

# SENIOR SPOTLIGHT

VERONICA B. SMITH  
MULTI-SERVICE SENIOR  
CENTER

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



November 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

- “Loneliness & Nutrition” Presentation with MA Alzheimer’s Disease Research Center  
**Tuesday, November 5th at 11:00**
  - Presentation from PACE (program for All-Inclusive Care of the Elderly)  
**Wednesday, November 20th at 10:00**
    - Cognition Corner with Age Strong Staff  
**Tuesday, November 26th at 10:30**
- MONDAY NOVEMBER 11TH CENTER CLOSED FOR VETERANS DAY**
- THURSDAY, NOVEMBER 28TH CENTER CLOSED FOR THANKSGIVING DAY**



**Flamenco Class Is Back!**  
**Six-Week Session with Yosi Karahashi**  
**Tuesdays at 11:00**  
**Beginning November 12th**  
**Don't Miss Your Chance To Learn This Beautiful Dance!**

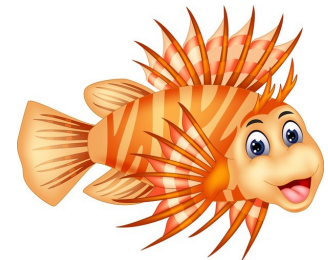
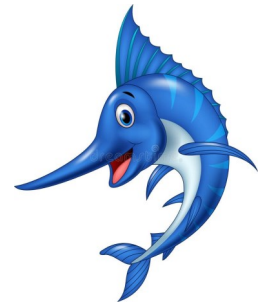


**Boston Public Library Presentation:**  
**“News Literacy in the Age of A.I.”**  
**Thursday, November 21st at 11:00**  
**This workshop will introduce generative AI, focusing specifically on its implications to news and media literacy.**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Go Fish!**

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



**Word List:**

- |           |           |          |           |
|-----------|-----------|----------|-----------|
| TILAPIA   | TIGERFISH | TUNA     | BARRACUDA |
| TUNA      | BASS      | BLUEFISH | PIKE      |
| SWORDFISH | BOWFIN    | BREAM    | TROUT     |
| WHITEFISH | PERCH     | CARP     | CATFISH   |
| TILEFISH  | COBIA     | COD      | EEL       |
| TROUT     | CRAPPIE   | CRAYFISH | STURGEON  |
| SUNFISH   | DOGFISH   | FLOUNDER | SEABASS   |
| SALMON    | GROUPE    | HADDOCK  | HALIBUT   |
| HERRING   | MACKEREL  | KINGFISH | LIONFISH  |
| LOBSTER   | MARLIN    | SNAPPER  |           |

**SENIOR SPOTLIGHT**

**The Veronica B. Smith Senior Center**

Deputy Commissioner .....Melissa Carlson  
 Executive Director .....Lauren Basler  
 Assistant Director .....Jackie McLaughlin

**Board of Directors**

Anthony D'Isidoro .....President  
 Marisa Angilleta .....Vice 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*

**Native American Heritage**  
**Month Event**

**Cheenuka Pocknett & The Red  
Hawk Singers and Dancers**

**Thursday, November 14th at**  
**11:00**

**Mr. Pocknett & The Red Hawk Singers  
and Dancers Share The History &  
Culture of the Mashpee  
Wampanoag People Through Song,  
Dance, & Teachings**



**Native American Heritage**  
**Month Event**

**Presentation With Annawon Weeden  
(Mashpee Wampanoag/Pequot/  
Narragansett)**

**Thursday, November 21st at**  
**1:00**

**Mr. Weeden has a passion for sharing the cul-  
ture of his tribes He has worked at Plimoth  
Plantation & Boston Children's Museum. Cur-  
rently self-employed, Mr. Weeden continues  
his efforts to correct misinformation and mis-  
representation of indigenous people.**



MONDAY

# NOVEMBER 2024

TUESDAY



**NATIVE  
AMERICAN  
HERITAGE  
MONTH**

WEDNESDAY



4 9:30 Strength Training with Suzi  
10:30 Zumba!  
11:00 Guitar Class with Academia de Musica  
12:00 Lunch  
12:30 Chair Yoga with Tatiana  
1:00 Cara Club  
1:30 Cornhole in the Common!  
2:00 Book Club Featuring Author Talk with Mike Bernard

5 **ELECTION DAY**  
**NO MORNING EXERCISE TODAY**  
11:00 Loneliness & Nutrition with MA Alzheimer's Research Center  
12:00 Lunch  
12:30 Tai Chi with Jamee  
12:30 Knitting Group  
1:30 Arts & Crafts

6 9:00 Yoga with Be  
10:00 Breakfast Gather  
10:30 Real ID Worksho  
11:00 WVBS Radio Pla  
12:00 Lunch  
1:00 Drum Circle with  
1:00 Guitar Class with  
1:00 Bingo  
1:00 SHINE (By Appt.)  
1:30 "Daniel's Domain  
2:00 "All Creatures Gr

11

## VETERANS DAY CENTER CLOSED



12 9:30 Exercise with Jackie  
11:00 Sing-along with Anne Silverman!  
11:00 FLAMENCO CLASS! With Yosi  
12:00 Lunch  
12:30 Tai Chi with Jamee  
12:30 Knitting Group  
1:30 Arts & Crafts

13 9:00 Yoga with Be  
10:00 Breakfast Gather  
Presentation  
11:00 WVBS Radio Pla  
12:00 Lunch  
1:00 Drum Circle with  
1:00 NO GUITAR CLAS  
1:00 Bingo  
1:00 SHINE (By Appt.)  
1:30 "Daniel's Domain  
2:00 "All Creatures Gr

18 9:30 Strength Training with Suzi  
10:30 Zumba!  
11:00 Guitar Class with Academia de Musica  
12:00 Lunch  
12:30 Chair Yoga with Tatiana  
1:00 Chinese Spring Roll Cooking Class with Karen  
1:00 Cara Club  
1:30 Cornhole in the Common!  
2:00 Book Club: "Vanderbilt: Rise And Fall of An American Dynasty"

19 9:30 Exercise with Jackie  
11:00 Elder Law Presentation with Attorney Tim Loff: MassHealth  
11:00 FLAMENCO CLASS! With Yosi  
12:00 Lunch  
12:30 Tai Chi with Jamee  
12:30 Knitting Group  
1:30 Arts & Crafts

20 9:00 Yoga with Be  
10:00 Breakfast Gather  
11:00 WVBS Radio Pla  
12:00 Lunch & Novem  
1:00 Drum Circle with  
1:00 Guitar Class with  
1:00 Bingo  
1:00 SHINE (By Appt.)  
1:30 "Daniel's Domain  
2:00 "All Creatures Gr  
3:00 Pet Pals Visit from

25 9:30 Strength Training with Suzi  
10:30 Zumba!  
11:00 Guitar Class with Academia de Musica  
12:00 Lunch  
12:30 Chair Yoga with Tatiana  
1:00 Cara Club  
1:30 Cornhole in the Common!  
2:00 Book Club: "Vanderbilt: Rise and Fall of An American Dynasty"

26 9:30 Exercise with Jackie  
10:30 Cognition Corner with Corinne  
11:00 FLAMENCO CLASS! With Yosi  
12:00 Lunch  
12:30 Tai Chi with Jamee  
12:30 Knitting Group  
1:30 Arts & Crafts

27 9:00 Yoga with Be  
10:00 Breakfast Gather  
12:00 Lunch  
1:00 Bingo  
1:00 SHINE (By Appt.)  
2:00 "All Creatures Gr

WEDNESDAY	THURSDAY	FRIDAY
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1 10:00 Art Class with Dawn  
 10-3 Age Strong Advocate Office Hours  
 11:00 Poetry with Patti  
 12:00 Lunch  
 12:00 Ballroom Dance with Michael  
 1:30 Boston Conservatory "BoCo Cabaret" Performance!  
 2:00 Gentle Yoga Class on the Mat

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 ring  
 op with MA RMV  
 ayers Rehearsal

7 9:30 Exercise with Jackie  
 10-11:30 Live Jazz Music Session  
 10:30 "Rediscovering the T" Presentation  
 11:00 Qi-Gong with Jamee  
 12:00 Lunch  
 1:00 Word In A Word  
 2:00 Wheel of Fortune  
 3:00 Tech Café Technology Assistance

8 9:30 Blood Pressure Clinic  
 10:00 "KevTech" iPhone & iPad Tutorial  
 11:00 Poetry with Patti  
 12:00 Lunch

**12:00 VETERANS DAY CEREMONY & LUNCHEON**



Pasha  
 Aaron

" Technology Help  
 eat & Small"

th  
 ring & Save the Harbor

14 9:30 Exercise with Jackie  
 10-11:30 Live Jazz Music Session  
 11:00 Native American Heritage Month:  
 Red Hawk Singers & Dancers  
 Presentation  
 11:00 Qi-Gong with Jamee  
 12:00 Lunch  
 1:00 Prize Bingo Sponsored By The Brighton House!  
 3:00 Tech Café Technology Assistance

15 9:45 Councilor Liz Breadon Office Hours  
 10:00 Art Class with Dawn  
 11:00 Poetry with Patti  
 11:00 Computers 101 with Vernessa  
 12:00 Lunch  
 12:00 Ballroom Dance with Michael  
 1:00 Movie Matinee w/ Popcorn: "Thelma"  
 2:00 Gentle Yoga Class on the Mat

Pasha  
 SS

" Technology Help  
 eat & Small"

th  
 ring w/ PACE  
 ayers Rehearsal  
 ber Birthday Party!

21 9:30 Exercise with Jackie  
 10-11:30 Live Jazz Music Session  
 11:00 BPL Presentation: "News Literacy in the Age of A.I."  
 11:00 Qi-Gong with Jamee  
 12:00 Presentation Rehabilitation Grab & Go Luncheon  
 1:00 Native American Heritage Month:  
 Annawon Weeden Presentation  
 3:00 Tech Café Technology Assistance

22 10:00 Art Class with Dawn  
 10-3 Age Strong Advocate Office Hours  
 10:30 Age Strong Shuttle to Harvard Art Museums  
 11:00 Computers 101 with Vernessa  
 12:00 Lunch  
 12:00 Ballroom Dance with Michael  
 1:00 Movie Matinee with Popcorn:  
 "Beetlejuice Beetlejuice"  
 2:00 Gentle Yoga Class on the Mat

Pasha  
 Aaron

" Technology Help  
 eat & Small"  
 n Brodie

th  
 ring

28  
**THANKSGIVING DAY CENTER CLOSED**



29 10:00 Art Class with Dawn  
 10:00 "KevTech" iPhone & iPad Tutorial  
 11:00 Computers 101 with Vernessa  
 12:00 Lunch  
 12:00 Ballroom Dance with Michael  
 1:00 Movie Matinee with Popcorn: "Planes, Trains & Automobiles"  
 2:00 Gentle Yoga Class on the Mat

eat & Small"

# "Scene at the Center!"

*Good Times*



*Friends*







**Boston Conservatory  
at Berklee  
“BoCo Cabaret”  
Concert  
Friday, November 1st at  
1:30  
Do Not Miss These  
Incredible, Broadway-  
Bound Singers!**



**Veterans Day  
Ceremony &  
Luncheon  
Friday, November 8th  
at 12:00  
Veterans 55 and Up  
(Spouses & Caregivers  
Welcome)  
Please RSVP:  
(617) 635-6120  
Catered by The  
Stockyard**



**Chinese Spring  
Roll Cooking  
Class with Karen  
Jou  
Monday,  
November 18th  
at 1:00**

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