:00 Book Club: "Agatha Christie: An Elusive Woman"</p> | <p>2 9:30 Exercise w/ Jackie 11:00 "Make Your Own Festive Holiday Seasoning" Workshop 11:00 Chinese Dance Class w/ Philippina 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi w/ Jamee 1:30 Arts & Crafts 1:30 VBS Carolers Rehearsal!</p> | <p>3 9:00 Chair Yoga C 10:00 Breakfast Gather 11:00 Sing-along w/ R 11:00 NEW! Line Danc 12:00 Lunch 1:00 SHINE (By Appt.) 1:00 Bingo 1:00 Guitar Class w/ P 2:00 "Upstairs, Downs</p> |
| <p>8 9:30 Strength Training w/ Suzi 10:30 Zumba! 11:00 Guitar Class w/ Academia de Musica 12:00 Lunch 12:30 Chair Yoga w/ Beth 1:00 Cara Club 1:00 Boston University "BoCo Cabaret" Holiday Show! 1:30 Cornhole w/ Jackie 2:00 Book Club: "Agatha Christie: An Elusive Woman"</p> | <p>9 9:30 Exercise w/ Jackie 11:00 RMV Presentation w/ Michele Ellicks 11:00 Chinese Dance Class w/ Philippina 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi w/ Jamee 1:30 VBS Carolers Rehearsal!</p> | <p>10 9:00 Chair Yoga C 10:00 Breakfast Gather 11:00 Japanese Folk M Mikiko 11:00 NEW! Line Danc 12:00 Lunch 1:00 SHINE (By Appt.) 1:00 Bingo 1:00 Guitar Class w/ P 2:00 CyberAware Pres</p> |
| <p>15 9:30 Strength Training w/ Suzi 1:30-3 Age Strong Advocate Office Hours 10:30 Zumba! 11:00 Guitar Class w/ Academia de Musica 12:00 Lunch 12:30 NO YOGA OR CORNHOLE TODAY 1:00 HOLIDAY CONCERT WITH THE MODERNISTICS! 1:00 Cara Club 2:00 Book Club: "Agatha Christie: An Elusive Woman"</p> | <p>16 9:30 Exercise w/ Jackie 11:00 Chinese Dance Class w/ Philippina 12:00 OUTING TO THE CRANE ESTATE HOLIDAY HIGH TEA! 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi w/ Jamee 1:30 Arts & Crafts</p> | <p>17 9:00 Chair Yoga C 10:00 Breakfast Gather 11:00 Smiles for Life P 12:00 OUTING TO T HOLIDAY 12:00 Lunch 12:00 Lunch & Decem 1:00 SHINE (By Appt.) 1:00 Bingo 1:00 Tech Help w/ Mar 1:00 Guitar Class w/ P 2:00 OPEN MIC- SHAR 2:15 Wellness Worksh 3:00 Pet Pals Visit from</p> |
| <p>22 9:30 Strength Training w/ Suzi 10:30 Zumba! 11:00 Guitar Class w/ Academia de Musica 12:00 Lunch 12:30 Chair Yoga w/ Beth 1:00 Cara Club 1:30 Cornhole w/ Jackie 2:00 Book Club: "Agatha Christie"</p> | <p>23 9:30 Exercise w/ Jackie 11:00 Chinese Dance Class w/ Philippina 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi w/ Jamee 1:30 VBS CAROLERS SING THROUGH THE NEIGHBORHOOD! 1:30 Arts & Crafts</p> | <p>24 9:00 Chair Yoga C 10:00 Breakfast Gather 12:00 Lunch 1:00 CHRISTMAS</p> |
| <p>29 9:30 Strength Training w/ Suzi 10:30 Zumba! 10:30-3 Age Strong Advocate Office Hours 11:00 Guitar Class w/ Academia de Musica 12:00 Lunch 12:30 Chair Yoga w/ Beth 1:00 Cara Club 1:30 Cornhole w/ Jackie 2:00 NO BOOK CLUB TODAY</p> | <p>30 9:30 Exercise w/ Jackie 10:30 Cognition Corner w/ Corinne 11:00 Chinese Dance Class w/ Philippina 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi w/ Jamee 1:30 Arts & Crafts</p> | <p>31 9:00 Chair Yoga C 10:00 Breakfast Gather 12:00 Lunch 1:00 Bingo 1:00 Guitar Class w/ P 2:00 NEW YEARS EVE CAKE!</p> |



| 2025 | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| WEDNESDAY | THURSDAY | FRIDAY |
| <p>Class w/ YogaHub ring uth Rappaport e Class w/ Selina</p> <p>Professor Grey stairs"</p> | <p>4 9:30 Exercise w/ Jackie 10-11:30 Live Jazz Music Session 10:00 Age Strong Shuttle Outing: Longfellow– Washington House Tour 11:00 Qi-Gong w/ Jamee 12:00 Lunch <u>2:00</u> Christmas Picture Bingo w/ Prizes!</p> | <p>5 10:00 Art Class w/ Dawn 10:30 WVBS Radio Players Rehearsal 11:00 Marty Gitlin Presents" "The Magic of Motown" 12:00 Lunch 12:00 Ballroom Dance Class w/ Steps In Time 1:00 Bead Therapy with Zangar from ZMakesBeads 2:00 Gentle Yoga Class on the Mat</p> |
| <p>Class w/ YogaHub ring Music Workshop w/ e Class w/ Selina</p> <p>Professor Grey entation</p> | <p>11 NO EXERCISE WITH JACKIE TODAY 10-11:30 Live Jazz Music Session! NO QI-GONG TODAY VBS HOLIDAY PARTY! FOOD FROM CARLO'S CUCINA MUSIC FROM D'VINCI SOUL HOLIDAY FUN FOR ALL!</p> | <p>12 9:30 Blood Pressure Checks w/ Tracy 10:00 Art Class w/ Dawn 10:00 "KevTech" iPhone & iPad Tutorial 10:30 WVBS Radio Players Rehearsal 10:30 Bowling Outing to Flatbread Pizza & Lanes! 12:00 Lunch 12:00 Ballroom Dance Class w/ Steps In Time 1:00 Jan-Marie Olowia Holiday Concert! 2:00 Gentle Yoga Class on the Mat</p> |
| <p>Class w/ YogaHub ring Presentation w/ Tufts THE CRANE ESTATE HIGH TEA!</p> <p>ber Birthday Party</p> <p>issa Professor Grey RE YOUR TALENT! op w/ Charlette n Brodie</p> | <p>18 9:30 Exercise w/ Jackie 10-11:30 Live Jazz Music Session! 11:00 Qi-Gong w/ Jamee 12:00 OUTING TO THE CRANE ESTATE HOLIDAY HIGH TEA! 12:00 Presentation Rehabilitation Grab & Go Luncheon 1:30 Match Game</p>  | <p>19 9:45 Councilor Liz Breadon Office Hours 10:00 Art Class w/ Dawn 10:30 WVBS Radio Players Rehearsal 12:00 Lunch 12:00 Ballroom Dance Class w/ Steps In Time 1:00 Chop Break Duo in Concert! 2:00 SECRET SANTA HOLIDAY SWAP!!! 2:00 Gentle Yoga Class on the Mat</p>  |
| <p>Class w/ YogaHub ring EVE OPEN HOUSE</p>  | <p>25</p> <p>CHRISTMAS DAY CENTER CLOSED</p>  | <p>26 NO ART CLASS TODAY NO BALLROOM DANCE CLASS TODAY 10:00 "KevTech" iPhone & iPad Tutorial 12:00 Lunch 1:00 Holiday Movie Matinee: "It's A Wonderful Life" 2:00 Gentle Yoga Class on the Mat</p> |
| <p>Class w/ YogaHub ring Professor Grey E MINI-COUNTDOWN &</p>  |  |  |

“Scene at the Center!”







**VBS Carolers Are Back!
Come Be A Part of
Spreading Holiday
Cheer!**

Rehearsals:

**Tuesdays– December 2nd
and 9th at 1:30**

**Caroling Through The
Neighborhood On
Tuesday, December 23rd
at 1:30!**



**Boston University
“BoCo Cabaret”
Holiday Concert!
Monday, December
8th at 1:00**

**Do Not Miss These
Broadway-Bound
Singers As They
Perform Some Classic
Holiday Tunes!**



**Chop Break Duo In
Concert
Friday, December
19th at 1:00**

**Featuring Alex Nagy,
Piano & CJ Waldrop,
Trumpet**

VERONICA B. SMITH

MULTI-SERVICE SENIOR-CENTER

20 Chestnut Hill Avenue | Brighton, MA 02135

NON-PROFIT ORG
U.S. POSTAGE

PAID

BOSTON, MA
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