

SENIOR SPOTLIGHT

VERONICA B. SMITH
MULTI-SERVICE SENIOR
CENTER

Ph: (617) 635-6120
NEW TEMPORARY
LOCATION
77 WARREN STREET
3RD FLOOR
BRIGHTON, MA 02135

October 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 With Daisy
Friday, October 2nd from 10:30-3
 - Medicare Workshop With Blue Cross/ Blue Shield
Wednesday, October 14th at 10:30
 - Medication Counseling w/ MA College of Pharmacy
Wednesdays– October 14th and 28th at 9:00
 - Safe Streets Advocacy Program Presentation
Wednesday, October 21st at 10:30
 - Wellness Workshop with Charlette Parker-Edwards
Wednesday, October 28th at 2:15
- MONDAY OCTOBER 12TH CENTER CLOSED FOR
INDIGENOUS PEOPLES DAY**



Lindsay Straw & Larry Young:
“Fair Liberty’s Call”

Tuesday, October 20th at 11:00

This Duo Will Bring the Past to Life
With A Costumed Performance From
the Colonial Era!

Safe Streets Advocacy Program
Wednesday, October 21st at 10:30

First of Three Workshops That Will Help
Participants Will Better Understand Pedestrian
Safety and Learn How to Support Safer, More
Walkable Communities

Brigham and Women's Hospital
Founding Member, Mass General Brigham

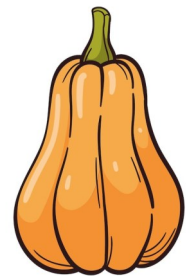
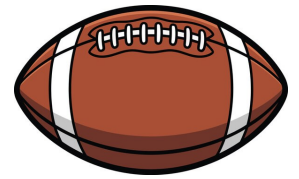
**STEPPING
STRONG**

FALL



ACORN	FESTIVAL	NOVEMBER
APPLE	FOLIAGE	ORANGE
AUTUMN	FOOTBALL	ORCHARD
BONFIRE	GOURD	PUMPKIN
CHESTNUT	HALLOWEEN	RAKE
CIDER	HARVEST	SCARECROW
CORNUCOPIA	HAYRIDE	SQUASH
CRANBERRY	LEAVES	SUNFLOWER
CRISP	MAPLE	SWEATER

SUPERSTARWORKSHEETS



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, 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

FREE *PILOT* SHUTTLE TO TEMPORARY SENIOR CENTER

While the Veronica B. Smith Senior Center is temporarily operating at BrightonOne (77 Warren Street), the **Age Strong Shuttle** will provide **free transportation** from 20 Chestnut Hill Avenue to 77 Warren Street.

FREE *PILOT* SHUTTLE SCHEDULE MONDAY, TUESDAY, WEDNESDAY

9:15 AM - Pick-up at 20 Chestnut Hill Avenue

9:25 AM - Drop-off at 77 Warren Street

12:55 PM - Pick-up at 77 Warren Street

12:45PM - Drop-off at 20 Chestnut Hill Avenue

1:00 PM - Pick-up at 20 Chestnut Hill Avenue

1:10 PM - Drop-off at 77 Warren Street

3:00 PM - Pick-up at 77 Warren Street

3:10 PM - Drop-off at 20 Chestnut Hill Avenue



No reservation needed; just show up!

CITY of BOSTON

AGE+

Age Strong
Commission

Halloween Party! Friday, October 30th at 2:30

Music From DJ George,
Sweet Treats, Costume
Contest & More!

Come In Your Best Costume
& Have a Spooky Good Time!



MONDAY



5 9:30 Strength Training with Suzi
 10:30 Zumba!
 11:30 Guitar Class w/ Academia de Musica
 12:00 Lunch
 12:30 Chair Yoga with Beth
 1:30 Cornhole with Jackie
 2:00 Book Club: "James"

TUESDAY



6 9:30 Exercise with Jackie
 10:15 **KEOLIS MA ADVENTURES
 OUTING TO THE TOPSFIELD FAIR!**
 11:00 Chinese Dance Class w/ Philippina
 12:00 Piano Lunch w/ Joe D'Amore
 12:30 Knitting Group
 1:00 Tai Chi w/ Jamee
 1:00 Piano Lessons with Joe
 1:30 Arts & Crafts

WEDNESDAY



7 9:00 Chair Yoga w/ Jackie
 10:00 Continental Breakfast
 10:15 Art Therapy with Jackie
 12:00 Lunch
 12:00 Line Dance Class
 1:00 Guitar Class with Jackie
 1:00 Bingo
 1:00 SHINE (By Appt.)
 3:00 Pet Pals Visit from

12
**INDIGENOUS PEOPLES DAY
 CENTER CLOSED**



13 9:30 Exercise with Jackie
 11:00 Country Music Concert with Matt York!
 11:00 Chinese Dance Class w/ Philippina
 12:00 Lunch
 12:30 Knitting Group
 1:00 Tai Chi w/ Jamee
 1:00 Piano Lessons with Joe
 1:30 Arts & Crafts

14 9:00 Chair Yoga w/ Jackie
 9:00 Medication Counseling
 Pharmacy
 10:00 Continental Breakfast
 10:30 Medicare Workshop
 12:00 Lunch
 12:00 Line Dance Class
 1:00 Guitar Class with Jackie
 1:00 Bingo
 1:00 SHINE (By Appt.)
 2:30 OPEN MIC- SHARON

19 NO STRENGTH, ZUMBA, YOGA, OR
 CORNHOLE TODAY
**MEDICARE OPEN
 ENROLLMENT EVENT WITH
 AGE STRONG**

11:30 Guitar Class w/ Academia de Musica
 12:00 Lunch
 2:00 Book Club: "James"

20 9:30 Exercise with Jackie
 11:00 Chinese Dance Class w/ Philippina
 11:00 Lindsay Straw & Larry Young: 18th
 Century New England Music Duo
 12:00 Lunch
 12:30 Knitting Group
 1:00 Tai Chi w/ Jamee
 1:00 Piano Lessons with Joe
 1:30 Arts & Crafts

21 NO YOGA OR LINE DANCE
 10:00 Continental Breakfast
 10:30 Safe Streets Advocacy
 Pedestrian Safety Council
 12:00 Lunch & October
 1:00 Guitar Class with Jackie
 1:00 Bingo
 1:00 SHINE (By Appt.)

26 9:30 Strength Training with Suzi
 10:30 Zumba!
 11:30 Guitar Class w/ Academia de Musica
 12:00 Lunch
 1:30 Chair Yoga with Beth
 2:30 Cornhole with Jackie
 3:00 Book Club: "James"

27 Exercise with Jackie
 11:00 Chinese Dance Class w/ Philippina
 12:00 Lunch
 12:30 Knitting Group
 1:00 Tai Chi w/ Jamee
 1:00 Piano Lessons with Joe
 1:30 Arts & Crafts
 2:30 Readers Theater Rehearsal: "The Leaf
 Thief"

28 9:00 Chair Yoga w/ Jackie
 9:00 Medication Counseling
 Pharmacy
 10:00 Continental Breakfast
 11:00 BOSTON COMEDY
 CABARET"
 12:00 Lunch
 12:00 Line Dance Class
 1:00 Guitar Class with Jackie
 1:00 Bingo
 1:00 SHINE (By Appt.)
 2:15 Wellness Workshop

2026

WEDNESDAY



with ThriveHub
Breakfast– Cinnamon Rolls!
with Erica Curcio

s w/ Jonathan
Professor Grey

with Brodie the Dog!

with ThriveHub
Selling w/ MA College of

Breakfast
Shop w/ BC/BS of MA

s w/ Jonathan
Professor Grey

RE YOUR TALENT!

THE DANCE TODAY
Breakfast

Advocacy Program
for Birthday Party!
Professor Grey

with ThriveHub
Selling w/ MA College of

Breakfast
SERVATORY “BOCO
FALL SHOW!

s w/ Jonathan
Professor Grey

Shop with Charlette

THURSDAY

1 9:30 Exercise with Jackie
10-11:30 Live Jazz Music Session
11:00 Qi-Gong with Jamee
12:00 Lunch
1:00 Piatigorsky Foundation: Evan Drachman, Cello Doris Stevenson, Piano
2:15 Word In A Word

8 9:30 Exercise with ThriveHub
9:45 KAYAKING OUTING WITH L.L. BEAN!
10-11:30 Live Jazz Music Session
11:00 Qi-Gong with Jamee
12:00 Lunch
1:00 Drum Circle with Pasha
2:00 Match Game
6:00 Friends of the Brighton Library Present
Anthony Sammarco: “Italian-Americans of Allston & Brighton”

15 9:30 Exercise with Jackie
10-11:30 Live Jazz Music Session
11:00 Understanding Autism with Ari Levitt
11:00 Qi-Gong with Jamee
**12:00 OKTOBERFEST LUNCHEON
SPONSORED BY PRESENTATION
REHAB AND NURSING**
1:00 Drum Circle with Pasha
2:00 Prize Scattergories

22 NO EXERCISE WITH JACKIE TODAY
10-11:30 Live Jazz Music Session
11:00 Qi-Gong with Jamee
12:00 Lunch
1:00 Drum Circle with Pasha
2:00 Wheel of Fortune

29 9:30 Exercise with Jackie
10-11:30 Live Jazz Music Session
11:00 Qi-Gong with Jamee
11:00 Story Share with The Bridge Project
12:00 Lunch
1:00 Drum Circle with Pasha
1:30 Halloween Picture Bingo With Prizes!

FRIDAY

2 10:00 Art Class with Dawn
10:30-3 Age Strong Advocate Office Hours
10:30 NEW! Tech Made Simple w/ Justin
10:30 Shuttle Outing to Castle Island!
12:00 Ballroom Dance Class w/ Steps In Time
12:00 Lunch
1:00 Bead Therapy With Zangar!
2:00 Gentle Yoga on the Mat

9 10:00 Art Class with Dawn
10:00 “KevTech” iPhone & iPad Tutorial
10:30 Joy Walk with Jackie
12:00 Ballroom Dance Class w/ Steps In Time
12:00 Lunch
1:00 Troy Caruana in Concert!
2:00 Gentle Yoga on the Mat

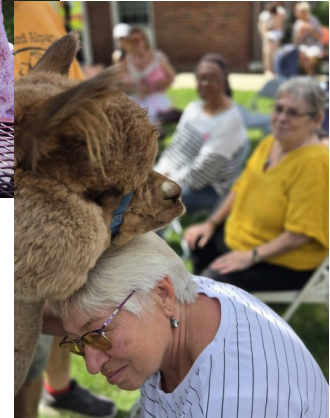
16 9:30 Blood Pressure Clinic with Tracy
9:45 Councilor Liz Breadon Office Hours
10:00 “A Healthy Gut, A Brighter You!” w/ Anjana
10:00 Art Class with Dawn
10:30 Joy Walk with Jackie
12:00 Lunch
**1:00 SKIPPY WHITE: MUSIC AND
MEMORIES CONCERT**
2:00 Gentle Yoga on the Mat

23 10:00 Art Class with Dawn
10:00 “KevTech” iPhone & iPad Tutorial
10:30 Halloween Tiny Gardens Workshop
w/ Therapy Gardens
12:00 Ballroom Dance Class w/ Steps In Time
12:00 Lunch
1:00 Movie Matinee: “9 to 5”
2:00 Gentle Yoga on the Mat

30 10:00 Art Class with Dawn
**10:00 WVBS PLAYERS INFORMATION
SESSION**
12:00 Ballroom Dance Class w/ Steps In Time
12:00 Lunch
NO MAT YOGA TODAY
1:00 Movie Matinee: “Hocus Pocus”
**2:30 HALLOWEEN PARTY WITH
DJ GEORGE!**



“Scene at the Center!”







**Piatigorsky
Foundation Concert:
Evan Drachman, Cello
Doris Stevenson, Piano
Thursday, October
1st at 1:00**

**Don't Miss These World
Class Musicians As They
Tour Through New
England!**



**Anthony Sammarco
Presentation:
"Italian Americans of
Brighton & Buggs
Village"
Thursday, October
8th at 6pm**

**Join the Friends of the
Brighton Library For This
Evening Lecture From
Noted Historian Anthony
Sammarco!**



**Skippy White:
Music & Memories
Show!**

**Friday, October
16th at 1:00**

**Legendary Boston DJ
and Record Store Owner
Skippy White Shares
Memories & Music From
His Incredible Life!**

VERONICA B. SMITH

MULTI-SERVICE SENIOR-CENTER

77 Warren Street 3rd Floor | Brighton, MA 02135

NON-PROFIT ORG
U.S. POSTAGE

PAID

BOSTON, MA
PERMIT NO.
59853