

SENIOR SPOTLIGHT

VERONICA B. SMITH
MULTI-SERVICE SENIOR
CENTER

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

May 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

- **Scams & Identity Theft Presentation With Department of Homeland Security**
Wednesday, May 1st at 11:00
- **General Injury Prevention Presentation with BPHC**
Tuesday, May 14th at 11:00
 - **Boston E-Bikes Presentation**
Tuesday, May 21st at 11:00
 - **Cognition Corner with Age Strong Staff**
Tuesday, May 28th at 10:30
 - **The Listening Space One-On-One Chats**
***NEW HOURS* Tuesdays and Wednesdays 10-12**
CENTER CLOSED ON MONDAY, MAY 27TH FOR MEMORIAL DAY



Creative Writing Class

Join Writing Coach & Workshop Leader Anthony Prescott for An 8-Week Creative Writing Series On **Fridays at 11:00 Beginning May 3rd**



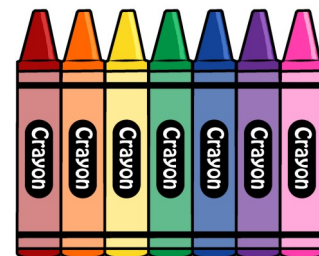
Drumming Class with Mitch "Pasha" Cohen

Wednesdays at 1:00 Beginning May 1st
Find Out How the Drum Can Be A Powerful Tool For Meditation, Healing, & Fun!

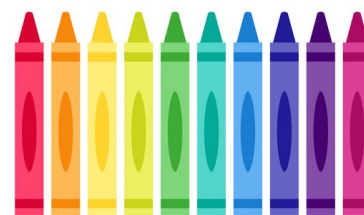
Name: _____ Date: _____

Beyond the Crayon Box

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



©DESIGNALIKE



Word List:

- | | | | |
|------------|-----------|------------|------------|
| BLUE | GREEN | ORANGE | RED |
| YELLOW | BROWN | BLACK | TURQUOISE |
| PURPLE | VIOLET | VERMILLION | CERULEAN |
| INDIGO | SCARLET | GRAY | PEACH |
| CHESTNUT | TAN | LAVENDER | SALMON |
| MAHOGANY | GOLDENROD | MAGENTA | PERIWINKLE |
| BRICK | SILVER | PLUM | SEPIA |
| PINK | COPPER | LIME | FUCHSIA |
| MAROON | NAVY | NEON | ROYAL |
| AQUAMARINE | CREAM | GOLD | |

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*

*Mother's Day High Tea With
Music From The Modernisticks Jazz Trio!*

Friday, May 10th at 11:00

*We Cordially Invite All The Women of
VBS To Come & Celebrate This Special
Day With Us!*

*Catered By The Vintage Tea & Cake
Company*

Please RSVP (617) 635-6120



**2024 Senior Prom!
"Let The Good Times Roll"
Las Vegas Theme
Friday, May 31st at 1:00**

**Rock & Roll Music From Retro Polatin
Classic Cars, Casino Games, Photos
With Elvis,
Refreshments, King & Queen, High
School
Students to Dance With, and Much,
Much More!**

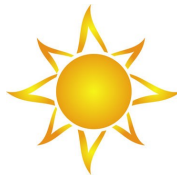


MONDAY	TUESDAY	WEDNESDAY
		<p>1 9:00 Yoga with Be 10:00-12:00 The Lister 10:00 Breakfast Gather 11:00 Scams & Fraud Homeland Security De 12:00 Lunch 1:00 NEW! Drumming 1:00 Bingo 1:00 SHINE (By Appt.) 2:00 "The Crown"</p>
<p>6 9:30 Strength Training with Suzi 11:00 Zumba! 11:00 Guitar Class with Academia de Musica 12:00 Lunch & Thank You To Intern Aaron Party! *12:30* Russian/ English Yoga with Tatiana 1:00 Cara Club 2:00 Book Club: "The Woman They Could Not Silence"</p>	<p>7 9:30 Exercise with Jackie 10:00-12:00 The Listening Space 11:00 NEW! Flamenco Dance Class with Yosi 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi with Jamee 1:30 Arts & Crafts</p>	<p>8 9:00 Yoga with Be 10:00-12:00 The Lister 10:00 Breakfast Gather 11:00 Theater Class w 12:00 Lunch 1:00 NEW! Drumming 1:00 Bingo 1:00 SHINE (By Appt.) 2:00 "The Crown" Fina 3:00 Pet Pals Visit from</p>
<p>13 9:30 Strength Training with Suzi 11:00 Zumba! 11:00 Guitar Class with Academia de Musica 12:00 Lunch *12:30* Russian/ English Yoga with Tatiana 1:00 Cara Club 2:00 Book Club: "The Woman They Could Not Silence"</p>	<p>14 9:30 Exercise with Jackie 10:00-12:00 The Listening Space 11:00 NEW! Flamenco Dance Class with Yosi 11:00 General Injury Prevention Presentation with Boston Public Health Commission 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi with Jamee 1:30 Arts & Crafts</p>	<p>15 9:00 Yoga with Be 10:00-12:00 The Lister 10:00 Breakfast Gather 10:30 Community Hea Elizabeth's 12:00 Lunch & May Bi 1:00 NEW! Drumming 1:00 Bingo 1:00 SHINE (By Appt.) 2:00 TV Series: "Nolly</p>
<p>20 9:30 Strength Training with Suzi 11:00 Zumba! 11:00 Guitar Class with Academia de Musica 11:00 Seniors ACT Meeting 12:00 Lunch *12:30* Russian/ English Yoga with Tatiana 1:00 Cara Club 2:00 Book Club: "The Woman They Could Not Silence"</p>	<p>21 9:30 Exercise with Jackie 10:00-12:00 The Listening Space 11:00 Boston E-Bikes Presentation 11:00 NEW! Flamenco Dance Class with Yosi 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi with Jamee 1:30 Arts & Crafts</p>	<p>22 9:00 Yoga with Be 10:00-12:00 The Lister 10:00-12:00 COVID Va 10:00 Breakfast Gather 11:00 Theater Class w 12:00 Lunch 1:00 NEW! Drumming 1:00 Bingo 1:00 SHINE (By Appt.) 2:00 TV Series: "Nolly 3:00 Pet Pals Visit from</p>
<p>27</p> <p style="text-align: center;">MEMORIAL DAY CENTER CLOSED</p> <p style="text-align: center;">★ ★ ★ ★ ★</p> <hr style="border: 1px solid red;"/> <p style="text-align: center;">MEMORIAL DAY</p>	<p>28 9:30 Exercise with Jackie 10:00-12:00 The Listening Space 10:30 Cognition Corner with Corinne 11:00 NEW! Flamenco Dance Class with Yosi 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi with Jamee 1:30 Arts & Crafts</p>	<p>29 9:00 Yoga with Be 10:00-12:00 The Lister 10:00 Breakfast Gather 11:00 Theater Class w 12:00 Lunch 1:00 ETHOS Nutrition 1:00 NEW! Drumming 1:00 Bingo 1:00 SHINE (By Appt.) 2:00 TV Series: "Nolly</p>

ESDAY	THURSDAY	FRIDAY
<p>th ning Space ring Presentation w/ partment with Pasha Cohen</p>	<p>2 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Qi-Gong Class 12:00 Lunch 1:00 Japanese Folk Music Class with Mikiko 1:30 Boston Red Sox vs. San Francisco Giants w/ Refreshments 1:00 LAST Tech Café for the Year 2:30 Match Game</p>	<p>3 9:30 Blood Pressure Clinic with Tracy 10:00 Art Class with Dawn 11:00 Creative Writing Class with Anthony 12:00 Ballroom Dance Class with Michael! 12:00 Lunch 1:00 Drama Therapy with Aaron 1:00 Movie Matinee: "The Boys In the Boat"</p>
<p>th ning Space ring ith Lauren with Pasha Cohen</p>	<p>9 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Qi-Gong Class 12:00 Lunch 1:00 Darren Yong Magic Show!!!</p>	<p>10 10:00 Art Class with Dawn 10:00 "KevTech" iPhone & iPad Tutorial 11:00 MOTHER'S DAY BRUNCH WITH THE MODERNISTICS JAZZ TRIO 12:00 Lunch 1:00 Drama Therapy with Aaron 1:00 Movie Matinee: "My Big Fat Greek Wedding 3"</p>
<p>th ning Space ring th Forum w/ St. irthday Party! with Pasha Cohen</p>	<p>16 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Qi-Gong Class 12:00 Presentation Rehabilitation Grab & Go Luncheon 1:00 Japanese Folk Music Class with Mikiko 2:30 Scattergories</p>	<p>17 9:45 City Councilor Liz Breadon Office Hours 10:00 Art Class with Dawn 11:00 Creative Writing Class with Anthony 12:00 Ballroom Dance Class with Michael 12:00 National Pizza Day Pizza Party With The Brighton House! 1:30 St. Columbkille's Choir Performance & Craft!</p>
<p>th ning Space accine Clinic ring ith Lauren with Pasha Cohen</p>	<p>23 9:30 Exercise with Jackie 11:00 Positive Affirmations Workshop w/ Bob 10-11:30 Live Jazz Music Session 11:00 Qi-Gong Class 12:00 Lunch 1:00 Boston Water & Sewer Commission Presentation 2:30 Wheel of Fortune</p>	<p>24 10:00 Art Class with Dawn 10:00 "KevTech" iPhone & iPad Tutorial 11:00 Creative Writing Class with Anthony 12:00 Ballroom Dance Class with Michael 12:00 Lunch 1:00 MUSIC WITH HEART PERFORMANCE!</p>
<p>th ning Space ring ith Lauren Screening with Pasha Cohen</p>	<p>30 9:30 Exercise with Jackie 9:45 Age Strong Shuttle to Macy's at Braintree Mall- Makeovers! 10-11:30 Live Jazz Music Session 11:00 Qi-Gong Class 12:00 Lunch 1:00 Who, What, Where Am I? 2:00 Spring Trivia</p>	<p>31 10:00 Art Class with Dawn 11:00 Creative Writing Class with Anthony 12:00 Lunch SENIOR PROM!!! "LET THE GOOD TIMES ROLL" LAS VEGAS THEME! MUSIC, FOOD, GAMES, & MORE!</p>

“Scene at the Center!”







Darren Yong Magic Show!
Thursday, May 9th
at 1:00
Join Darren For an
“Intelligent,
Sophisticated, &
Witty” Magic Show
And Prepare To Be
Amazed!



**Flamenco Classes
with Yosi Karahashi**
Join Us On
Tuesdays at 11:00
Beginning May 7th
For A Six-Week
Flamenco Dance
Class With This
Renowned
Teacher!



**Music With Heart
Performance**
Friday, May 24th at
1:00
Come & Sing
Along And Have
Your Spirits Lifted
By This Wonderful
Group!

VERONICA B. SMITH

MULTI-SERVICE SENIOR-CENTER

20 Chestnut Hill Avenue | Brighton, MA 02135

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