

SENIOR SPOTLIGHT

VERONICA B. SMITH
MULTI-SERVICE SENIOR
CENTER

20 Chestnut Hill Avenue,
Brighton, MA 02135



July 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

- Age Strong Advocate Office Hours
Fridays– July 19th & 26th from 10-3

- Women’s Bar Foundation Presentation
Tuesday, July 2nd at 11:00

- Help My Aging Parents “Aging in Place” Presentation
Thursday, July 18th at 11:00

- Good Shepard Hospice: “An Introduction to Hospice Care”
Friday, July 19th at 11:00

- Consumer Fraud Presentation with Bank of America
Thursday, July 25th at 10:30

Center Is Closed On Thursday, July 4th for Independence Day

SpeakOUT Presentation

Wednesday, July 10th at 11:00

SpeakOUT is a community of speakers and volunteers working to create a world free of bias and prejudice by telling the truths of LGBTQ+ lives.



Stephen Collins Presents: Walt Whitman
Tuesday, July 16th at 11:00

Will leave you with a greater insight not just into the great man or the great poet, but with an appreciation of Walt Whitman as an eternally free spirit.

Name: _____ Date: _____

Crazy for Coffee



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

Word List:

- | | | | |
|-----------|-----------|----------|---------------|
| AEROPRESS | AFFOGATO | ROAST | AMERICANO |
| ARABICA | BARISTA | ROASTER | GRINDER |
| BLEND | BOURBON | CAFFEINE | CHEMEX |
| BREWER | CORTADO | CREMA | DECAFFEINATED |
| DEGASSING | DOPPIO | DRIP | ESPRESSO |
| FAIR | TRADE | FINISH | FRENCH |
| LATTE | MACCHIATO | MOCHA | PULL |
| RISTRETTO | REDEYE | ROBUSTA | SHOT |
| TYPICA | VARIETAL | | |

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*

**You Are Cordially Invited to
Celebrate Lauren's Wedding!
Senior Center Director Lauren
Basler Is Getting Married in
August.**

**Join Us on Thursday, July 18th at
1:00 for An Early Celebration!
DJ George, Cake, & A "Rehearsal"
for the Big Day!**




**WE CAN'T
KEEP CALM
SHE'S GETTING
MARRIED**



**Christmas in July!!
Get Into the Spirit of the
Holiday
Season in Summer!
Friday, July 26th at 1:00
Caroling, Frozen Hot
Chocolate,
Sleigh Rides, & Perhaps A Visit
from Summer Santa Himself!**



MONDAY	TUESDAY	WEDNESDAY
<p>1 9:30 Strength Training with Suzi 10-11:30 "Beacon in A Box" Board Game with BPDA 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 1:15 NEW! Cornhole in the Common! 2:00 Book Club</p>	<p>2 9:30 Exercise with Jackie 11:00 Women's Bar Foundation Presentation 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi Class with Jamee 1:30 Arts & Crafts</p>	<p>3 9:00 Yoga with Be 10:00 Breakfast Gather 11:00 Theater Class w 12:00 Lunch 1:00 NEW! Guitar Clas 1:00 SHINE (By Appt.) 1:00 Bingo 2:00 Brighton Farmers 2:00 "All Creatures Gr</p>
<p>8 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 1:15 NEW! Cornhole in the Common! 2:00 Book Club</p>	<p>9 NO EXERCISE TODAY WILSON BUS LINES OUTING TO PICKITY PLACE & FULCHINO VINEYARD! 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi with Jamee 1:30 Arts & Crafts</p>	<p>10 9:00 Yoga with Be 10:00 Breakfast Gather 11:00 SpeakOUT Pres 12:00 Lunch 1:00 NEW! Gentle Yog 1:00 SHINE (By Appt.) 1:00 Bingo 2:00 Brighton Farmers 2:00 "All Creatures Gr</p>
<p>15 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 1:15 NEW! Cornhole in the Common 2:00 Book Club</p>	<p>16 9:30 Exercise with Jackie 11:00 Stephen Collins Presents: "Walt Whitman" 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi with Jamee 1:30 Arts & Crafts</p>	<p>17 9:00 Yoga with Be 10:00 Breakfast Gather 11:00 MCOA Heart Hea 12:00 Lunch & July Bi 1:00 NEW! Gentle Yog 1:00 NEW! Guitar Clas 1:00 SHINE (By Appt.) 1:00 Bingo 2:00 Brighton Farmers 2:00 "All Creatures Gr</p>
<p>22 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 1:15 NEW! Cornhole in the Common 2:00 Book Club</p>	<p>23 9:30 Exercise with Jackie 11:00 Dan Dunn Presents: The Wizard of Oz— Surprising Facts from the Classic Film" 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi with Jamee 1:30 Arts & Crafts</p>	<p>24 9:00 Yoga with Be 10:00 Breakfast Gather 11:00 Theater Class w 12:00 Lunch 1:00 NEW! Gentle Yog 1:00 NEW! Guitar Clas 1:00 SHINE (By Appt.) 1:00 Bingo 2:00 Brighton Farmers 2:00 "All Creatures Gr</p>
<p>29 9:30 Strength Training with Suzi 11:00 Seniors Addressing Concerns Together (ACT) Meeting 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 1:15 NEW! Cornhole in the Common 2:00 Book Club</p>	<p>30 9:30 Exercise with Jackie 10:30 Cognition Corner with Corinne 10:30 Age Strong Shuttle Outing to Castle Island 12:00 Lunch 12:30 Knitting Group 1:00 Tai Chi with Jamee 1:30 Arts & Crafts</p>	<p>31 9:00 Yoga with Be 10:00 Breakfast Gather 11:00 Theater Class w 12:00 Lunch 1:00 NEW! Gentle Yog 1:00 NEW! Guitar Clas 1:00 SHINE (By Appt.) 1:00 Bingo 2:00 Brighton Farmers 2:00 "All Creatures Gr</p>

WEDNESDAY	THURSDAY	FRIDAY
<p>th ring ith Lauren</p> <p>s with Aaron</p> <p>s Market eat and Small"</p>	<p>4</p> <p>FOURTH OF JULY CENTER CLOSED</p> 	<p>5 10:00 Open Art Studio NO ADVOCATE HOURS TODAY 10:00 "KevTech" iPhone & iPad Tutorial 10:30 Joy Walk with Jackie! 12:00 NO BALLROOM DANCE TODAY 12:00 Lunch 1:00 Walk to The Scoopery 1:30 Movie Matinee: "Jersey Boys"</p>
<p>th ring entation</p> <p>a Class On the Mat</p> <p>s Market eat and Small"</p>	<p>11 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Qi-Gong Class 12:00 Lunch 1:00 Forensic Science Roadshow with Paul Zambella 2:30 Wheel of Fortune</p>	<p>12 9:30 Blood Pressure Clinic NO ADVOCATE HOURS TODAY 10:00 Open Art Studio 10:30 Joy Walk with Jackie! 12:00 Ballroom Dance Class with Michael 12:00 Lunch 1:00 Walk to the Scoopery 1:30 Movie Matinee: "Hairspray"</p>
<p>th ring alth Class w/ Tara irthday Party! a Class on the Mat s with Aaron</p> <p>s Market eat and Small"</p>	<p>18 9:30 Exercise with Jackie 10-11:30 Live Jazz Music Session 11:00 Qi-Gong Class 11:00 Help My Aging Parents Presentation: "Aging in Place" 12:00 Presentation Rehabilitation Grab and Go Luncheon 1:00 CELEBRATE LAUREN'S WEDDING!!! DJ GEORGE DANCE PARTY!</p>	<p>19 9:45 Councilor Liz Breadon Office Hours 10:00 Open Art Studio 10-3 Age Strong Advocate Office Hours 10:30 Bowling Outing with Jackie! 11:00 Good Shepard Hospice Presentation: "An Introduction to Hospice Care" 12:00 Ballroom Dance Class with Michael 12:00 Lunch 1:00 Walk to The Scoopery 1:30 Movie Matinee: "Field of Dreams"</p>
<p>th ring ith Lauren</p> <p>a Class on the Mat s with Aaron</p> <p>s Market eat and Small"</p>	<p>25 9:30 Exercise with Jackie 10:30 Consumer Fraud Presentation with Bank of America 10-11:30 Live Jazz Music Session 11:00 Qi-Gong Class 12:00 Lunch 1:00 Scattergories 2:00 Musical Theater Styles with Aaron!</p>	<p>26 10:00 Open Art Studio 10-3 Age Strong Advocate Office Hours 10:30 Joy Walk with Jackie! 11:00 Marty Gitlin Presents: "Funniest Moments in Film History" 12:00 Ballroom Dance Class with Michael 12:00 Lunch 1:00 CHRISTMAS IN JULY PARTY!!</p>
<p>th ring ith Lauren</p> <p>a Class on the Mat s with Aaron</p> <p>s Market eat and Small"</p>		

“Scene at the Center!”



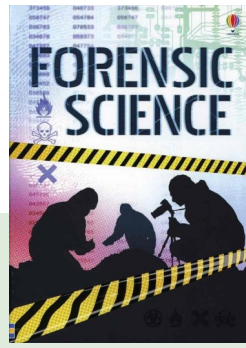




**Dan Dunn Presents:
“The Wizard of Oz–
Surprising Facts from
the Classic Film”**

**Tuesday, July 23rd
at 11:00**

**Come & Learn
Something New About
This All-Time Favorite
Movie!**



**Forensic Science
Roadshow!
Thursday, July 11th at
1:00**

Venture into the world of CSI with this interactive program that introduces you to the fascinating subject of forensic science. Delve into the many aspects of a crime scene, such as blood, DNA, fingerprints, gunshot residue, footwear impressions, metal detection and crime light.



**Marty Gitlin
Presents: “The
Funniest Moments
in Film History”
Friday, July 26th at
11:00**

**Can You Name
Some of These
Hilarious Movies??**

VERONICA B. SMITH

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20 Chestnut Hill Avenue | Brighton, MA 02135

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