

# SENIOR SPOTLIGHT

VERONICA B. SMITH  
MULTI-SERVICE SENIOR  
CENTER

Ph: (617) 635-6120

NEW TEMPORARY  
LOCATION

77 WARREN STREET  
3RD FLOOR

BRIGHTON, MA 02135

July 2026



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**  
**Friday July 17th from 9:30-12:30**
- **City Council President Liz Breadon Office Hours**  
**Friday, July 17th at 9:45**
- **Blood Pressure Clinic with RN Tracy Quinn**  
**Friday, July 24th at 9:30**
- **Wellness Group with Charlette Parker-Edwards**  
**Wednesday, July 29th at 2:15**
- **Literations Info Session- Learn How To Become A**  
**Literary Coach for 1st-4th Graders!**  
**Thursday, July 30th at 11:00**  
**CENTER CLOSED FRIDAY, JULY 3RD**



**Summer Concert with Jan  
Marie Olownia!**

**Thursday, July 16th at 1:00**

**Cool Off With Some Fun  
Summer Tunes!**



**Brass Concert With CJ Waldop & Friends!**

**Thursday, July 30th at 1:00**

CJ Waldrop, trumpeter- leads a brand new brass ensemble in a short concert featuring new music written by new friends, as well as some of the best songs ever written about love!



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## SENIOR SPOTLIGHT

The Veronica B. Smith Senior Center  
 Deputy Commissioner .....Melissa Carlson  
 Executive Director .....Lauren Basler  
 Assistant Director .....Jackie McLaughlin  
 R.S.V.P. Volunteers  
 Janet Riordan, Shashi Gudapakam, Mary Villani,  
 Loretta Carey, Shelly Ferrari, Mary Regan, Bob  
 Tomposki, Kevin Montague, Tracie McCray, Diane  
 Elliott

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

**Boston Harbor Summer Outings!**

**This year, we will be going on four trips to Spectacle and Georges Island throughout July and August.**

**Names will be drawn lottery style to make this process as fair as possible.**

**Please put your name in the ballot box in the volunteers office, or call and we can add your name in. Please put your name in only once.**

**One trip per person—  
per summer.**

**July 8th and 22nd: Spectacle Island**

**August 5th and 19th: Georges Island**



**Disco of Ages!**

**Friday, July 31st from**

**4-6**

**Join Us And Kick Off the Rat City Music Festival With A Disco Dance Party With Food & Fun!**

**“Studio 77” Will Be The Place to Be!**



**MONDAY**



**TUESDAY**



**WEDNESDAY**

6 9:30 Strength Training with ThriveHub  
 10:30 Zumba!  
 11:00 Guitar Class w/ Academia de Musica  
 12:00 Lunch  
 12:30 Chair Yoga with Beth  
 1:45 Monday Cornhole Crew  
 2:00 Book Club: "Calebs Crossing"

7 9:30 Exercise with Jackie  
 11:00 Chinese Dance Class w/ Philippina  
 12:00 Piano Lunch with Joe D'Amore  
 12:30 Knitting Group  
 1:00 Tai Chi with Jamee  
 1:00 Piano Lessons w/ Joe (Sign Up w/ Lauren)  
 1:30 Arts & Crafts  
 2:00 Theater Class with Lauren!

8 **NO YOGA**  
 9:00 SHUTTLE OUT  
 ISL  
 10:00 Continental Breakfast  
**NO LINE DANCE**  
 12:00 Lunch  
 1:00 Bingo  
 1:00 SHINE (By Appt.)  
 2:00 Lemonade & Snacks

13 9:30 Strength Training with ThriveHub  
 10:30 Zumba!  
 11:00 Guitar Class w/ Academia de Musica  
 12:00 Lunch  
 12:30 Chair Yoga with Beth  
 12:45 Monday Cornhole Crew  
 2:00 NO BOOK CLUB TODAY

14 9:30 Exercise with Jackie  
 11:00 Chinese Dance Class w/ Philippina  
 12:00 Lunch  
 12:30 Knitting Group  
 1:00 Tai Chi with Jamee  
 1:00 Piano Lessons w/ Joe (Sign Up w/ Lauren)  
 1:30 Arts & Crafts

15 9:00 Chair Yoga w/ Beth  
 10:00 Continental Breakfast  
 11:00 Troy Caruana in  
 12:00 Line Dance Class  
 12:00 Lunch & July Bingo  
 1:00 Bingo  
 1:00 SHINE (By Appt.)  
 2:00 Lemonade & Snacks

20 9:30 Strength Training with ThriveHub  
 10:30 Zumba!  
 11:00 Guitar Class w/ Academia de Musica  
 12:00 Lunch  
 12:30 Chair Yoga with Beth  
 12:45 Monday Cornhole Crew  
 2:00 Book Club: "Caleb's Crossing"

21 9:30 Exercise with Jackie  
 11:00 Chinese Dance Class w/ Philippina  
 12:00 Lunch  
 12:30 Knitting Group  
 1:00 Tai Chi with Jamee  
 1:00 Piano Lessons w/ Joe (Sign Up w/ Lauren)  
 1:30 Arts & Crafts  
 2:00 Theater Class with Lauren!

22 9:00 Chair Yoga w/ Beth  
 9:00 SHUTTLE OUT  
 ISL  
 10:00 Continental Breakfast  
 12:00 Line Dance Class  
 12:00 Lunch  
 1:00 Bingo  
 1:00 SHINE (By Appt.)  
 2:00 Lemonade & Snacks

27 9:30 Strength Training with ThriveHub  
 10:30 Zumba!  
 11:00 Guitar Class w/ Academia de Musica  
 12:00 Lunch  
 12:30 Chair Yoga with Beth  
 12:45 Monday Cornhole Crew  
 2:00 Book Club: "Caleb's Crossing"

28 9:30 Exercise with Jackie  
 11:00 Chinese Dance Class w/ Philippina  
 12:00 Lunch  
 12:30 Knitting Group  
 1:00 Tai Chi with Jamee  
 1:00 Piano Lessons w/ Joe (Sign Up w/ Lauren)  
 1:30 Arts & Crafts  
 2:00 Readers Theater Rehearsal: "Cool Off in the Pool"

29 9:00 Chair Yoga w/ Beth  
 10:00 Continental Breakfast  
 10:30 Art Therapy with  
 12:00 Line Dance Class  
 12:00 Lunch  
 1:00 Bingo  
 1:00 SHINE (By Appt.)  
 2:00 OPEN MIC- SHARON  
 2:15 Wellness Workshop

WEDNESDAY	THURSDAY	FRIDAY
<p>with ThriveHub Breakfast Classes with Jonathan</p> <p>Classes on the Patio!</p>	<p>2 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Qi-Gong with Jamee 12:00 Lunch 1:00 Prize Scattergories 2:00 Word In A Word</p>	<p>3</p> <p><b>INDEPENDENCE DAY (OBSERVED) CENTER CLOSED</b></p> 
<p>CLASS TODAY MOVING TO SPECTACLE LAND! Breakfast DANCE TODAY</p> <p>Classes on the Patio!</p>	<p>9 <b>NO EXERCISE WITH JACKIE TODAY</b> 10-11:30 Live Jazz Music Session 11:00 Story Share w/ The Bridge Project 11:00 Qi-Gong with Jamee 12:00 Lunch 1:30 Fourth of July Picture Bingo with Prizes!</p>	<p>10 10:00 "KevTech" iPhone &amp; iPad Tutorial 10:30 Joy Walk with Lauren 12:00 Lunch 1:00 Movie Matinee: "Bridget Jones: Mad About the Boy" 2:00 Gentle Yoga Class on the Mat</p>
<p>with ThriveHub Breakfast Concert! Classes with Jonathan Birthday Party!</p> <p>Classes on the Patio!</p>	<p>16 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Qi-Gong with Jamee 12:00 Presentation Rehabilitation Grab and Go Lunch 1:00 Summer Concert with Jan Marie Olownia! 2:30 Match Game</p>	<p>17 9:30-12:30 Age Strong Advocate Office Hours 9:45 City Council President Liz Breadon Office Hours 10:30 Joy Walk with Jackie 12:00 Ballroom Dance Class w/ Steps In Time 12:00 Lunch 1:00 Violin Concert with Nolan Demott! 2:00 Gentle Yoga Class on the Mat</p>
<p>with ThriveHub MOVING TO SPECTACLE LAND! Breakfast Classes with Jonathan</p> <p>Classes on the Patio!</p>	<p>23 <b>NO EXERCISE WITH JACKIE TODAY</b> 10-11:30 Live Jazz Music Session 11:00 Qi-Gong w/ Jamee 12:00 Lunch <b>9:45 BEAUPORT PRINCESS CRUISE IN GLOUCESTER WITH WILSON BUS LINES!</b></p>	<p>24 9:30 Blood Pressure Clinic w/ Tracy 10:00 "Kevtech" iPhone &amp; iPad Tutorial 10:30 Joy Walk with Jackie 12:00 Ballroom Dance Class w/ Steps In Time 12:00 Lunch 1:00 Marty Gitlin: "The Woodstock Era" 2:00 Gentle Yoga Class on the Mat</p>
<p>with ThriveHub Breakfast n Erica Classes with Jonathan</p> <p>SHARE YOUR TALENT! Workshop with Charlette</p>	<p>30 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Qi-Gong with Jamee 11:00 Literations Info Session– How to Become A Literary Coach for 1st-4th Graders 12:00 Lunch 1:00 Brass Concert with CJ Waldrop &amp; Friends! 2:30 Wheel of Fortune</p>	<p>31 10:30 Joy walk with Jackie 12:00 Ballroom Dance Class w/ Steps In Time 12:00 Lunch 1:00 Movie Matinee: "Instant Family" 2:00 Gentle Yoga Class on the Mat <b>4-6 "DISCO OF AGES" DANCE PARTY WITH RAT CITY MUSIC FESTIVAL!</b></p>

# “Scene at the Center!”







**Troy Caruana in  
Concert!**

**Wednesday, July  
15th at 11:00**

**An Easy Listening Guitar &  
Vocal Performance  
Featuring Classic Country,  
Folk and Americana  
Favorites**

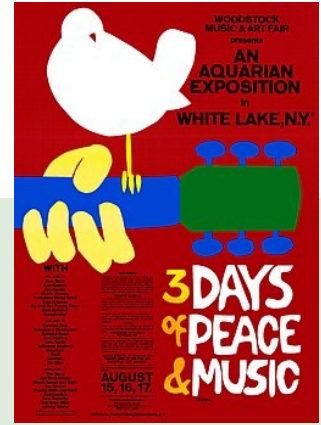


**Nolan Demott Violin  
Concert**

**Friday, July 17th at**

**1:00**

**Nolan is a Boston-based  
Music Instructor That  
Believes in The Power of  
Music As A Source of  
Healing & Unity!**



**Marty Gitlin: "The  
Woodstock Era"  
Friday, July 24th  
at 1:00**

**Join Freelance Author  
and Pop Culture  
Historian For A Look at  
the Late 60's & The Music  
Festival That Defined It**

**VERONICA B. SMITH**

MULTI-SERVICE SENIOR-CENTER

20 Chestnut Hill Avenue | Brighton, MA 02135

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**PAID**

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